



# CHAPTER 1

## CHAPTER 1: WELCOME & OVERVIEW

Welcome to the WATERinMOTION® DEEP Certification! This comprehensive manual is designed to equip you with the knowledge and skills necessary to lead safe, effective, and engaging deep water fitness classes. Whether you are a seasoned aquatic fitness professional or new to water-based training, this program offers the tools to enhance your expertise in a zero-impact, suspended environment.

WATERinMOTION® DEEP leverages the unique properties of water to deliver high-intensity, joint-friendly workouts. Instructors learn to use buoyancy and resistance to create a full-body training experience that improves cardiovascular health, strength, flexibility, and balance.

By completing this course, you join a community of professionals committed to quality aquatic programming and continuing education.

### Certification Objectives:

- Understand the scientific principles behind deep water training
- Master safe and effective cueing techniques
- Learn to format and lead a complete class from start (warm-up) to finish (flexibility)
- Adapt programming for all fitness levels
- Use music to energize and guide movement



# CHAPTER 2

## CHAPTER 2: AQUATIC SCIENCE & PRINCIPLES

**Deep water training is rooted in the fundamental principles of aquatic exercise. Understanding these principles will enhance your ability to create effective, engaging, and safe classes.**

Aquatic exercise is grounded in several biomechanical and physiological theories that explain why movement in water produces unique training benefits. One foundational concept is buoyancy, which reduces gravitational load on the joints, allowing individuals to move with decreased impact while improving mobility, balance, and joint comfort. Hydrostatic pressure uniformly surrounds the body, enhancing circulation, reducing swelling, and providing continuous core and postural engagement.

A key mechanical theory involves lever length: extending the arms or legs increases the distance from the joint axis, creating greater torque and resistance in the water. Similarly, surface area influences drag—using larger hand positions, equipment, or wider movement patterns increases resistance and muscular demand. Speed of movement plays a significant role; because drag force increases exponentially with velocity, even small increases in speed dramatically heighten workload, enabling precise intensity adjustments for all fitness levels.



Additional principles include turbulence and eddy resistance, where intentional changes in direction challenge stability and recruit deep stabilizing muscles. Thermal properties of aquatic environments—typically warmer water—promote muscle relaxation, reduced pain, and improved range of motion. Together, these theories make aquatic exercise highly adaptable, joint-friendly, and effective for strength, cardiovascular fitness, and functional training across diverse populations.

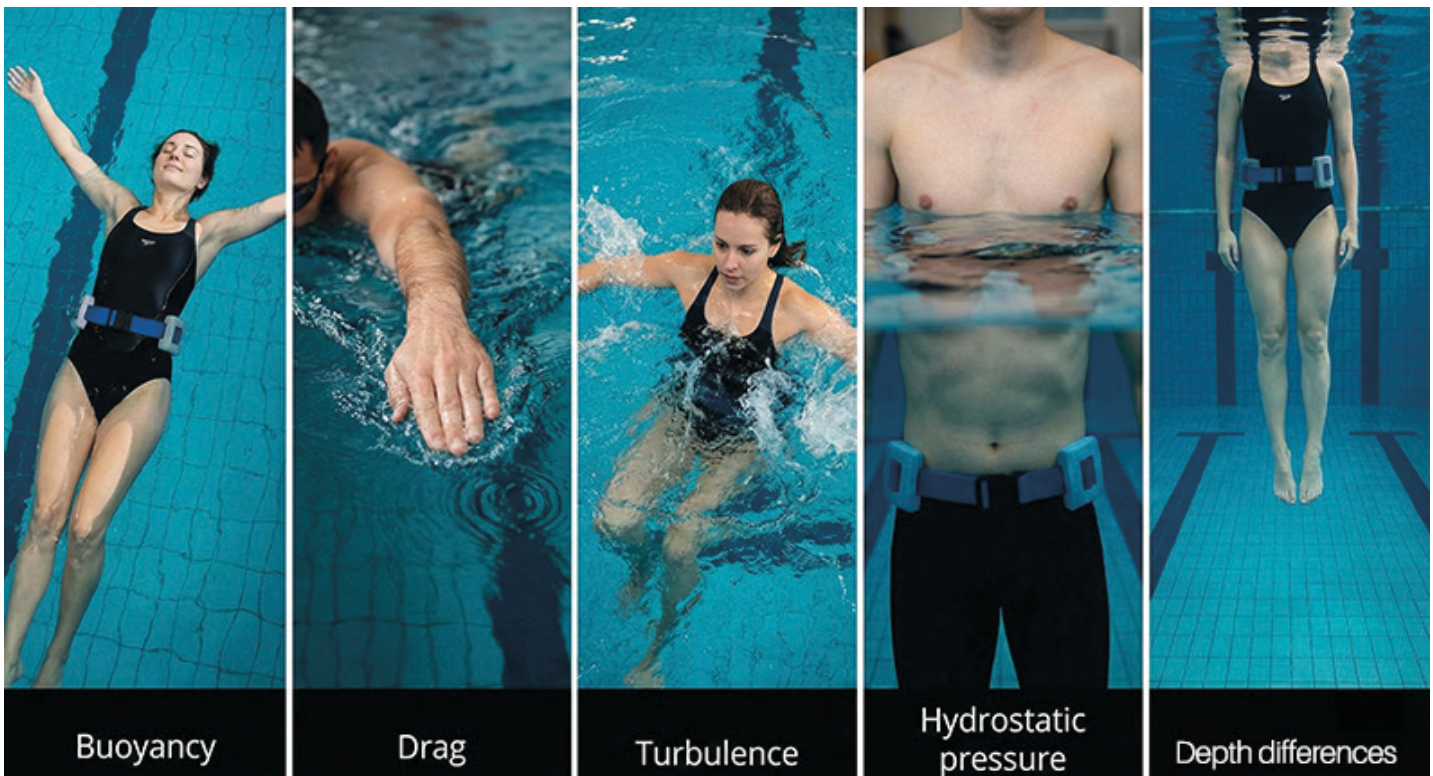
**Buoyancy:** This upward force counters gravity and reduces body weight, allowing for low-impact movement. In deep water, participants are fully suspended, which removes all major impact on joints.

