

WATER AEROBICS

- People of all ages and fitness levels can enjoy water workouts. When submerged in chest deep water, about 85% to 90% of the body's weight remains supported. As a result, much less stress is placed on the body's joints during aquatic exercise than during similar exercise on land.
- Water provides more resistance than air because of its increased density. This increased resistance helps promote better muscular endurance and toning.
- Water exercise is cooler than land exercise because the water is continuously cooling the body.
- Water exercise can improve flexibility. The joints can more easily be moved through a wider range of motion because of the lessened effects of gravity in the water.

TREADING WATER/WATER RUNNING

- Treading water is an important safety skill for all swimmers. The water provides resistance to movement, requiring muscles to work against the resistance, to build strength. This resistance can be augmented by increasing the speed of movement and using equipment such as a resistance boot or paddles.
- Anyone can benefit from water running. For athletes, it is a great form of cross training and an excellent way to rehabilitate an injury and prevent injuries. Water running can allow an injured athlete to recover without losing fitness. It can also help with improving running form and decreasing risk of sustaining injuries by decreasing the stress on running on hard surfaces.
- If you plan on running in the water you should buy some sort of floatation belt or jacket. One of the most popular forms of aqua training devices is the Aqua Jogger. The Aqua Jogger is made from EVA foam. It looks like a belt that you strap around your waist. Almost any floatation vest or belt will work nearly as well. The main goal of many aqua training devices is to keep your body afloat while allowing you to train without stress to the body.

STROKE TECHNIQUES

1. FRONT CRAWL (WORKING STROKE)

- The most efficient stroke and the one used by most swimmers for fitness.
- *Arm Action*
 - Arms move in opposition
 - CATCH – index finger first; arm fully extended
 - PULL – work phase of arm action; keep arm under the body
 - PRESS – brush thumb off thigh; elbow high out of the water
- *Kick Action – Flutter Kick*
 - Ankles floppy
 - Kick starts at hips, legs fairly straight
 - Small leg motion
- *Breathing/Timing*
 - Keep your eyes looking down at the bottom of the pool
 - Exhale underwater; blow bubbles
 - Turn head to breathe to the side of your body of the arm that pulls
 - Keep opposite ear in the water

2. BACK CRAWL (WORKING STROKE)

- Requires and improves flexibility. Each arm reaches over your head then enters the water at full extension.
- *Head Position*
 - Relax head and neck; eyes look up to the ceiling
 - Ears under water
- *Arm Action*
 - Arms move in opposition
 - Brush ear with upper arm
 - Palm rotates out; Pinky finger enters water first then PULL
 - Rub thigh as you bring arm back toward surface
- *Kick Action – Flutter Kick*
 - Kick starts at hips, legs fairly straight
 - Ankles relaxed
 - Small leg motion

3. ELEMENTARY BACKSTROKE (RESTING STROKE)

- Not a competitive stroke. Less strenuous and can provide a type of swim-rest during exercise.
- *Head Position*
 - Relax head and neck; eyes look up to the ceiling
 - Ears under water
- *Arm Action*
 - Arms and hands stay below surface of the water
 - Bend elbows and slide hands along side of body
 - Extend arms out – shoulder height or slightly above
 - Press palms to body to glide
- *Kick Action – Whip Kick*
 - Bend knees up
 - Rotate heels outside; knees out
 - Press feet together with rounded motion
 - End in a GLIDE

4. BREAST STROKE (RESTING STROKE)

- Requires good timing.
- *Arm Action*
 - From glide position with arms above your head
 - Palms are out; pull until hands are a little wider than shoulders
 - SCOOP arms by bending elbows so fingers come together under water
 - Arms above head to glide position
- *Kick Action – Whip Kick*
 - Bend knees up
 - Rotate heels outside; knees out
 - Press feet together with rounded motion
 - End in a GLIDE
- *Breathing/Timing*
 - PULL & BREATHE- Lift head out of water to breathe as arms pull (breathe each arm stroke)
 - KICK & GLIDE- On scoop of hands start kick – that leads into a glide