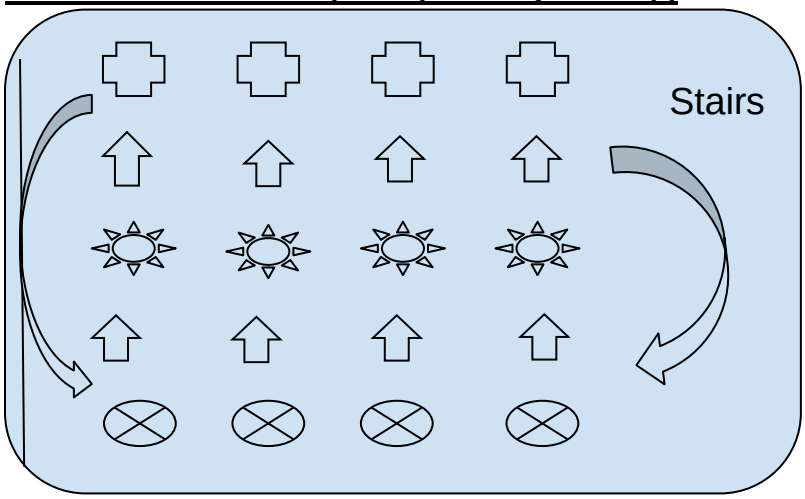
Dual Depth Circuits

With stations located in both the shallow water and deep, Circuit training is the most efficient combination of building strength and burning fat. The short rest between stations is designed to keep the heart rate elevated and build endurance. Each station is time-bound meaning exercisers can go at their own pace. This class is for all fitness levels for those comfortable swimming in deep water.

3X4 Circuits= 12 Participants (Possibly no deep)



3 Lanes- Shallow Only

3 Pieces of equipment

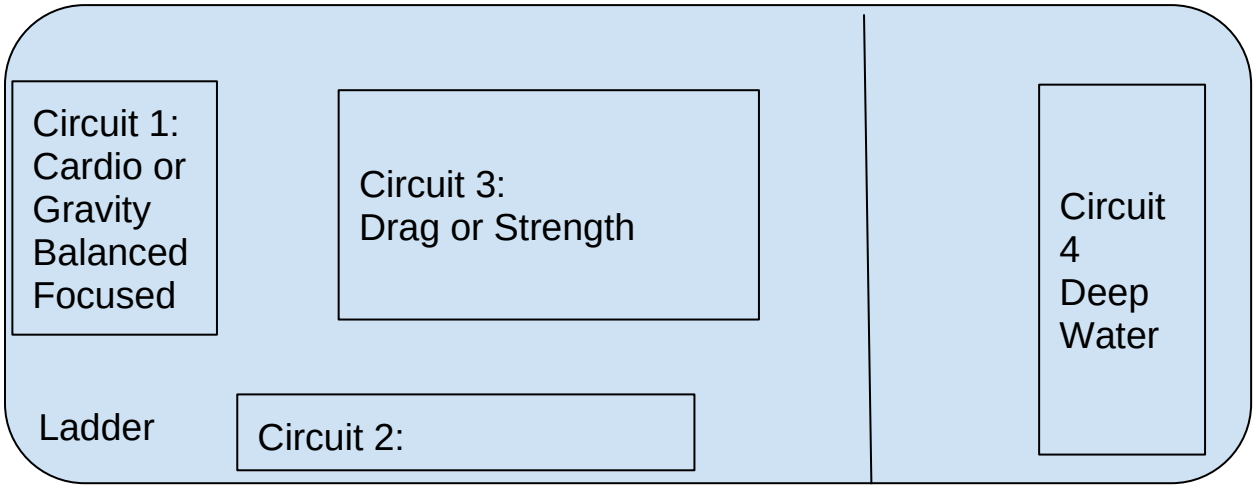
1. Wall Work
2. Flotation/ Buoyant
3. Large Specialty Equipment

3 Minute Warm Up
1 Minute Circuit Prep
45 Seconds of Work per piece of Equipment
15 Second of Transition to next station
Repeat Each Cycle 3 Times
1 Minutes Break and Reset for new Moves.
3 Minute Cool Down (APX 46 Minutes.)