**Drag:** Water provides constant resistance in all directions. The faster and larger the movement, the greater the resistance. This allows for intensity modulation without weights.

**Turbulence:** Movement creates water disruption, which challenges balance and stability. Instructors can use turbulence purposefully to increase core activation and proprioception.

**Hydrostatic Pressure:** This pressure from water supports circulation and reduces swelling. It also makes breathing more efficient and controlled, which is beneficial for cardiovascular conditioning.

**Depth Differences:** Unlike shallow water, deep water does not allow participants to push off the bottom, requiring greater core control and muscular engagement for stabilization.



# CHAPTER 3

## CHAPTER 3: SAFETY IN DEEP WATER TRAINING

Safety is paramount in any fitness environment, and deep water presents unique considerations.

### Emergency Protocols:

As a water exercise instructor, ensuring the safety of your participants is your primary responsibility. You must be proactive in preventing accidents and ready to respond instantly if one occurs.



**Equipment Awareness:** Before every class, verify the location and accessibility of all flotation devices and rescue equipment (e.g., reaching poles, ring buoys, rescue tubes, and backboards). Ensure that nothing obstructs access to these life-saving tools.



**Emergency Communication:** Establish clear, non-verbal emergency signals with the lifeguards on duty before entering the water. If no lifeguard is present, ensure you have a reliable method to call for emergency services (EMS) immediately.



**Readiness & Certification:** Maintain a current CPR/AED and First Aid certification at all times. Familiarize yourself thoroughly with the facility's specific Emergency Action Plan (EAP), including evacuation routes and the location of the nearest AED and emergency phone.

### Managing Fatigue:

Water provides a deceptive environment; the cooling effect of the pool often masks the true heart rate and body temperature rise that occurs during exercise. As an instructor, you must actively manage the energy levels of your class.

**Promote Self-Regulation:** actively educate participants on “Listening to Their Bodies.” Remind them that because they are in the water, they may not feel sweat or heat accumulation the way they do on land. Teach them to use the Rate of Perceived Exertion (RPE) scale to gauge their intensity and encourage them to slow down if they feel dizzy, breathless, or faint.

**Structured Modifications:** a safe class is an inclusive class. For every high-intensity movement you introduce, immediately demonstrate a low-intensity modification (regression). incorporate mandatory active recovery intervals—such as easy walking or gentle swaying—after high-energy segments to allow heart rates to recover.

### Pre-Class Checks:

- Confirm all equipment is available and in good condition
- Ensure the pool is the appropriate depth (typically over 6 feet)
- If you are working in a more shallow environment, add more buoyancy equipment to increase the suspension
- Review participant health concerns or limitations

**Visual Monitoring:** Scan the pool continuously. Do not just look at the front row; look at the faces and body language of everyone. Watch for signs of excessive fatigue, such as loss of coordination, inability to maintain proper form, flushed or extremely pale skin, or a participant engaging in shallow, rapid breathing.

## Special Populations

The aquatic environment is a haven for special populations due to the reduced impact on joints. However, this requires the instructor to possess specific knowledge to keep these participants safe.

**Pathology Awareness:** Invest time in understanding the contraindications for common conditions found in aqua classes.

**Arthritis:** Focus on Range of Motion (ROM) and warmth; avoid cold water.

**Joint Replacements:** Be aware of specific movement restrictions (e.g., avoiding cross-body adduction for certain hip replacements).

**Pregnancy:** Monitor for overheating and balance issues as the center of gravity shifts.

**Equipment & Intensity Adjustments:** Not all equipment is suitable for all bodies. For students with joint weakness, reduce the surface area of drag equipment (like foam bells) or remove them entirely. Advise them to use shorter lever lengths (keeping arms and legs closer to the center of the body) to reduce torque on the joints.

**The Safety Default:** Always err on the side of caution. If you or the participant are unsure if a movement is safe for their specific condition, advise them to revert to a basic, comfortable movement (like a water walk) until the next segment. It is better to undertrain than to sustain an injury.



# CHAPTER 4

## CHAPTER 4: FLOTATION EQUIPMENT

Flotation belts and other deep-water tools are critical to participant success and safety.

### Types of Flotation Belts:

- Foam Belts: Provide consistent buoyancy and core support
- Adjustable Belts: Offer customizable fit for various body types
- Aqua noodles provide versatility but require more core control and body awareness

### Fitting Equipment:

- Belt should sit at the waist, snug but not tight
- Position to maintain vertical alignment in the water
- Ensure all straps are secured before class begins

### What Equipment is Appropriate for Which Client:

- More muscular individuals may require a larger belt for adequate flotation & support
- Individuals with higher body fat will be more buoyant in the water and may actually require less buoyancy and therefore a smaller or thinner support device
- Tall or muscular participants may benefit from additional flotation devices (e.g., larger belts or even an extra belt or ankle floats)
- Participants with limited core strength should use belts that are wider and cover more of the rib-hip area

Always test the equipment fit during warm-up to make adjustments early.



