

## Aquachallenge Combo

By Deborah Benetti, MS, & Andrea Gilardoni

IAFC 2022 Session: Enjoy these easy combinations in the perfect Italian style, for shallow and deep water. Experience how to create, how to write, and how to adapt into different water depths. Come and discover the Aquachallenge Combo with us!

Aquachallenge Combo is an aerobic workout where the training goals include:

- Stimulate the aerobic system. Participant heart rates should constantly be between 60% and 80% of the maximum rate.
- Improve coordination skills.
- Interaction of participants enhanced with well-planned music and movement combinations.

Some aquatic instructors perceive choreographed programs as “just dance moves” without adequate training outcomes or feel that they are too difficult to design and lead. We want to dispel those myths. Aquachallenge Combo demonstrates that choreography can be easy to develop, fun to teach, and a very effective training format.

Key concepts to creating an effective Aquachallenge Combo include:

- Using a variety of techniques and styles to develop movement patterns.
- Skillful use of the music.
- Cueing that balances the leadership between the instructor and the students.
- Carefully planned transitions suitable to the participants and instructor abilities.

Let’s explore an example of variations and substitutions for two basic exercises (water jack and front kick).

	Water jack	Water jack	Water jack	Water jack	Front kick right	Front kick left	Front kick right	Front kick left	Front kick right	Front kick left	Front kick right	Front kick left
<b>First Change</b>	Front	Front	Front	Front	Front kick right	Front kick left	Front kick right	Front kick right	Front kick left	Front kick right	Front kick left	Front kick right
<b>Second Change</b>	Front	Front	Front	Front	Front kick right	Front kick left	Front kick right	Front kick right	Front kick left	Front kick left	Front kick left	Front kick right
<b>Third Change</b>	Front	Front	Front	Front	Front kick right	Front kick left	Front kick right	<b>Back</b> kick right	Front kick left	Front kick left	Front kick left	Front kick right
<b>Fourth Change</b>	Front	Front	Front	Front	Front kick right	Front kick left	Front kick right	Back kick right	Front kick left	<b>Side</b> kick left	<b>Side</b> kick left	Front kick right
<b>Fifth Change</b>	Front	Front	Front	Front	Front kick right	Front kick left	Front kick right	Back kick right	Front kick left	Side kick left	Side kick left	<b>Pendulum</b> right
<b>Sixth Change</b>	Front	<b>Side</b> right	Front	Front	Front kick right	Front kick left	Front kick right	Back kick right	Front kick left	Side kick left	Side kick left	Pendulum right

<b>Seventh Change</b>	Front	Side right	Front	<b>Double wide push</b>	Front kick right	Front kick left	Front kick right	Back kick right	Front kick left	Side kick left	Side kick left	Pendulum right
-----------------------	-------	------------	-------	-------------------------	------------------	-----------------	------------------	-----------------	-----------------	----------------	----------------	----------------

Then, repeat all the above but begin with the LEFT leg in the kick series.

In this type of class, it is important to give participants enough time to become comfortable with the movements and the variations so that they feel successful. It is also important that you create good transitions and work with the water's properties, respecting proper tempo, full range of motion, good alignment, etc. Consider arm placement to accommodate the goal of the specific movement – add resistance for a greater challenge, assist the move to make it easier, or find better stability and balance. Begin simply and gradually increase the challenge with the physical laws and properties of water that you already know (turns and directional orientation, travel, impact, adjustments to movement planes, lever length, etc.).

We are hoping to see you in our class at IAFC 2022 so that we can share more ideas and guide you to a greater appreciation of choreographed programming in the pool!

#### AUTHORS

Deborah Benetti, MS, studied artistic gymnastics, modern dance, ballet, and karate from the age of 5 to 20, when fitness became her real passion. She is a trainer for both land and water activities, and since 2006, a presenter around the world with innovative and energetic classes. She holds a bachelor's degree in physical education and a master's degree in science and techniques of preventive and adapted motor activities.

Andrea Gilardoni achieved the Italian national federation certificate to teach swimming at the age 18 and his university graduation the following year. With multiple European Aquatic certifications, he became a Master Trainer in 2007. Currently he is the technical director of Euroeducation Aqua Italy and works as a fitness instructor at Enjoy and Aquaria in Milan. Andrea has presented across the globe.