A LETTER FROM BETTINA HEINRICH

Berlin, Germany, Spring 2003

Hello dear Aquafitness enthusiasts,

I can hardly wait to come back to present at the CALA conference this year. I presented in Canada from 1996 to 1999. It was so much fun presenting and learning from others: I returned home with lots of new ideas!

I would like to share my favorite deep water combos with you:

Do you notice something missing? Yes, you are right, the complementary arm movements are not there! This turns the entire choreography into a fun challenge! By attending the Aqua Choreography session at the CALA Conference on Friday May 30 from 4 to 6 pm) you will not only discover the missing arm movements, but will also learn special teaching techniques that will help you overcome stumbling blocks that can sabotage your class flow.

See you soon!

PS: I will also present Aqua Flow (Saturday May 31 from 2 to 4 pm)

Deep Water Choreography
(suggested beats per minute: 120-126 bpm)

CALA Move	*Counts*	*Tempo Choice*
Block One:		
Ski Stop 2 rt : 2 lt	*1-8*	*on tempo*
Narrow Tuck 4 x 1/4 turn	*9-16*	*on tempo*
Ski Stop 2 rt : 2 lt	*17-24*	*on tempo*
Narrow Tuck 4 x 1/4 turn	*25-32*	*on tempo*
Block Two:		
Jumping Jack (jj) 8 x	*1-16*	*1/2 tempo*
2 rt / 2 ctr /2 lt / 2 ctr	*17-32*	*on tempo*
Block Three:		
Jumping Jack 8 x	*1-16*	*1/2 tempo*
2 lt / 2 ctr/2 rt / 2 ctr	*17-32*	*on tempo*
Block Four:		
Tuck Jack 4 x	*1-16*	*1/2tempo*
Tuck Jack 8 x	*17-32*	*on tempo*
Block Five:		
w ham j'om	*1-8*	*1/2 tempo*
w ham j'om	*9-16*	*on tempo*
w ham j'om	*17-24*	*1/2 tempo*
w ham j'om	*25-32*	*on tempo*
Block Six:		
Wide Cross Country Ski	*1-16*	*1/2 tempo*
Wide Cross Country Ski	*17-32*	*on tempo*
Block Seven:		
Wide Tuck	*1-8*	*on tempo*
Froggy Tuck	*9-16*	*1/2 tempo*
Wide Tuck	*17-24*	*on tempo*
Froggy Tuck	*25-32*	*1/2 tempo*
Block Eight:		
Wide Swivel	*1-8*	*1/2 tempo*
Narrow Swivel	*9-16*	*1/2 tempo*
Hip Flexor Swivel	*17-24*	*1/2 tempo*
Hip Flexor Chair	*25-32*	*1/2 tempo*
Block Nine:		
Hip Flexor Chair	*1-8*	*on tempo*
Hip Flexor Pacman	*9-16*	*on tempo*
Hip Flexor Chair	*16-24*	*on tempo*
Hip Flexor Pacman	*24-32*	*on tempo*
Block Ten:		
Hip Flexor Pacman	*1-16*	*on tempo*
Hamstring Pacman	*17-32*	*on tempo*
Block Eleven:		
Hamstring Swivel	*1-16*	*1/2 tempo*
Hamstring Chair	*17-32*	*1/2 tempo*
Block Twelve		
Jumping Jack	*1-16*	*1/2 tempo*
Jumping Jack	*17-32*	*on tempo*

LEGEND

rt: right
lt: left
ctr: centre
w ham j'om: wide hamstring jogormarch