

***Get Wet***

***Get Fit***

***Getting the most from  
your aquatic session***



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# Objectives:



- Clarify what ‘aqua fitness’ means and how you can best achieve your fitness goals in the pool.
- Discuss how your aqua fitness instructor helps you & how you can help your instructor!
- Practice Power Posture.
- Explore useful facts about aqua fitness.

# What is Aqua Fitness?

- Fitness activities in the water performed in vertical or near vertical body alignment.
- Group or individual exercise.
- Many types of aqua fitness exist, from therapeutic, gentle exercise, to high-intensity athletic training!



# Who Does Aqua Fitness Serve?



# Examples of Aqua Fitness Classes:

- **General aqua fitness**
- **AquaBility:** *adapted classes*
- **Ai Chi:** *like Tai Chi in the pool*
- **Strength & Stretch:** *in warm pools*
- **AquaCycling:** *on aquatic cycles*
- **Interval training:** *harder work + active recovery*
- **AQXonFloats:** *working on mats or SUP boards*
- **AquaTots:** *infants on floats • carers exercising*



# Swimming Involves the Following:

## Swimming:

- Horizontal body alignment.
- Swimming requires specific skills to stroke, breathe, and travel.
- Swim strokes are designed to be streamlined and efficient.
- Typically, there are many repetitions of the same arm and leg actions.
- Swimming can be leisurely, or athletic.
- Fitness levels can be improved.
- Swimming can be done for fitness or rehab.

## Aqua Fitness:

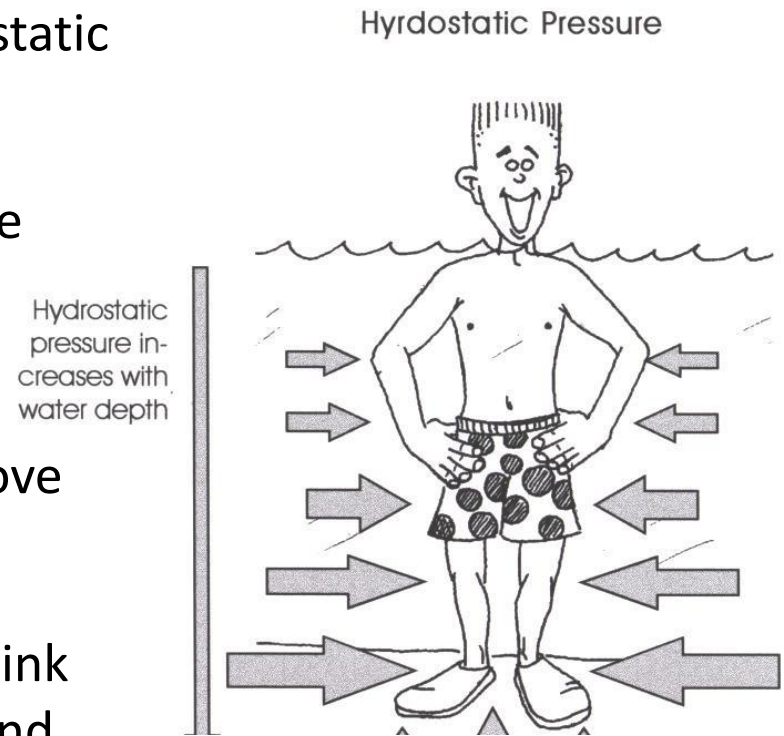
- Usually, exercises are done vertically (not horizontally).
- Breathing is important, but does not have to be coordinated with movements.
- Skills must be developed to stabilize the core (torso), and move limbs as vigorously as desired.
- There is greater variety of limb movement (planes & activities).
- **Not** streamlined or efficient: movements are intended to be turbulent and in-efficient, because this expends energy.
- Fitness levels can be improved.
- Aqua fitness can be done for fitness or rehab.

# What Else is Unique About Aqua Fitness?



## Vertical Immersion Affects Circulation

- The water presses in on the body - Hydrostatic Pressure (HP)
- Deeper parts of the body experience more pressure than areas near the surface (HP gradient).
- HP gradient causes blood and fluids to move upward, toward the surface.
- Circulation is improved; swollen joints shrink and move better, the heart is stretched, and beats more efficiently!





## Vertical Immersion Affects Kidney Function

- Increased fluid in the thorax = increased urine output (your body perceives it has too much fluid, so tries to get rid of it).
- Immersed to the neck, standing vertically, urine production increases by about 7X.
- Therefore, your bladder fills up quickly.
- Classes longer than 30 – 45 minutes exceed bladder capacity!
- You MUST hydrate before, during and after vertical aquatic exercise!



# Aqua Fit Facts: Resistance

- ***Resistance felt*** in the water is a result of the way you ***stabilize your torso*** and ***how vigorously you move your limbs***.
- ***Resistance*** can be **gentle** when you move slowly and without force.
- ***Resistance*** can be **very intense** when you move powerfully through a large range of motion.
- To ***optimize resistance***, move your limbs as powerfully as possible with a stable core.



