

FIT FOR LIFE WATER AEROBICS
Tentative Calendar
Fall 2009

Day 1	Introduction: Syllabi and Safety
Day 2	Safety Review, Facility Orientation and Overview SKILL LAB 1
Day 3	HYDRO JAM
Day 4	STRENGTH RESISTANCE
Day 5	HYDRO CARDIO WITH ABS
Day 6	NOODLE MANIA
Day 7	PADDLE BOARD FITNESS
Day 8	WHO CAN TREAD (GROUP ASSIGNMENTS)
Day 9	LAP IF YOU CAN (WRITTEN EXAM ARTICLE BENEFITS OF H2O AEROBICS)
Day 10	SKILL LAB 2 LAND VERSES WATER
Day 11	HEART HEALTH HYDRO
Day 12	DEEP WATER FITNESS
Day 13	Skills LAB 3 MUSCLE GROUPS AND WORK OUTS
Day 14	Midterm written exam
Day 15	HYDRO JAM
Day 16	PADDLE BOARDS
Day 16	WATER POLO
Day 17	CARDIO WITH NOODLES
Day 18	GROUP ONE WORK OUT
Day 19	MINUTE BY MINUTE
Day 20	GROUP TWO WORK OUT
Day 21	WHO CAN TREAD BALL WORK OUT
Day 22	GROUP THREE WORK OUT
Day 23	STRENGTH AND RESISTANCE
Day 24	DUMBELLS DEEP WATER
Day 25	GROUP FOUR WORK OUT
Day 26	Skill LAB 4 ZONE TRAINING
Day 27	POLO ANY ONE SHARKES
Day 28	GROUP WRAP
Day 29	Review
Day 30	Final exam

*****INSTRUCTOR RESERVES THE RIGHT TO MAKE CHANGES TO THE ABOVE SCHEDULE*****

Revised fall 09