

S'WET™ Silver

Expand your techniques using level II, grounded and equipment assisted high-intensity exercises to elevate your elite senior/low level mover aqua enthusiasts. Incorporate cardio intervals, balance work, functional training and core teasers that will keep our active aging population coming back for more!

I. Knowledge is Power

- Research has shown that progressive resistance training is an effective way to increase bone mineral density in older adults and women, as well as to maintain bone mineral density for men (McMillan et al. 2017). Individuals with Osteoporosis will have specific exercise guidelines depending upon general fitness level, the level of bone loss and the anatomical region that is affected.
 - The use of drag equipment may be appropriate for some individuals with arthritis but should be incorporated gradually as tolerated. The 2-hour pain rule helps to self-monitor intensity. If the individual experiences additional joint pain that lasts for 2 hours or more after exercise, he/she should reduce exercise intensity or duration of the next class. (AEA)
 - Aquatic studies show that hip and lumbar spine respond best to the ground reaction forces, so impact exercise is important; the wrist and upper limb are more responsive to strength training (AEA 2018). *Drag equipment offers an effective option to improve upper body strength in the aquatic environment.*
 - Recommend shoes (if possible for participant to wear)

II. Conscious & Safe Movement

- Some Active Agers are going to want to do more than what they're physically ready for.
 - Stability BEFORE Mobility: Pay attention to FORM over speed/power
- Fear of falling:
 - Top risk factors:
 - Muscle weakness & lack of muscular power
 - Gait deficit
 - Balance inefficiency
 - Tips:
 - Strengthen hip muscles
 - Enhance power
 - Target gait patterns
 - Include balance drills

III. Progression/Regression

- If you are working with clients or participants who require specialized considerations, you should seek additional resources, education, and training to assist you in developing safe and effective programming. (AEA)
- Important Class Components:
 - Warm Up:
 - Thermal warm up
 - Pre-stretch (optional)
 - Cardiorespiratory warm up (with equipment)

- Walking forward, sideways with semi squat (fig 8 arms/bells), backwards, clap behind, straight leg raise, trailing forward & backward
- Warm down: Enhances venous return, reducing the potential for blood pooling in the extremities and resultant dizziness or fainting.
 - Neuromotor activities, dynamic stretching, or mobility exercise are age appropriate.
- Cueing – Audible & Visual
 - Mindful of those that are hearing or visually impaired
 - Wearing bright colors (Especially on shoes)
 - Encouraging, clear vocal cues & location of music (if used)

IV. Functional Format

- Implementing Interval, HIIT & Circuit Formatting
 - Can be modified to accommodate any level of participant. These types of training also offer a wide range of fitness benefits including cardiovascular endurance, muscular stamina and strength, as well as weight loss.
 - When adding drag equipment to your training formats, keep in mind the participants' ability levels, the presence of any injuries or medical conditions that require modifications, as well as the resistance level of the equipment.
- Coordination & balance challenge:
 - Upper/Lower Body:
 - Unilateral – one side performing movement
 - Bilateral - both sides performing same movement
 - Bilateral Reciprocal – both sides performing opposite movements
 - Stance:
 - Narrow
 - Split
 - Tandem
- Functional Training
 - Stepping up curbs
 - Reaching up on shelf
 - Getting out of a chair/car
 - Picking up objects

V. Goal setting

- Cognitive & Muscle Memory
 - Challenging both the body & the mind during training
- Create lesson plans
 - Example: Each class/week/month is focused on a different muscle group or skill (Depending on frequency of class)
 - Cardio Endurance/Stamina
 - Muscular Strength/Power
 - Agility
 - Balance
 - Flexibility
 - Movement Patterns

- Let participants know what they're working on and WHY ☺
 - What's to come?
 - What do they have to look forward to? ☺
- Homework
 - What are your participants doing in between training sessions?
 - Examples:
 - Using a stable chair, stand up/sit down (squats)
 - Chair exercises ☺
 - Leg Extensions/Lifts
 - Over head reach (muscle & stretch)
 - Using bands - Rows
 - Monitoring Hydration!