# CHAPTER 5: TEACHING FROM THE DECK VS. IN THE POOL

Effective instruction can happen from both the deck and the water, each with benefits and limitations.



| DECK TEACHING:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | POOL TEACHING:                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Allows for full visibility and vocal projection</li> <li>• Offers a better view of all class participants</li> <li>• Demonstrates correct alignment and posture</li> <li>• Requires larger movement and clear directional cues</li> <li>• Is more difficult to instruct and show suspension</li> <li>• The deck is hot, humid, and slippery</li> <li>• Hip flexors, lower backs take a beating during deck demonstrations</li> <li>• Work on balancing on one leg to show flotation with the other</li> <li>• Use a chair or bench to demonstrate suspension</li> <li>• Place shoes on your hands to show the proper leg patterns</li> </ul> | <ul style="list-style-type: none"> <li>• Builds rapport and offers better individual correction</li> <li>• Useful for chatting privately with individual clients</li> <li>• Can limit visibility and voice projection</li> <li>• Is slower and more difficult to reach a client who might be in trouble</li> <li>• Allows for a cooler more comfortable workout for the instructor</li> </ul> |

## Best Practices:

- Start from the deck for visibility, then transition into the water if needed
- Place clients in partners so they can assist and be there for each other
- Practice vocal projection and use of hand signals
- Wear a suspension belt that keeps you very high up so people can see you better
- Arrive early to class so that you can assist people to select the correct belt and put it on correctly

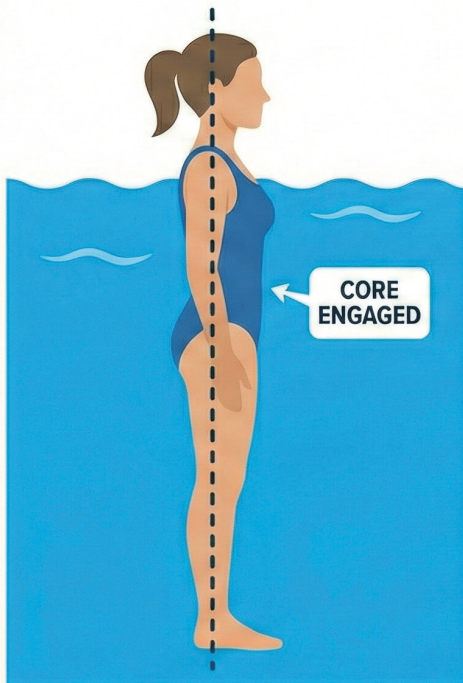
Participants benefit most when instructors are visible, enthusiastic, and connected throughout the session.

# CHAPTER 6

## CHAPTER 6: SUSPENDED MOVEMENT & ALIGNMENT

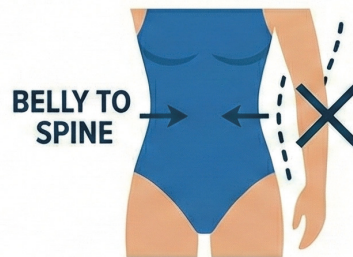
Suspended training requires precise control and alignment. Instructors must teach participants how to find and maintain vertical posture.

### Neutral Alignment



- Ears, shoulders, hips, and ankles in one line
- Engage core to avoid leaning forward or backward

### Core Engagement



- Cue “belly to spine” or “brace your midsection”
- Remind participants to avoid arching or swaying

### Balance Strategies

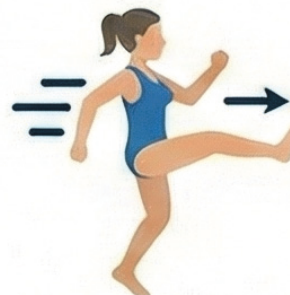


- Arms out to the sides can assist with stability
- Slight movement or sculling may be needed to remain vertical

## Movement Types



**VERTICAL  
JOG**



**TRAVELING  
KICK**



**FLUTTER  
KICKS**

# CHAPTER 7

## CHAPTER 7: CUEING STRATEGIES



Effective cueing in deep water is essential due to limited visibility and the need for clarity in a suspended environment. Cueing can make or break participant understanding and safety.

### Move Cueing:

- Direct cues such as “kick,” “pull,” or “lift”
- Use consistent vocabulary to avoid confusion
- Cue early—before the movement is required
- Use one syllable words whenever possible – this saves your voice
- Name the action

### Muscle Cueing:

- Highlight which muscle groups should be activated
- Example: “Use your glutes”, “Feel your biceps”
- Reinforce proper engagement and alignment

### Motivation Cueing:

- Use positive, high-energy language
- Reinforce effort and progress: “You’re stronger every round!”
- Create a fun, encouraging environment

### Visual and Verbal Cues:

- Combine both verbal and visual, when possible, especially from the deck
- Use large, clear gestures
- Face the group when demonstrating to connect with participants
- In the pool, this is much more challenging – use your arms and fingers to cue

## Rhythm and Music:

- Align cues with music phrasing and tempo
- Reinforce transitions using musical changes
- Use rhythm to maintain group synchronicity
- Reduce range of motion to stay on the beat
- Encourage personalization of moves – support individuality
- Some participants may have to move slower if they are taller and/or have longer levers

The goal of cueing is to guide, engage, and empower your participants with clarity and energy.



# CHAPTER 8

## CHAPTER 8: PROGRAMMING & CLASS STRUCTURE

A well-structured deep-water class should be balanced, progressive, and purposeful. Effective programming ensures participants receive a safe, engaging, and results-driven workout while allowing the instructor to clearly guide intensity, movement complexity, and recovery. Using a track-based format provides predictable structure while giving instructors flexibility to cue clearly, manage energy, and adapt to participant needs in real time.

### Track 1: Warm-Up

Begin with a welcome and brief safety overview. Explain correct flotation belt placement and buoyancy differences (thinner belts = less buoyancy for high floaters; thicker belts = more support for low floaters or those with water anxiety). Cue vertical posture—participants should remain suspended, with no foot contact. If wearing shoes, note added buoyancy and the need for increased core activation. Focus on increasing core temperature, mobilizing joints (hips, knees, ankles), and encouraging full-body range of motion (ROM) with minimal travel. Reinforce cueing language and class flow.

