

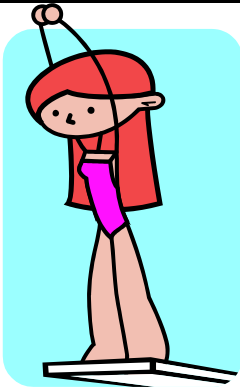
Pool-ates



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Class Objectives & Purpose:

1. INTRO
2. CHARM YOUR HEART/PEOPLE WHO COME!—
BABY BOOMERS ARE GROWING SO THESE
ARE OUR PAYCHECKS AND CLIENTS
3. FITNESS IS FUN: MAIN PURPOSE
4. Define “Pool -ates”.

Principles and benefits :

Pool-ates builds strength two ways: First, by performing specific movements from “the inside out,” and second, by performing all the movements against the added resistance provided by water.

Additional strengthening can be achieved through using small props. Core strength is built both through specific exercises such as “teaser,” “washing machines” and “double-knees up” and by using the abdominal muscles as stabilizers for the balance movements.

Low back muscles are always in use for stabilization, and back strength is built through specific exercises such as the “leg pull,” “alternate arms,” and “rowing.”

Leg strength and shape are developed by performing exercises on one leg—for example, in “leg circles,” the inner thigh of the leg one balances is strengthened, as is the outer thigh and hip of the leg that is circling.

Arm, shoulder and chest strength are enhanced through

specific exercises such as “arm circles” and “rowing.”

Flexibility in Pool-ates

Pool-ates enhances flexibility two ways: First, the movements themselves are often flexibility-specific, such as the “single leg stretch” or “fly me to the moon.” Second, exercise in warm water increases flexibility and range of motion because it relaxes the muscles and improves joint fluidity. Some stretches can be achieved more easily in water and often held more comfortably for longer than on land. This is especially beneficial for people with osteoarthritis.

Balance and stability

Good balance and stability are key components in injury prevention, and can also enhance athletic performance. Balance and stability movements in the pool provide the added benefit of additional strength training, and Pool-ates provides several excellent movements to simultaneously improve balance and stability and core and limb strength. Because swimming pools provide walls and steps as well as varying depths of water, they are the perfect place for progressive training.

Pool-ates Fluidity

Pool-ates allows for movement that flows, making participants graceful and relaxed while performing the movements. Fluidity of movement also flows from fluidity of breath, and proper breathing is inherent in correct performance of Pool-ates movements. Pool-ates is both dynamic and fluid; the movements flow from one another, effortlessly, in the weightless aquatic environment.

Regressions and Progressions

Most Pool-ates movements can be modified or varied for participants at every level. Whether you are a novice exerciser or have special concerns due to injuries, movements can be modified to accommodate your needs. If you are a seasoned athlete or advanced Pool-ates participant, the movements can be varied to provide more challenge. By using various water depths, different



areas of the pool and small equipment such as aqua bands and foam rollers, Pool-ates can be tailored just for you!

While taking the principles and movements of Pilates to the pool The aquatic environment was actually more challenging than land is for stabilization and balance work. Water is also usually safer, because falls in the water do not carry the same risk of joint injury as do falls on land. To initiate limb movement from your powerhouse (primarily abdominal and back muscles) in a controlled and precise manner, while the water is constantly moving around you, is no mean feat. It takes concentration and a sense of humor.

Sir Isaac Newton's Laws of Motion

An object will remain at rest or continue in a constant rate of motion unless acted on by a force.

In water fitness, the participants' muscular contractions are Considered the force that affects movement.

- ▶ Movement within the Body: Moving Joints
- ▶ Movement of the Body: Moving Through Space from Point A to Point B

Every action creates an equal reaction.

This law can help you to determine how difficult or how easy a movement will be in the water.

- ▶ Working **with** the Natural Reactions between Body and Water

Leg moves up-body moves back

- ▶ Working **against** the Natural Reactions between Body and Water

Water pushes forward-Water spills around

Force X Speed = Acceleration: The speed at which a participant moves is Multiplied by the amount of force used to perform the movement.

In water, participants have the ability to manipulate



acceleration by pushing off of the bottom of the pool and against the water itself instead of moving faster to create Acceleration.

- ▶ Faster or Stronger Movements
- ▶ Momentum/Safety
- ▶ Motivation/Cueing

Water Principles

Buoyancy – Any object, wholly or partly immersed in a fluid, is buoyed up

By a force equal to the weight of the fluid displaced by the object.

- ▶ Reduce Impact Shock
- ▶ Full Range of Motion (weight on joints)
- ▶ Anchoring/Gravity
- ▶ Rebounding
- ▶ Body Fat to Lean Ratio
- ▶ Destabilization and Posture

Drag – Water’s resistance; water offers 12 times the resistance of air

Because water is denser than air. What determines the amount of drag

Experienced in water?

- ▶ Size & Shape of Material of the Object Moving through Water

Bent Leg vs. Long Lever Drag Coefficient

- ▶ Viscosity – Property of a fluid that tends to prevent it from flowing when subjected to applied force; or a measure of a fluid’s resistance to flow

Cohesion - The water molecules’ tendency to stick together




Adhesion - The water molecules’ tendency to stick to anything submerged in it

- ▶ Turbulence – a chaotic behavior of the fluid, characterized by fast variations of the fluid’s velocity, both in space and time by moving large volumes of water

- ▶ Changes in surface space

Size of an Object (ping pong paddle)



	<p>Length of an Object (hockey stick) Angle of an Object (palm) Surface Tension – the water resistance at the water’s surface ► The surface water molecules are not surrounded by other water molecules on all sides and consequently are more cohesive than those Under the water’s surface. This is mostly a concern when instructing Students to move arms out of the water at shoulder level or higher. Heat Dissipation – the process of becoming cooler ► Many consider the ability for participants to stay cool and exercise at The same time as a primary benefit of water exercise. ► Because water has the ability to absorb heat from submerged bodies very quickly, a participant may increase exercise intensity without Necessarily experiencing the usual increase in core temperature. ► Pregnancy, Hyper-Tense, Menopause “</p>
	<p>Remember too that Pool-ates is NOT about jumping and gyrating in the water. To the contrary, our emphasis is on core control and stability enabling you to work from your body powerhouse while keeping the rest of your body either quiet or completely controlled. Proper postural alignment and breathing are crucial to this.</p>
	<p>Before you start, be sure that your water temperature ranges between 84and 88 F because your muscles will respond best to warm water. If your water is on the cool end of the spectrum, you may wish to wear a water-resistant shirt to cover your upper body when it is out of the water.</p>
	<p>Pool Facility Guidelines (Arthritis Foundation)</p> <p>A. Water</p> <ol style="list-style-type: none"> 1. 4-5 feet deep to allow submersion to the shoulders 2. Temperature: 84-88 degrees is ideal. Greater than 90 can be dangerous. <p>B. Air Temperature: Within 5 degrees above water temp.</p> <p>C. Facility</p> <ol style="list-style-type: none"> 1. Stairs or ramp with railing going into water 2. Uncluttered deck

D. Safety

1. Flotation devices available to participants
2. Staff to participant ratio of 1:20
3. 2 staff in pool area during classes

**By integrating variety into your classes – you
will avoid boredom and help your members
Notice changes in their core like never before.
Stay healthy,
Jeff Howard**

Choreography to be given at session.

Conclusion & Notes
