

# Small Group Training- Imperfect Pool

**Presenter: Katy Coffey**

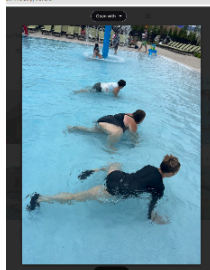
Maximizing Aquatic Fitness: Working with Imperfect Pool Depths

Introduction: Despite the ideal scenario of a pool with consistent depths, the reality often presents pools with varying depths, posing challenges for aquatic fitness.

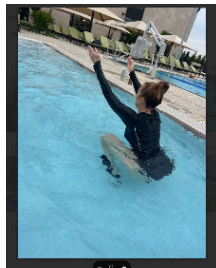
## 1. Extreme Shallow Water( Under 2 Feet)

- Utilize Zero entrance areas for transitioning clients from water to land-based exercises.

Extreme shallow water is an excellent place to transition students from water-based to land-based exercises. Moves like planks, Pushups, and even burpees can be modified and performed effectively in this setting.



Yoga Certification? - The depth of 1-2 feet works incredibly for helping beginning students work through seated or Quad mat moves ( Think beast, boat and even chair!).



## 2. Training at Hip Depth:- Surf to Turf Style Training

- Optimize hip-depth water for intense lower-body workouts and group activities. When Water is at hip depth, you can purposefully move your clients through moves such as lunges & Squats, as their body is now having to compensate for both gravity and buoyancy.

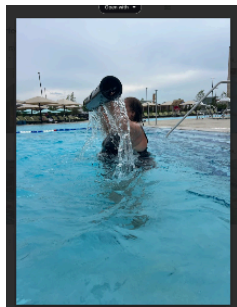
- Ideal depth to work on range of motion with Squats, lunges and all variations of bench work. Example Dips, Split Squats and even step up.

- Integrate resistance band workouts to enhance lower body exercises like lateral leg raises and squats.

- Design interval training sessions to improve cardiovascular fitness and muscular strength.

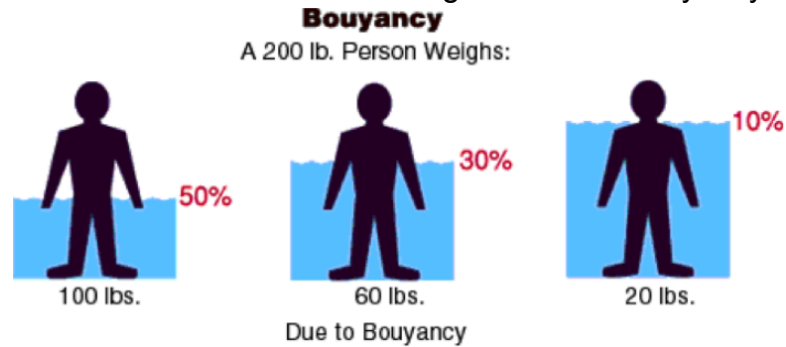
- Incorporate Weight at this depth. Water Provides Stability for lower body, while upper body has 100% gravity resistant training.

- Pool Popular tools- 10 lb dive bricks, VIPR Bars, Water Weights. Any Rubber Coated Gym Equipment.



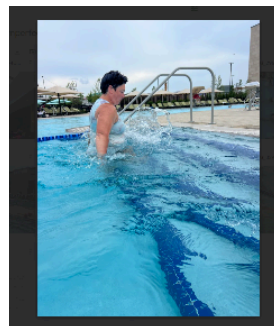
### 3. Full Pool Circuit Training

- Divide the pool into stations for a circuit training approach, accommodating varying depths.
- Assign shallow end stations for strength and agility exercises like squats and jumping jacks.
- Utilize mid-depth areas for traditional aquatic fitness movements with specialty equipment.
- Incorporate deep end stations for core exercises using noodles or buoyancy aids.



### 4. Other Structures- Stairs, Slides, Starting Blocks and Play Structures

- Other structures of the pools can all be used as a resource to train your clients. Always outweigh the risk vs reward of an exercise, but knowing that you can work with your clients goals and creative programing can use these structures in any way you would use gym tools on land.
- Starting Blocks- Overhead Pull Up or Chin Ups
- Stairs In water Benches- Endurance, Bench work- Planks , AODLs
- Slides- Working against the force of the current



- Embrace imperfect pool depths and adapt training techniques to maximize aquatic fitness.
- Whether conducting 1:1 personal training, leading small group sessions, or organizing full pool circuit training, there are opportunities to achieve fitness goals in any pool setting.
- By creatively utilizing varying depths of the pool, we can help clients optimize their aquatic fitness journey, regardless of depth limitations

Follow Katy for more Ideas



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Equipment: [Liquid Gym Acqua Toning Toolkit](#)

## Template for Small Group Training- 60 Minutes

<b>Warm Up</b> Exposure to movement in all 3 Planes Hit the 7 Foundational movements Dynamic Warm Up Body Weight Drag Entire body warm up to prep even if focus is targeted Movements to mobilize joints and stabilize muscles			5 Minutes
<b>Mobility &amp; Range of Motion</b>  <b>Deeper Warm UP</b>	2-3 Exercises In Mobility 1. 2. 3.	2-3 Exercises to Raise Heart Rate 1. 2. 3	5 Minutes
<b>Power Speed &amp; Agility Group Work</b>	Exercise 1- 10-15 Reps- Repeat $\frac{2}{3}$ Times	Exercise 2- 10-15 Reps- Repeat $\frac{2}{3}$ times	15 Minutes
<b>Resistance Training</b>	What Is the Focus? _____  Super Set : 3 Exercises - 10 Reps- Repeat 3x 1. 2. 3.		15 Minutes

<p><b>Corrective CORE</b></p>	<p>3 Exercises 30 seconds each Rest 30 between rounds</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<p>10 Minutes</p>
<p><b>Conditioning Session</b> What will the Client NOT do on their own</p>	<p>Metabolic Conditioning</p>	<p>5 Minutes</p>
<p>Active Recovery &amp; Cool Down</p>		<p>5 Minutes</p>

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