### Track 2: Short Levers

Raise heart rate to a steady state using both short and long lever movements. Begin with simple upper and lower body combinations, progressing to more complex patterns. Start to introduce directional changes.

### Track 3: Long Levers

Elevate intensity by maximizing range of motion with long lever movements. Highlight water's drag properties and encourage strong, extended motions. Offer modifications for beginners or deconditioned participants. Add moderate travel and more directional shifts.

### Track 4: Travel

Combine upper and lower body levers to increase propulsion. Focus on powerful, purposeful travel across the pool. Emphasize turbulence, acceleration, and strong directional intent.

### Track 5: Speed

Encourage multidirectional, fast-paced movement. Introduce individual challenges such as racing across lanes, overtaking others, or changing pace mid-track. Include big flutters, rotary kicks with arms extended, and dramatic splashes to engage the group.



## Track 6: Upper Body

Reduce heart rate slightly while focusing on upper body strength and control. Emphasize posture, precision, and isolated muscular engagement with minimal leg involvement.

## Track 7: Lower Body

Shift focus to legs and glutes. Limit arm use and emphasize lower-body power and endurance.

## Track 8: Balance/Stability

Challenge core stability and proprioception through movement challenges. Focus on exercises that demand balance and control, such as vertical leg lifts, side sweeps, and bicycles. Emphasize body awareness, posture, and core engagement throughout.

## Track 9: Core

*Use same equipment as Track 8*

Strengthen core with suspended, controlled movements. Include tucks, pikes, twists, and plank-like positions. Maintain spinal alignment while increasing abdominal engagement.

## Track 10: Mobility

Guide participants through dynamic and static stretches to restore ROM and reduce tension. Bring heart rate back to resting and end with positive reinforcement. Thank participants and remain available for questions.

## Music Mapping:

- Use music structure (verse/chorus/bridge) to time movements
- Plan changes every 64-count for variety and challenge
- Be ready to cue your changes

## Adaptability:

- Offer levels for each move: base, build, and challenge
- Ensure each participant finds success within their own range
- Be flexible with performing movements strictly on the beat



| 7 LOWER BODY WAVE 1        |                                                                                                                 |
|----------------------------|-----------------------------------------------------------------------------------------------------------------|
| INSTANT REPLAY             |                                                                                                                 |
| Intro                      | Reset Posture & Alignment                                                                                       |
| Verse                      | <b>INSTEP TOUCH SSD</b><br>Instep Touch Single Double<br>(Arms: Reach for opposite foot)                        |
| Chorus                     | <b>BICYCLES WIDE 16 / DOLPHINS 4</b><br>Alternate Bicycles Wide 16 / Knees T<br>(Arms: Wide scoops / Push back) |
| Bridge                     | <b>HAMSTRINGS</b><br>Double Heels Back 4 / Alternat<br>(Arms: Scull)                                            |
| FINISH                     |                                                                                                                 |
| 8 BALANCE/STABILITY WAVE 1 |                                                                                                                 |
| GET DOWN ON IT             |                                                                                                                 |
| Intro                      | Place NOODLE Under Knees                                                                                        |
| Verse                      | <b>KNEE SWINGS</b><br>Bring Heels Toward Glute<br>(Arms: Scull to stabilize)                                    |
|                            | <b>PUSHUPS SSD</b>                                                                                              |
| 9 CORE WAVE 1              |                                                                                                                 |
| RESCUE ME                  |                                                                                                                 |
| Intro                      | Place NOODLE Around Back & Un                                                                                   |
| Verse                      | <b>LATERAL SHOOT THROUGH</b><br>Tuck Knees To Chest – Shoot Leg                                                 |
| Chorus                     | <b>SUPINE CRUNCH</b><br>Lying On Back, Small Crunch &<br>(Arms: Squeeze noodle ends to                          |
| Bridge                     | <b>LOW TO HIGH TWIST 4</b><br>Twist & Crunch Knees To Che                                                       |
| 10 MOBILITY WAVE 1         |                                                                                                                 |
| IT MUST HAVE BEEN LOVE     |                                                                                                                 |
| Intro                      | Bring NOODLE Around To Fro                                                                                      |
| Verse                      | <b>FLEX / QUAD STRETCH</b><br>Bring Knees To Chest, Flex<br>(Arms: Push noodle to kne                           |
| Chorus                     | <b>FIGURE 4 &amp; TWIST</b><br>Cross One Leg Over Knee<br>(Arms: Push noodle on a                               |
| Bridge                     | <b>HAMSTRING STRETCH</b><br>Extend Leg Front Towar<br>(Arms: Extend noodle f                                    |
| FINISH                     | Hold Noodle Overhea                                                                                             |

# CHAPTER 9: MODIFICATIONS & SPECIAL POPULATIONS

Deep water fitness is highly adaptable, making it an ideal training environment for a wide range of populations. The buoyancy of the water reduces joint stress, supports body weight, and allows participants to move with greater freedom and confidence than on land. Understanding how to modify exercises and accommodate individual needs ensures that every participant feels safe, supported, and successful in class. Effective modification is not about limiting movement, but about selecting appropriate intensity, range of motion, and complexity to match each participant's abilities.

## Older Adults

When working with older adults, instructors should prioritize joint mobility, balance, postural alignment, and controlled core engagement. Exercises should focus on improving range of motion and coordination rather than speed or power. Reducing tempo and using larger, slower movements allows participants to maintain control and feel successful. Emphasis should be placed on upright posture, steady breathing, and smooth transitions between exercises. Clear, simple cueing combined with visual demonstrations helps reinforce understanding and confidence, particularly for participants who may be new to deep water training.