VI. Movement Options

- Traveling
 - Water walking
 - Running (Shallow/Deep with belt)
 - Hops
 - Cross Country - Level I, II, III, Lateral
 - Impeding/Assisting arm & leg variations
 - Utilizing Depth to incorporate movement variations
- Equipment
 - Choose buoyancy equipment that doesn't compromise body alignment and stability.
 - The resistance level can be individualized and based on the participant's capacity to apply force against the water.
 - Gloves should fit loosely to prevent a reduction in blood circulation.
 - Those who aren't completely comfortable in the aquatic environment, as well as those with balance/walking limitations, may benefit from using buoyant equipment for support.
 - Upper-body drag, that doesn't require a tight grip, can be easier for older adults to use safely and effectively.
- Posture/Core Challenge
 - Bilateral reciprocal - both limbs moving in opposition
 - Bilateral symmetrical - both limbs moving in the same direction
 - Unilateral - one limb at a time

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- Freestyle Choreography: Generally hold an exercise 30 – 60 seconds (or until participants have accomplished the movement before moving onto the next)
 - → Means "leads into" (CC = Cross Country)
 - Options do not progress from easy to hard, they're just that: Options! ☺
 - Cue to bring ATTENTION to how the body is moving.
 - Utilize level II before level III, split stance for functional training as well as single leg for balance and stability work.

- While traveling for warm up I like to TURN participants AROUND to feel the **water's inertia** and create resistance against the current. Be mindful not to turn around too quickly/often as some participants may become dizzy.

I. Warm-Up

Traveling in a circle around perimeter of the pool

- Jogging with pumping arms (elbows bent) → Jog with straight arms by the sides while PUSHING the water forward (hands in a fist or palm forward)
- TURN AROUND (Continue with arms pushing forward) → Hamstring curl (Left hand reaches behind body while the Right heel curls back, and the Right hand reaches behind the body while the Left heel curls back)
- TURN AROUND (Continue with hamstring curl/reaching behind) → Soccer Kick (use arms to assist) → HIGH knee jog with alternating reach arms over head OR extending forward (Opposite arm of leg reaching)
- TURN AROUND (Continue high knee/reaching arms) → OPTION: Both arms at the same time, shoulder press over head into elbows coming together in front of the chest → Arms down into Chest Press pushing water forward
- TURN AROUND (Continue Chest Press) → WIDE leg jog using arms to pull the water back → Frog hop (arms pull between the leg – wide knees)
- YOU CAN CONTINUE travel with any options you wish ☺

II. Cardio Section (Starting without equipment)

Jog with pumping arms into 15/30 second SPRINT creating white water! → CC (Cueing to keep hips/shoulders squared to the front & ears over the shoulders) → CC with just the RIGHT arm swinging (left hand at surface) →

Grounded Split stance, Left leg forward Right leg back (Left hand on hip) using Right arm to push/pull water front to back (focus on the pull back) → SWITCH: Right arm only pushing water back/Palm forward & thumb up (transverse) →

LIFT Right knee up to balance on Left leg → Reverse Right arm & scoop the water IN (option to reach left arm over head) →

Back to CC both arms swinging → CC with just the LEFT arm swinging (right hand at surface) →

Grounded Split stance, Right leg forward Left leg back (Right hand on hip) using Left arm to push/pull water front to back (focus on the pull back) → SWITCH: Left arm only pushing water back/Palm forward & thumb up (transverse) →

LIFT Left knee up to balance on Right leg → Reverse Left arm & scoop the water IN (option to reach right arm over head) →

Back to CC both arms swinging (Option: Level III CC) → Moguls (hopping side to side) →

Single leg Mogul (Right leg tucked into chest) hopping on Left leg side to side (Cue to get the left knee up to meet the right on tuck) → SWITCH legs (Left leg tucked into chest) hopping on Right leg side to side (Cue to get the right knee up to meet the left) → Alternating Mogul legs: RIGHT foot touches down to the Left, LEFT foot touches down to the Right →

Wide Jog → Jogging in and out of a tire → Hopping both legs up & out, out & into the tire →

Wide grounded stance, Just LEFT hand figure 8 (right hand on hip, squared shoulders/hips & scapula retracted back) option to speed up & smaller figure 8 → Wide grounded stance, Just RIGHT hand figure 8 (left hand on hip, squared shoulders/hips & scapula retracted back) option to speed up & smaller figure 8 →

BOTH arms (flat hands pressed together) BIG figure 8's focusing on heels staying down and using your core (Can alternate two big figure 8's and then 3 small quick) →

Keep legs wide & extend both arms forward (hands in fist or flat palm for more resistance) = as arms press down, legs close, arms come up, legs open (focus on pulling the water back UP, using top of the shoulders) option: level II sliding feet and speed up →

Just LEFT arm down/up (Right arm at surface) → SWITCH arms (RIGHT) → Back to using both arms – legs wide/arms extended forward = as the arms pull down by the sides, knees TUCK into the chest (abdominal crunch) legs touch down wide as arms come back up towards surface →

