



Course Title: **Aqua Magic Moves 3**

Produced by: **Fitness Learning Systems**
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Course Type: **e-Learning Home Study**

Credit hours: IACET (International Association for Continuing Education and Training) 0.4
(4 Hours) Approved and Accepted by several additional organizations.

Author:

Kim Geeroms and Katrien Lemahieu MSEN.

Kim Geeroms, BS has a Bachelors Degree in Physical Education and works as a sports promoter for the province of Antwerp, organizing sports activities and events for people with disabilities. As a “freelance instructor” for various pools in Belgium, Kim teaches 15 classes a week and as a master trainer for Kataqua, she trains aquatic fitness instructors in Belgium and Holland. Kim is also the program designer for ClubAquavitaal (an aquatic program for active seniors) in Holland. She is known for her enthusiasm and positive outlook as she provides high-energy and fun programs for all ages.

Katrien Lemahieu, MSEN has been an aquatic instructor for 20 years and a presenter worldwide since 2005. She studied Physical Education and graduated for Special Movement Education; in 2011 she became a certified hydro-therapist. She is the owner of the Kataqua-Institute providing education, certification and consultation for pools and is the Program Director for ClubAqua. She specializes in training that targets both the muscles and the mind. Katrien works as a consultant for the National Organization for Swimming Pools in the Netherlands. She is known for her charisma, energy and organization skills.

Kim and Katrien, internationally known as (the BFF’s) K2, are two amazing Aquatic Fitness Professionals and International Presenters. Unique as they are apart, together they are a strong team with twin-skills! Their way of teaching is so look-a-like, that people all over the world are amazed with their connection. Fun, creative and a little crazy, are the words people use to describe them... they are called alike, sisters and doubles. K2 is known for their innovative way of thinking about the aquatic industry: from survival with babies to the oldest seniors, from people with disabilities to the fittest military guys, and from swim classes to technique training... they can train them all. Both have an indescribable passion for aquafitness, day and night! K2 rules!

Course Summary:

Katrien Lemahieu is back at it again for Aqua Magic Moves 3. This time she has teamed up with Kim Geeroms to bring you additional concepts in choreography and unique moves for in shallow and deep water.

Kim and Katrien (known as 'K2') have been presenting Aqua Magic Moves across the globe. They provide a unique way to construct aquatic choreography that results in "magic moves" which can be used in choreography for the unfit through trained athletes. You can adapt these moves to your client base, intermix them into your existing choreography for an extra challenge, or use them to promote coordination to "train the brain." There are so many options for using Aqua Magic Moves that you will never run out of choreography ideas and challenges. This course has over 100 videos to help you learn the concepts, the moves, and how to properly cue and execute them. The Aqua Magic Moves continuing education courses are aquatic choreography nirvana!

Objectives:

After completing this course you will:

1. Discuss 3 ways inertia can be used to alter intensity in aquatic choreography.
2. Identify the 3 axes, 4 planes, and 3 points for movement.
3. Discuss the 4 qualities of multi-dimensional movement used to create aquatic choreography.
4. Explain the 7 parts of the SWEAT-Formula for creating variety in aquatic choreography.
5. Explain how to safely and effectively perform 6 basic arm moves, 3 arm combinations, 6 SWEAT-Formula move variations, and 16 combinations for shallow water.
6. Explain how to safely and effectively perform 6 arm moves, 2 basic positions, 5 basic leg moves, 4 basic move options, 5 SWEAT-Formula move variations, and 2 combinations for deep water.

Outline:

Fast Track Menu

AMM Basics

Inertia

Stop (symbol) Start

Start (symbol) Stop

Turns

Axes.Planes.Points

Axes

Frontal Axis

Sagittal Axis

Vertical/Longitudinal Axis

Planes

Sagittal

Frontal

Transverse

Diagonal

Points

Center of Gravity

Center of Buoyancy

Metacentric Effect

AMM 3D

Front (symbol) Back

Left (symbol) Right

Up (symbol) Down

Gravity Assisted /Buoyancy Resisted

Buoyancy Assisted /Gravity Resisted

Rebounding/Propelled/ Elevated

Diagonal

SWEAT- Formula
Surface Area
Speed
Working Positions
Enlarge/Enhance
Around the Body
Travel
Tempo