## **Pre- and Postnatal Participants**

For pre- and postnatal participants, safety and comfort are essential. Instructors should prioritize spinal alignment, pelvic stability, and gentle core engagement while avoiding intense twisting, excessive range of motion, or breath-holding. Consistent hydration should be encouraged, and exertion levels should be monitored closely to avoid overfatigue. Proper flotation belt placement is critical to ensure comfort and balanced positioning in the water. Movements should remain controlled and supportive, allowing participants to benefit from the low-impact nature of deep water exercise while maintaining awareness of physical changes during and after pregnancy.

## **Participants with Arthritis or Joint Limitations**

Deep water exercise is particularly beneficial for individuals with arthritis or joint limitations due to the reduced impact and resistance provided by the water. Instructors should emphasize fluid, continuous movements that promote circulation and joint lubrication. Range-of-motion and gentle mobility drills are encouraged, while abrupt changes in direction, fast tempo, or excessive turbulence should be avoided. Longer warm-ups and gradual transitions between exercises help prepare the joints and reduce stiffness. Participants should be reminded to move within a comfortable, pain-free range at all times.

## **Participants with Limited Core Strength**

For participants with limited core strength, additional buoyancy support may be necessary to maintain proper alignment and confidence in deep water. Higher-buoyancy flotation belts can provide increased support and allow participants to focus on posture and controlled movement. Instructors should emphasize vertical alignment, gentle sculling patterns, and arm-assisted balance strategies. Beginning with stationary movements helps participants establish stability before progressing to traveling exercises or more complex coordination patterns. Frequent posture checks and rest opportunities may be beneficial as strength improves.

## **Obese or Deconditioned Participants**

Obese or deconditioned participants may benefit greatly from the supportive environment of deep water, but instructors should be attentive to equipment fit, pacing, and confidence-building strategies. Flotation devices should be adjusted for comfort and security to ensure proper body positioning. Rhythmic, repetitive movements help establish confidence and reduce intimidation. Emphasizing upright positioning, controlled tempo, and gradual progression allows participants to build endurance and strength safely while minimizing fatigue or discomfort.

## **Cognitive or Sensory Challenges**

Participants with cognitive or sensory challenges benefit from a predictable, structured class environment. Instructors should use simple, repetitive cues and maintain consistent movement patterns throughout the session. Visual demonstrations, mirroring, and partner support can enhance understanding and engagement. A calm, encouraging tone helps reduce anxiety and supports focus. Clear start-and-stop signals and minimal verbal overload help participants feel oriented and confident during class.

## General Tips for All Modifications

Regardless of population, instructors should always offer progressions and regressions for each exercise, allowing participants to self-select the level that best meets their needs. Clear cueing, positive reinforcement, and consistent encouragement promote confidence and adherence. Instructors should remain attentive to signs of fatigue, discomfort, or confusion and be prepared to adjust exercises or provide rest as needed. Creating a welcoming, non-intimidating class culture fosters inclusion and long-term participation.

The ability to adapt instruction to meet individual needs is a hallmark of an effective deep water fitness instructor. Modifications are not limitations, they are opportunities to expand accessibility, improve safety, and deepen participant engagement. When applied thoughtfully, modifications enhance the overall class experience and allow every participant to benefit from the unique advantages of deep water exercise.



# CHAPTER 10

## CHAPTER 10: VOICE, MUSIC, AND MOTIVATION

A deep-water instructor's voice, energy, and presence play a critical role in leading a safe, effective, and engaging class. Unlike land-based sessions, the aquatic environment presents unique challenges such as sound distortion, water noise, echoes, and reduced visual contact due to distance and pool layout. Because participants rely heavily on auditory cues, instructors must be intentional in how they project their voice, select music, and motivate the group. Mastering these elements helps maintain structure, confidence, and enthusiasm throughout the class.

### **Vocal Projection:**

- Speak from the diaphragm rather than the throat to improve volume, clarity, and endurance
- Use short, clear phrases that are easy to understand; single-word or two-word cues are often most effective
- Repeat key cues when introducing a new movement or transition
- Face participants whenever possible to improve sound direction and connection
- Adjust volume based on pool size, participant distance, and ambient noise
- Vary tone and inflection to maintain energy and prevent vocal monotony
- Avoid over-cueing; allow moments of movement without constant verbal instruction

### **Motivational Language:**

- Use inclusive, positive language such as "You've got this," "Strong and steady," or "We're in it together"
- Acknowledge effort rather than performance to support all fitness levels
- Reinforce progress by highlighting improvements in balance, posture, or endurance
- Use group-focused statements to build a sense of community and shared purpose
- Encourage self-confidence by reminding participants that water supports their movement
- Maintain an encouraging, supportive tone even during challenging segments

## **Managing Acoustics**

- Be aware of echo and sound bounce in indoor pool environments
- Position yourself strategically to minimize interference from walls and high ceilings
- Use clear hand signals and visual demonstrations to reinforce verbal cues
- Establish consistent signals for transitions, starts, and stops
- If available, consider using a waterproof microphone system to improve audibility and reduce vocal strain
- Pause briefly between cues to allow sound to carry clearly

## **Music and Rhythm Integration**

- Practice teaching with your music to understand phrasing, tempo, and intensity
- Choose music with a clear, steady beat that supports consistent movement patterns
- Use tempo changes to guide intensity and signal transitions between exercises
- Match the energy of the music to the goal of the class segment (warm-up, conditioning, recovery)
- Avoid overly fast or complex rhythms that may overwhelm beginners
- Allow music to enhance the experience without overpowering verbal instruction

## **Creating Connection**

- Make regular eye contact to increase engagement and trust
- Smile and use open body language to create a welcoming atmosphere
- Check in with participants using simple questions or visual confirmation
- Learn names when possible to personalize the experience
- Bring authenticity and personality to your instruction while maintaining professionalism
- Stay present and responsive to group energy and individual needs

## **Instructor Reminder:**

Your voice, music selection, and motivational style are powerful tools that shape the entire class experience. When used intentionally, they create a fun, focused, and supportive environment that encourages participation, confidence, and long-term engagement in deep-water fitness.