Hop front/back → Hop front/back with Just LEFT leg (tuck right knee in and cue to get the left knee up to meet the right on tuck) → SWITCH legs Hop front/ back with Just RIGHT leg (tuck left knee in and cue to get the right knee up to meet the left on tuck) → Back to both legs hopping front back – OPTION: Level III front/back shoot through → Jog to the wall, grab water ☺

III. Wall Work

This can be done with a noodle behind the back/under arms to assist with buoyancy

- Arms are doing a breast stroke pulling arms, drop into Level II facing wall → RIGHT foot up onto the wall (trying to press the heel in = no wall? Toes at the surface) the LEFT foot taps up to the wall and then back down to the floor FOUR TIMES & then hold the LEFT foot up next to the right and tap the RIGHT foot down and up from the floor to the wall FOUR TIMES (Continue for a minute, or however long you feel your participants can handle)

IV. Noodle

Noodle tucked behind back/under arms (Could do this with back against the wall or spaced out in the pool)

- ❖ CUE for scapular retraction and keeping shoulders down & back (long neck).
- Option 1: Keep hands in the water as arms push down and knees tuck into the chest (This is ALWAYS an option and participants can go back and forth between hands on and off the noodle as needed)
- Option 2: Keep hands on the noodle as you push the noodle down and tuck the knees into the chest
- Option 3: Keep hands on the noodle as you push the noodle down, tuck knees into the chest, extend the legs out in front, tuck back in and then touch back down.
- Option 4: Keep hands on the noodle as you push the noodle down, tuck knees into the chest, extend the legs out in front, Open & Close the legs, tuck the knees back into the chest and then touch back down.
- If participant is struggling to get their feet back down without moving their legs: CUE to keep feet together and tuck the chin towards the chest and look down towards the floor – flexion of the spine and allows the body to lean forward without straining the back and focusing on the abdominals. (The body follows the head 😊)

Keeping noodle behind the back: Lean back into a reverse plank – Level II, feet slightly in front of the body (trying to touch the floor) in a diagonal line from ear, shoulder, hip, knee and toe:

- Rocket Kicks: Sculling hands in the water to help keep reverse diagonal lean
Extend one leg up towards the surface and the other reaching towards the floor, using abdominals and hands to maintain reverse plank and the glutes and hamstrings to

forcefully push the foot down towards the floor (Hip Extension). Shorten range of motion of the legs if you want to speed up the tempo.

- Double leg side kicks: Both legs tuck into the chest, shoot out to the Right, tuck back in and then touch back down to the floor below the hips. Repeat to the Right.
- “Angels” (Level III Side to side shoot through) Keep feet suspended as you tuck and shoot legs right and left, mindful to keep feet below the hips when passing through the midline. Try not to lean back and stay within one spot as much as possible.
 - Option for Angels to progress: Keep hands on the noodle and feet staying together to challenge the abdominals. Still paying attention to keep feet below the hips passing through the midline (ears come back over the shoulders)
 - Regression: Side to side Karate Kicks or Double Leg side shoot through with center tap down
- Arch the Noodle at the surface (Ends of the noodle in the water) – Slightly wider than hip width stance and keeping tall posture (Ears over the shoulder) → press Right hand down towards the Left foot as the heel reaches up and in, can modify by pushing towards knee/shin, and then touch back down as hand returns to the surface (Cue: SHIFT weight to help emphasis what’s going to happen when balancing) → press Left hand toward the Right heel/shin/knee as the leg reaches up and in → Continue alternating hand towards the heel →
Repeat Right hand towards the Left heel for 15/30 sec and then HOLD the LEFT leg up while balancing on the Right leg and continuing to press the Right hand down = progress to both arms pressing down under the leg (Option: Hold hands down to really isolate the movement and challenge balance) →
Repeat Left hand towards the Right heel for 15/30 sec and then HOLD the Right leg up while balancing on the Left leg and continuing to press the Left hand down – progress to both arms pressing down under the leg (Option: Hold hands down to really isolate the movement and challenge balance)
 - Option to keep bent knee or extend leg out while balancing on one leg
- Arched Noodle CC (Keep arms extended with ends of noodle on the surface)
 - Progress into moving arms (Opposite arm of leg forward) Level II