Pro Tip- The final round in circuit 4 - you can cut down to 30 seconds to ensure adequate cool down
For this format match up your tallest Students to utilize the deepest circuit and your shortest students in your shallow circuits!

4X4 Circuits= 16 Participants

4 Circuits- Endurance Focused



4 Stations

1. Balance/ Cardio/ Barre
2. Wall Work
3. Drag or Strength or Specialty Equipment
4. Deep Water Conditioning

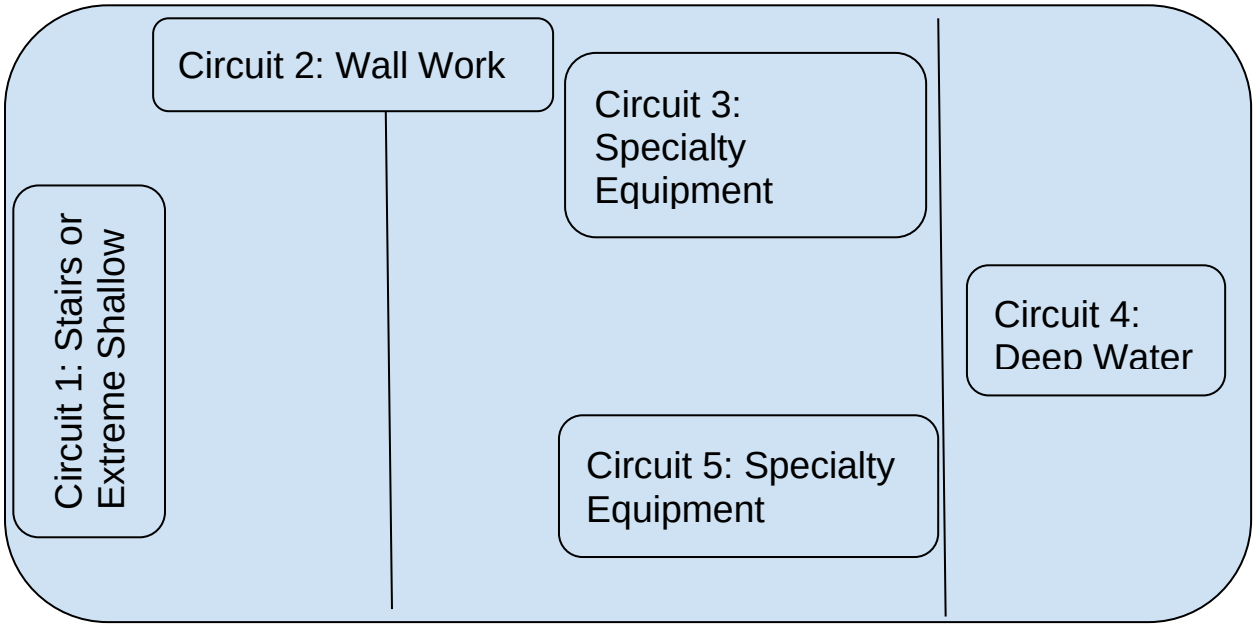
5 Minute Warm Up
3 Minute Active Overview
2 Minute Transition & Prep

Circuits: 3 Moves x 45 Seconds - Repeat 3 Times
No Break till Transition

Move 1: Lower Body Focus (Or Cardio/ Deeper Warm Up)
Move 2: Upper Body Focus (Or Strength Focus)
Move 3: Core Focus (Or total body conditioning Spike)

2 Minute transition and Rest Between Sets
2- 3 Minute Cool Down

5x4 Circuits = 20 Participants



5 Stations

1. Shallow or Stair work (if available)
2. Wall Work
3. Specialty Equipment at appropriate depth
4. Deep Water
5. Specialty Equipment

5 Minute Warm Up
3 Minute Active Overview
2 Minute Transition & Prep

Circuits: 3 Moves x 30 Seconds + 15 Second Rest - Repeat 3 Times
2 Minute Transition to next station
3-5 Minutes Cool Down

Pro Tip!
If specialty equipment is not available or does not increase the height of students, then consider two deep water stations. One being deep wall focused and one using flotation.

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