# CHAPTER 11: PROFESSIONALISM & CONTINUING EDUCATION

Professionalism is essential in creating a welcoming and respected environment in any fitness setting, and especially important in deep water instruction.

As a WATERinMOTION® DEEP instructor, you represent not only your class and facility but also the larger fitness industry.

## Creating Community:

- Greet participants warmly and learn their names
- Use these names when encouraging students
- Avoid personal critiques in front of other participants— connect in private
- Encourage group interaction and support
- Celebrate milestones and personal achievements
- Foster a non-judgmental, inclusive atmosphere

## Instructor Conduct:

- Arrive early, prepared, and dressed appropriately
- Communicate clearly with facility staff and adhere to policies
- Maintain a positive attitude and professional demeanor at all times
- Continue learning and refining your craft

## Marketing Your Class:

- Use [www.WATERinMOTION®.com/marketing](http://www.WATERinMOTION®.com/marketing) materials
- Use social media, flyers, and in-facility promotion to build awareness
- Offer trial classes or bring-a-friend days
- Highlight the benefits of deep-water training in messaging
- Encourage participants to share their experiences

## Staying Current:

- Participate in continuing education opportunities
- Attend workshops, conferences, and additional certifications
- Stay informed about industry trends and new research
- Network with other professionals in aquatic fitness

## Certification Validation:

- As you remain on Wautoship, your certification is valid
- If you are certified, but have frozen (paused) your Wautoship, by simply getting back on Wautoship, your certification is valid once more
- Complete required continuing education credits (CECs)
- Stay active in the WATERinMOTION® community

# CHAPTER 12: ADAPTING WATERINMOTION® DEEP FOR SHALLOW POOLS WITH DEEPER AREAS

WATERinMOTION® DEEP is traditionally designed for fully suspended movement in deep water, where participants remain completely buoyant and free from contact with the pool floor. However, not all aquatic facilities are equipped with a full deep end—and this limitation should not prevent them from offering a high-quality, effective deep-water experience. WATERinMOTION® DEEP is intentionally adaptable, allowing instructors to deliver the core benefits of suspended aquatic training even in pools that feature only a deeper shallow end.

By understanding how to adjust movement patterns, buoyancy, and cueing, instructors can recreate the sensation of suspension, minimize impact, and preserve the integrity of the program. This adaptability makes WATERinMOTION® DEEP accessible to a wider range of facilities and participants while maintaining its signature intensity, fluidity, and total-body conditioning.

## Why This Program Works in Various Pool Depths

Whether a pool is fully deep or offers only a slightly deeper shallow end (approximately 4–5 feet), participants can still experience suspended-style training with thoughtful modifications. Buoyancy, resistance, and turbulence—the defining elements of deep-water exercise—are still present in shallower environments when instructors adjust lever length, arm patterns, and flotation support.

This flexibility allows clubs, community centers, YMCAs, and smaller facilities to maximize their existing aquatic spaces without sacrificing program quality. Even without a traditional deep end, instructors can create a zero-impact workout that challenges the cardiovascular system, strengthens the core, and engages the entire body.

The primary training objective remains unchanged:

Zero-impact, buoyant, core-activated, full-body conditioning using water resistance and turbulence.

How Participants Can Achieve a Deep-Water Training Effect in a Shallow Pool

### 1. Move to the Deepest Area of the Shallow Pool

Participants should be encouraged to position themselves in the deepest section available, as even small increases in depth significantly improve buoyancy and reduce floor contact. In many facilities, depths of 4.5–5 feet allow partial suspension for most adults.

Taller participants may need to shorten lever length, increase flotation, or modify movement range to avoid touching the bottom. Simply relocating to the deepest possible area minimizes the ability to push off the pool floor and reinforces suspended movement patterns.

## **2. Shorten Lever Length by Bending the Knees**

Long lever movements, such as straight-leg kicks or extended jacks, require greater water depth. In shallower pools, participants can safely modify these movements by bending the knees, reducing leg extension, and keeping patterns more compact.

Bent-knee variations maintain cardiovascular demand and muscular engagement while protecting alignment and preventing unwanted impact with the pool floor. These adjustments are particularly important during higher-energy movements such as skis, jogs, jacks, and kicks.

## **3. Use a Larger or More Buoyant Flotation Belt**

Increasing buoyancy is one of the most effective ways to enhance suspension in shallower water. Participants may benefit from switching to a thicker flotation belt, adjusting belt placement higher on the torso, or using additional flotation equipment when appropriate and permitted.

Greater buoyancy lifts the body higher in the water, reduces downward pressure, and allows participants to maintain upright posture with less effort. This added support helps replicate the feeling of true deep-water exercise and enhances core engagement.

## **4. Gently Touch the Bottom—Only When Necessary**

While full suspension is the goal, brief and light contact with the pool floor is acceptable when needed for balance or safety. Examples include using the toes lightly during transitions, directional changes, or challenging long-lever movements.

This contact should remain minimal and controlled, never becoming full weight-bearing. Instructors should cue “soft touches” and encourage participants to return to suspension as quickly as possible, reinforcing buoyancy and proper posture throughout the class.

## **5. Adjust Arm Patterns to Increase Lift**

Arm movements play a critical role in maintaining suspension, especially in shallower environments. Wider sculling patterns, continuous arm motion, and upward sweeping movements increase lift and help counteract reduced depth.

Encouraging active arm involvement not only enhances buoyancy but also increases upper-body engagement and core activation. Proper arm cueing allows participants to feel supported and balanced while maintaining intensity.