- Level II and slide feet → Option: Level III and maintain upright form and keep noodle arched out of the water
- Kayaking: Wide Grounded Stance – Holding the ends of the noodle in each hand - Left arm up and Right arm down under the water slightly in front of the body → Pull the Right arm back past the Right hip → Windmill the Right arm up and over as the Left arms pulls down in front of the body past the Left hip → Windmill the Left arm up and over as the Right arm pulls down in front of the body past the Right hip → Continue pull Left & Right back past the hips like you're kayaking = Keep abdominals braced, hips/shoulders squared forward and standing tall (Cue: Heels down & no Rotation of the body)
 - REVERSE arm and continue to push the water forward as you “Kayak” backwards
- Noodle horizontal on the surface in front of the body/hands shoulder width apart: Squat down, as you tuck the tailbone forward, and use the abdominals to circle the noodle under the water. (Challenge to count how many circles they can complete in 30 seconds – but keep noodle under the water and make them big complete circles).
- Noodle on Surface: Hop front/back (Progression: Level III front to back shoot through)
- Noodle behind back: Reverse Plank – Keep toes about an inch from the floor and open and close the legs (Leg Abduction/Adduction) Use abdominals and sculling hands to keep feet low → Add little crisscrossing legs (**if allowed**) → Legs Open wide then cross the Right leg over the Left leg as you rotate the body and bring the right hip on top of the left hip (stretch the lower back) → Legs Open again and then the Left leg crosses over the Right leg and bring the left hip on top of the right hip → Continue to crisscross (if allowed) – Can always come back to just the Open/Closing legs

V. Drag Bell (Start with bell in LEFT hand)

- ♦ This section can be done with a single hand buoy with modifications (held vertical)

Starting with the **Blade Up** (Handles parallel = blade on top & **flat side on bottom**)

T-Jack (Jumping Jill) Narrow Stance & arms abducted out to the side just under surface →

Arms come together in front chest as the legs Jack wide → Legs together & arms open; Arms close as legs open → Continue T Jacks as you Cue to keep soft knees →

Grounded Wide stance, Right hand on right hip using Just LEFT arm, Transverse shoulder Abduction/Adduction (Cue shoulders down, brace abdominals and square hips/shoulders) Option to bend elbow/lower arm if needed →

Left arm makes a Figure 8 (start small) hand leads with the handle - palm is down moving in towards the body and palm up as it sweeps out → BOTH hands on the bell moving in a Figure 8 (brace abdominals/square hips) → SWITCH Bell to Right hand →

T Jacks (Start slowly and progress if form is good) →

Grounded Wide stance, Left hand on Left hip using Just RIGHT arm, Transverse shoulder Abduction/Adduction (Cue shoulders down, brace abdominals and square hips/shoulders) Option to bend elbow/lower arm if needed →

Right arm makes a Figure 8 (start small) hand leads with the handle - palm is down moving in towards the body and palm up as it sweeps out → BOTH hands on the bell moving in a BOX (brace abdominals, extend arms, square hips)

➤ FLIP Bell for **Blade Down** (Handles parallel/Blade on bottom & **flat side on top**)

Level I or II CC with bell in LEFT hand (Cue for posture and pushing arm back past hip) →

Grounded SPLIT stance, Right leg forward Left leg back, Right hand on right hip or sculling = Left arm pushing & pulling as you bend the elbow back and extend arm forward (Cue not to sway the torso forward or back, square hip/shoulders forward, anchor downward) →

Progress: Push harder, not faster →

ADDING ON: Left elbow bends, extend arm forward and then pulls straight down past the hip

→ Repeat while keeping shoulders back and abdominals tight (Similar to a forward circle around the left hip) → **EXTEND** Left arm out to the side (Transverse) Palm facing down:

Leading with the FLAT side = Scoop Left arm IN →

Progress: slowly lift the Left leg up and balance on the Right leg (soft knee/Option for Right hand on hip; extend left leg out OR keep a bent knee) while continuing to scoop the Left arm in (Extra challenge: Extend Right arm up towards the sky) →

PAUSE Left hand in front of the chest & REVERSE arm direction to Transverse Abduction sweeping the arm out (still balancing on Right leg) →

Bring Left leg back down behind (split stance) Hold Bell with both hands & extend arms across the body in front of the Right Shoulder = CC Level I or II with Transverse swinging

arms side to side (Bell is extending over the Forward leg) = Less resistance: Bend elbows in;
More resistance = extend arms →

SWITCH Bell to Right hand: CC Level I or II → Grounded Split Stance – LEFT leg forward,
Right leg back, Left hand on left hip or sculling = Right arm pushing & pulling as you bend the
elbow back and extend arm forward (Cue not to sway the torso forward or back, square
hip/shoulders forward, anchor downward) Progress: Push harder, not faster →

