

# AQUADANCE STEPS

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## AQUA JACKS

1. Stand with arms at the side and legs together.
2. Take a small hop/jump. At the same time spread arms apart keeping elbows at the waist. Land with legs apart.
3. Take a small hop and return to starting position.



## ARM PUSHES AND SWOOPS

### PUSHES

1. Stand upright and push out and away from the body. This can be done with one or both arms at the same time.

### SWOOPS

1. With palms facing down, reach to one side with both hands.
2. Step to the side while pulling hands as if using arms to help pull to the side



## SINGLE LEG BALANCE HOVERING PROGRESSION

### SINGLE LEG BALANCE

1. Perform a single leg balance with opposite toe touching the pool bottom for assistance
2. Perform a single leg balance with opposite leg slightly off ground
3. Perform a single leg balance with opposite leg extended to the front

### HOVERING

1. Float in a sitting position with knees bent at 30-45 degrees.
2. Move arms up and down or in a circular motion to help with floating
3. Hold for 30 seconds



## KICKS

1. Stand upright in water.
2. Kick with one leg forward to a height that feels comfortable.
3. Then kick with same leg back behind the body.



## JUMPING LUNGE

1. Start in a small staggered stance.
2. Jump and switch the front and back leg positions, and land in a comfortable stride or lunge.



## SKIER

1. Start in a mini squat position
2. Jump to one side at a comfortable height and distance.
3. Mini squat again and jump back to starting position.