## **Benefits for Facilities**

Adapting WATERinMOTION® DEEP for shallow pools with deeper areas offers significant advantages for aquatic facilities. By using existing pool layouts more creatively, facilities can expand programming without the cost or logistics of new construction. This approach supports a broader range of participants, including active agers, beginners, and individuals with joint limitations who



benefit from zero-impact exercise.

Additionally, offering deep-water-style programming in shallow environments helps maximize underutilized pool space, increases class accessibility, and appeals to members seeking challenging, low-impact workouts. This adaptability enhances member satisfaction, supports retention, and increases the overall value of aquatic offerings.

By applying thoughtful modifications and intentional cueing, instructors can successfully deliver the WATERinMOTION® DEEP experience in a variety of pool depths. This adaptability ensures that the program remains inclusive, effective, and true to its core mission, providing powerful, buoyant, full-body conditioning through water-based movement.

#### Benefits for Facilities

Offering a deep-water program—even without a full deep end—allows facilities to:

Expand programming without new construction

Serve active agers, beginners, and those with joint limitations

Maximize underutilized shallow-deep areas

Appeal to members seeking zero-impact, high-intensity fitness

Attract participants who prefer deeper-water environments

This adaptability increases class accessibility, supports member retention, and enhances the value of existing aquatic spaces.

# CHAPTER 13

## CHAPTER 13: FINAL EXAM & PRACTICAL TIPS

Congratulations on completing the WATERinMOTION® DEEP Certification Manual! You're now ready to demonstrate your understanding through a written exam and begin applying your knowledge in practical settings.

### **Final Exam Overview:**

- Multiple choice covering course content
- Topics include aquatic principles, safety, cueing, programming, and modifications
- Passing score: 70% or higher

### **Practical Evaluation (if required by your facility):**

- Submission of an Assessment video is optional [www.WATERinMOTION®.com/assessment](http://www.WATERinMOTION®.com/assessment)
- You may film this teaching a live demonstration at the pool or in the privacy of your home (family room, kitchen, workout room ...)
- You may film and submit an assessment at any time after you take your multiple choice exam
- Cuing, movement execution, alignment, verbal cuing, energy, and safety awareness are included in the Video Assessment

### **Tips for Success:**

- Review the manual and take notes on each chapter
- Practice cueing and movement sequences out loud using your flashcards
- Memorize the moves that belong with your music
- Laminate your flashcards, or put them in a waterproof ziplock bag for use until you have your choreography fully memorized
- Record yourself teaching to assess posture, clarity, and voice projection
- Have your facility supervisor review your teaching
- Use a survey monkey or an anonymous survey to get feedback from students

Once certified, continue practicing, innovating, and inspiring. Your work in deep water fitness brings strength, safety, and joy to every participant you reach.

**Thank you for being part of the WATERinMOTION® DEEP family!**

## CUEING WORKSHEET

### 1) TRACK INTRODUCTION

- a. Track Number \_\_\_\_\_ (Sample: "Track 1")
- b. Focus of the Track \_\_\_\_\_ (Sample: "Our Warm-Up Track")
- c. Purpose: \_\_\_\_\_ (Sample "To prepare the body for moves to come later in our class")
- d. What to expect: \_\_\_\_\_ (Sample: "We will begin with a jog")

2) What CUES/INSTRUCTIONS are you going to use? Include verbal and visual cues, following this order of priority: Move, Level, Joint action/Primary muscle use, Duration/Count, Lever length, Purpose, Direction/travel, Posture, Safety, Pro/Re-gressions, Motivation (Smile & Nod)

|                         | VERBAL CUES | VISUAL CUES |
|-------------------------|-------------|-------------|
|                         |             |             |
| <b>INTRO MOVE</b>       |             |             |
|                         |             |             |
| <b>BLOCK A - Verse</b>  |             |             |
|                         |             |             |
| MOVE                    |             |             |
|                         |             |             |
| MUSCLE                  |             |             |
|                         |             |             |
| MOTIVATION              |             |             |
|                         |             |             |
| <b>BLOCK B - Chorus</b> |             |             |
|                         |             |             |
| MOVE                    |             |             |
|                         |             |             |
| MUSCLE                  |             |             |
|                         |             |             |
| MOTIVATION              |             |             |
|                         |             |             |
| <b>BLOCK C - Bridge</b> |             |             |
|                         |             |             |
| MOVE                    |             |             |
|                         |             |             |
| MUSCLE                  |             |             |
|                         |             |             |
| MOTIVATION              |             |             |
|                         |             |             |
| <b>FINAL POSE</b>       |             |             |

The following is a 'snapshot' of your assessment results. Refer to your program Manual and Release DVD to continue to develop the skills/elements marked with a "No"