ADDING ON: Right elbow bends, extend arm forward and then pulls straight down past the
hip → Repeat while keeping shoulders back and abdominals tight (Similar to a forward circle
around the right hip) → **EXTEND** Right arm out to the side (Transverse) Palm facing down:
Leading with the FLAT side = Scoop Right arm IN →

Progress: slowly lift the Right leg up and balance on the Left leg (soft knee/Option for Left
hand on hip; extend right leg out OR keep a bent knee) while continuing to scoop the Right
arm in (Extra challenge: Extend Left arm up towards the sky) →

PAUSE Right hand in front of the chest & REVERSE arm direction to Transverse Abduction
sweeping the arm out (still balancing on Left leg) →

Bring Right leg back down behind (split stance) Hold Bell with both hands & extend arms
across the body in front of the Left Shoulder = CC Level I or II with Transverse swinging arms
side to side (Bell is extending over the Forward leg) = Less resistance: Bend elbows in; More
resistance = extend arms

VI. Hand Buoy (single)

T Jacks – Buoy in Left Hand – Arms Adduct as legs Abduct, Legs Adduct as arms Abduct –
Option to cross buoy in front, side or behind the body when pulling the arm down (More
resistance = keep bell under water instead of bringing it back to the surface each time) →
Wide Grounded stance using Just LEFT arm (Right hand on hip) to push down and up
(abduction/adduction – mindful to keep shoulders down & back) →

Slowly walk feet together = Tandem stance: **Left** foot in front of the Right/Left heel to Right
toe & soft knees → Bend the knees more & pull Left arm down by the side = Flexion of the left
elbow (Tricep extension/forearm comes in front of the body) → Option: Level III kneeling
position sculling Right hand and Left elbow flexion & extension →

Level I Jog while passing buoy under the lifting knee to the other hand (basket ball weaving),
option 2: tuck both legs up while passing buoy under legs or option 3: level III tuck and keep
passing buoy hand to hand →

SWITCH Buoy to Right Hand → T Jacks Arms Adduct as legs Abduct, Legs Adduct as arms
Abduct – Option to cross buoy in front, side or behind the body when pulling the arm down
(More resistance = keep bell under water instead of bringing it back to the surface each time)
→ Wide Grounded stance using Just RIGHT arm (Left hand on hip) to push down and up
(abduction/adduction – mindful to keep shoulders down & back) →

Slowly walk feet together = Tandem stance: **Right** foot in front of the Left/Right heel to Left
toe & soft knees → Bend the knees more & pull Right arm down by the side = Flexion of the
right elbow (Tricep extension/forearm comes in front of the body) → Option: Level III
kneeling position sculling Left hand and Right elbow flexion & extension →

Level I or II CC with buoy in both hands (Vertical), Transverse swinging arms extending over
forward leg → Option Level III CC with transverse swing over forward leg →

Grounded Wide stance holding buoy vertical in hands, keep heels down and Figure 8 the
arms = challenging the abdominals →

Hold Buoy Horizontal and pull arms down while tucking the knees up wide (Arms pull down
through the legs = frog tuck. Option to bring heels together and pull buoy towards the feet)

Regression: keep feet on floor with pull down or Jog with floating arms.

VII. Buoy Between Legs

Option #1 between thighs

Option #2 below knees

Option #3 between feet (Advance)

Moguls –or- double leg side shoot through, Progression: Level III Angels → Hops front/back
(Option to go bigger) Progression: Level III Rock and roll (mindful of lower back & keep legs
low behind body) → Twists (Add tuck if appropriate)

VIII. Noodle Behind back/At the Wall (positioned with back facing the wall –or- participants in a circle)

- 1st Round: 30 seconds Kicking – **Any** type of kick – *Straight leg flexion/extension at hip, flutter, open/close, bicycle, etc....*

- 30 seconds Touch Downs – Tuck knees to chest, extend the legs out, open & close the legs three times, tuck knees back in to chest and then touch down to the floor.
- 2nd Round: 45 seconds Kicking – **Any** type of kick – *Straight leg flexion/extension at hip, flutter, open/close, bicycle, etc...*
 - 45 seconds Touch Downs – Tuck knees to chest, extend the legs out, open & close the legs three times, tuck knees back in to chest and then touch down to the floor.
- 3rd Round: 60 seconds Kicking – **Any** type of kick – *Straight leg flexion/extension at hip, flutter, open/close, bicycle, etc...*
 - 60 seconds Touch Downs – Tuck knees to chest, extend the legs out, open & close the legs three times, tuck knees back in to chest and then touch down to the floor.