Shallow AMM 3

Basic Arm Moves
Push and Pull
Open and Close
Flexion and Extension
Circling
Up and Down
Scoop and Roll
Basic Arm Combos
Push
Circling
Up/Down and Open/Close
SWEAT- Formula Moves
The Versatile Bounce
Jog and SWEAT
Jumping Jack and SWEAT
Cross Country Ski and SWEAT
Kick and SWEAT
Rock and SWEAT

Magic Combos

AMM3 Twisting Combo
AMM3 Walking Combo
AMM3 Jumping Combo

2 Move Basic Combos

Ski and Rock
Kick and Jack
Jog and Rock
Twist and Ski
Circle and Kick

Complicated Combos

Kick, Rock and Scoop
Jack, Jill, Ski and Twist
Ginga, Kick, Jack and Jump

Special Combos

Triangle Kick
Pyramid Kick
Diabolo Jill
Grapevine, V-step Jump
Grapevine, Box-step turn

Deep AMM 3

Deep Arm Moves
Push and Pull
Open and Close
Flexion and Extension
Circling
Up and Down
Scoop and Roll

Deep Leg Moves

- Basic Deep Positions
 - Neutral Alignment Hanging
 - Neutral Alignment Seated
- Basic Deep Leg Moves
 - Jogging
 - Jacks
 - Ski/Scissors
 - Kicks
 - Cycling
- Basic Deep Options
 - Tilting
 - More Tilting
 - Tilting Diamond
 - Twist
- Deep SWEAT-Formula Moves
 - Deep Jog and SWEAT
 - Deep Jack and SWEAT
 - Deep Ski and SWEAT
 - Deep Kick and SWEAT
 - Deep Cycle and SWEAT
- Deep Twisting Combo
- Deep Tilting Combo

Bibliography:

Lemahieu K. (2010) Aqua Magic Moves 1. Fitness Learning Systems.
www.FitnessLearningSystems.com. ISBN# 978-1-935746-16-4.

Lemahieu K. (2010) Aqua Magic Moves 2. Fitness Learning Systems.
www.FitnessLearningSystems.com. ISBN# 978-1-935746-27-0.

Following are some great books to use for Resources:

Aquatic Fitness Professional Manual	Aquatic Exercise Association	9780736067676
Aqua sportief	André van der Sluis / Bart Dikkeboer	9080132012
Functional water training for health	Mary E. Sanders / Cathy Maloney-Hills	none
Speedo Water fitness	Mary E. Sanders / Nicki E Rippee	none
Aquafitness	Silke Amthor	9043812706
Kinesiologie	Petra Gensler	9044710826
Pilates	Patrica Lamond	9043815799
Qi gong	Wilhelm Mertens / Helmut Oberlack	9044711695
Meditatie	Marie Mannschatz	9044711709
Yoga	Noa Belling	9043815802
Alles over sportblessures	Dr. Richard H. Dominiques	9032501623
Aquafitness	Marybeth Pappas Gaines	9021524686
6 minuten	Faye Rowe / Sara Rose	9781407569703
Hidro Ginástica	João Regufe / Ricardo Maia	none
Aqua-training	Margot Zeitvogel	9038901828
Aquafitness	Michael Hahn / Bernhard Peter	9783835407947
Aquafitness für senioren	Linke / Wollschläger	9783898996884
Aquafitness in der Schwangerschaft	Sandra Eberlein	9783898994125

Aquatrainning	divers	9783898995207
Hydrotherapie	Johan Lambeck	9076986096
Aquajogging	NRZ	9080132020
Best of Aquatrainning en Zeitvogel	Margot Zeitvogel	9783980884440
Algemene basis opleiding sport	van Baarlen / Sininge	9060760859
Myths & truths aquafitness	João Regufe / Ricardo Maia	none
AquaStretch	Laurie Denomme / Connie Jasinkas	9780985510701
Halliwick	Johan Lambeck	none
Hydrotherapie in de neurologie	Npi	none