|                                                                               |                               |
|-------------------------------------------------------------------------------|-------------------------------|
| <b>R - REMEMBER (Choreography)</b>                                            |                               |
| Memorize the choreography efficiently                                         | Yes/No                        |
| Executes movements in the correct sequence                                    | Yes/No                        |
| Executes movements on correct beat and musical cues                           | Yes/No                        |
| Leads on the correct side to mirror participants                              | Yes/No                        |
| Comments:                                                                     |                               |
| <b>I - INSTRUCT (Verbally Cue)</b>                                            |                               |
| Uses precise precueing                                                        | Yes/No                        |
| Uses cues for form and technique                                              | Yes/No                        |
| Projects voice adequately                                                     | Yes/No                        |
| Uses a blend of verbal and visual cues                                        | Yes/No                        |
| Comments:                                                                     |                               |
| <b>P - PERFORM (Visually Cue)</b>                                             |                               |
| Demonstrates safe movements for instructors and participants                  | Yes/No                        |
| Demonstrates proper form and technique                                        | Yes/No                        |
| Accurately simulates water movement by:                                       |                               |
| a) Loading down                                                               | Yes/No                        |
| b) Executing strong, crisp, resistant movements                               | Yes/No                        |
| c) Performing suspended and rebound movements as demonstrated on Wave release | Yes/No                        |
| Appropriately Cue with body parts (hand, arm, head, facial cues)              | Yes/No                        |
| Comments:                                                                     |                               |
| <b>P - PERSONALIZE (Connect with individual participants)</b>                 |                               |
| Makes eye contact with participants                                           | Yes/No                        |
| Smiles, uses humor appropriately, exhibits enjoyment                          | Yes/No                        |
| Addresses participants by name (at least one)                                 | Yes/No                        |
| Offers positive reinforcement with corrections and followup cues              | Yes/No                        |
| Comments:                                                                     |                               |
| <b>L - LEAD (Interconnect the entire group)</b>                               |                               |
| Creates memorable track introductions                                         | Yes/No                        |
| Is organized and commanding                                                   | Yes/No                        |
| Understands and communicates track focus                                      | Yes/No                        |
| Creates a team environment with participants                                  | Yes/No                        |
| Engages participants by interacting with them                                 | Yes/No                        |
| Comments:                                                                     |                               |
| <b>EEXCITE (Celebrate success)</b>                                            |                               |
| Acknowledges participant and group success                                    | Yes/No                        |
| Demonstrates genuine enthusiasm for the WATERinMOTION® Program                | Yes/No                        |
| Creates celebratory atmosphere by using positive language                     | Yes/No                        |
| Offers thanks at the end                                                      | Yes/No                        |
| Comments:                                                                     |                               |
| <b>COMPETENCIES REQUIRED: 6</b>                                               | <b>COMPETENCIES ACHIEVED:</b> |

## EXAM INSTRUCTIONS

After you complete the course, you will be ready to take the exam. Please follow these simple instructions

1. [CLICK HERE](#) to take your exam.
2. After you click on the link above, you will be asked to create a log-in and password to access your exam, results and certificate.
3. Keep your log-in and password in a safe place and do not lose it
4. Begin your exam.
5. There is no time limit for the exam - you can even start and stop your exam with the ability to resume later. The exam will be available for 60 days after the date of your purchase.
6. You must obtain a score of 70% or greater to pass. You have two attempts to pass the exam.
7. Once you pass your exam, you can print your customized certificate by clicking on the certificate link on the bottom right hand corner of the page.

## WAUTOSHIP INFORMATION

Only certified WATERinMOTION® Instructors who teach at a licensed WATERinMOTION® club or facility may purchase WATERinMOTION® Wautoship Digital kits. Each individual instructor must sign up for Wautoship after completing the WATERinMOTION® certification to actively teach at your Licensed club or facility. Once enrolled, the instructor will automatically receive the latest WATERinMOTION® digital kit each quarter (every 12 weeks). Each format is a separate Wautoship. Wautoship Digital kits are deployed March 1, June 1, September 1 and December 1 yearly.

For more information on Wautoship, visit the WATERinMOTION® website at:

<https://www.WATERinMOTION®.com/wautoship-home/>

For frequently asked questions please click here:

<https://www.WATERinMOTION®.com/wautoship-faqs/>

As an added bonus, each certified WATERinMOTION® Instructor also has access to stream 12 past releases and if they rec-ommend a facility who chooses to license WATERinMOTION®, that instructor receives a FREE YEAR of Wautoship! <https://www.WATERinMOTION®.com/referral/>

## WAUTOSHIP KIT DOWNLOAD INSTRUCTIONS

WATERinMOTION® Wautoship Kits are released digitally and only available to certified WATERinMOTION® Instructors who teach at a licensed WATERinMOTION® club or facility. The instructor must be signed up for Wautoship and have an active account in order to download a digital kit.

For information on how to download your music and video on your device please click here:



WATERinMOTION® does not require certification but does recommend recording an Assessment Video in order to maintain correct cueing and teaching skills. For more information on making an Assessment Video please click here: [www.WATERinMOTION®.com/assessment/](http://www.WATERinMOTION®.com/assessment/)

Earn up to 8 CECs with each SCW Online Certification. [www.scwfit.com/certifications](http://www.scwfit.com/certifications)

To bring a Live SCW Certification to your facility, please visit: [www.scwfit.com/hostsites](http://www.scwfit.com/hostsites)

Earn up to 20 CECs in one weekend and obtain CECs for SCW, ACE, AFAA, AEA, ACSM and NASM.

[www.scwfit.com/MANIA](http://www.scwfit.com/MANIA)

### **MANIA FITNESS PRO CONVENTIONS**

[DC MANIA®](#) | Feb. 26 – March 1, 2026

[Florida MANIA®](#) | May 29-31 2026

[Atlanta MANIA®](#) | July 31-Aug 2 2026

[Dallas MANIA®](#) | Aug. 28-30 2026

[Midwest MANIA®](#) | Oct 2-4 2026

[Boston MANIA®](#) | Nov 13-15 2026

### **VIRTUAL CONVENTIONS**

Certification SMASH | Jan. 23-25, 2026

[www.scwfit.com/smash](http://www.scwfit.com/smash)

Active Aging Summit | March 21-22, 2026

[www.activeagingsummit.com](http://www.activeagingsummit.com)

Live Stream Mania® | April 18-19, 2026

[www.livestreammania.com](http://www.livestreammania.com)

Nutrition Coaching Summit | Self Paced

[www.nutritioncoachingsummit.com](http://www.nutritioncoachingsummit.com)

Aqua Exercise Summit | Self Paced

[www.aquaexsummit.com](http://www.aquaexsummit.com)

Personal Trainer Apex | Self Paced

[www.trainerapex.com](http://www.trainerapex.com)

SCW Fitness Education

[www.scwfit.com](http://www.scwfit.com)

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