# Aqua Fit Facts: Overload

***Exercise intensity*** in the water is easy to customize to meet your needs, from gentle, to very intense.

- The body gets stronger in response to doing more than it is used to doing. This is called: ***‘overload’***.
- ***Without overload, fitness improvements do not occur.***
- You might maintain your current level of fitness, but you won't progress your fitness without pushing your boundaries.
- ***Work to achieve “comfortable fatigue” not pain.***

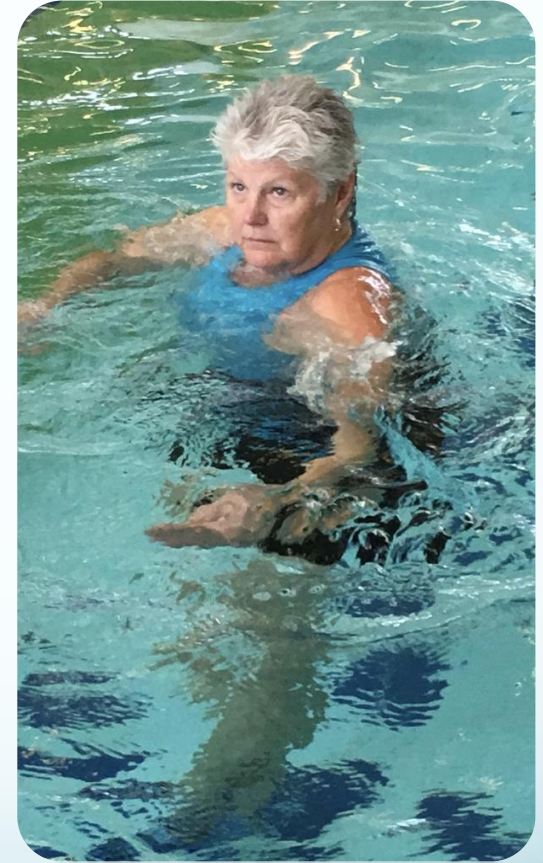
# What does Overload Feel Like?

- Breathing Harder • Muscle Fatigue • **NOT PAIN!**



# More Aqua Fit Facts:

- To optimize overload, aqua fitness participants need to learn to ***stabilize the core***, then ***move their limbs with power, purpose, and the fullest possible range of motion***.
- Your instructor is well-trained and qualified to help you optimize your technique to achieve results.
- ***The first muscle you must engage is the one between your ears!***



# How to Modify Intensity:

## ***Surface Area Factors (SAF):***

- Hand Shapes: Slice, Fist, Flat-Fist, Flat Hand
- Lever Lengths: Long, medium, short (arms / legs)

## ***Range of Motion (ROM):***

- Larger ROM = more work done

## ***Speed of Motion (SOM):***

- Faster = Harder, but...
- Speed reduces ROM keep ROM large!

***More REPS & Less Rest Between Sets***

## **Hand Shapes:**



# Movement Modifications:

## 4 Buoyancy Options

- **Anchored:** One foot always solidly on the floor. Anchoring requires excellent core control – slower movement.
- **Unweighted:** Supported by the water, light floor contact. Requires excellent core control – very little loading of weight-bearing structures (less loading than anchored).
- **Light Bounce:** Typical movements, allowing buoyancy to cause natural ‘bounce’ in movements. More joint loading; less core control. People may have to do this until they learn other options.
- **Suspended:** No floor contact. No loading of weight-bearing structures. Requires excellent core control to maintain good vertical (or deliberately slightly inclined) alignment.
  - Requires appropriate fitting / use of ***floatation devices*** for most (“T” Test will establish flotation needs). ***Wave Rider is great!***

# Aqua Fitness Myth Busters

- Aqua fitness is about relaxing! *(It might be, but...)*
- It's MY class. I paid for it. If I want to spend most of the time visiting with my friends, that's up to me. *(Aqua FITNESS?)*
- Our chatting is our business and doesn't affect anyone else. *(Would you behave this way in a theatre or church service?)*





# Workload: *It's up to YOU!*



**YOU** generate your workload by moving powerfully with a strong stable core!

*Your overload is created by the quality & quantity of your movement.*

***Concentration is required*** to stabilize your core and move appropriately to create your desired overload.

# Power

# Posture



# More Myth Busters:

- You can't injure yourself in the water.
- Aqua fitness **participants** are the best people to decide what equipment and exercises suit their classes.
- Paddling around with a **noodle under your arms** is a great way to spend your time in the pool.
- **Extra equipment** (like large, buoyant aquatic dumbbells) is required to achieve any real intensity in aqua fitness classes.





- People need to *learn* to move well... good limb movement is not possible without a stable core.
- Many people need encouragement to *maintain* good quality movement for a long enough interval to improve muscular endurance and strength.
- *Overload is a combination of intensity and duration of movement.*



- **You cannot see yourself moving in the water:** Core alignment, core stability, and quality of limb movement can all be improved with coaching.
- **Your instructor is trained to help you optimize your technique** and maintain your **movement focus** to achieve the **results** you seek.

# How Can You Get the Best Results?



- Use powerful, **BIG** movements.
- Use **long levers** and **bigger hand shapes**.
- Maintain **range of motion** when you increase speed. If you decrease range, you decrease work done.
- ***Powerful limb movement is not possible without a stable core.***

# *How Can You Get the Best Results?*



- **Focus on yourself, not others:** your alignment & technique determine your workload and results!
- **Focus on your instructor's cues:** watch, listen, and give your best effort.
- **Ask questions:** *“How could I improve...?”*

# Keys to Success:

- Focus on your alignment, technique and instructor cues (*not other people*).
- Your alignment is your first priority, then...
- Use powerful, **BIG** movements. Use long levers and bigger hand shapes.
- Maintain range of motion when you increase speed. If you decrease range, you decrease work done.
- ***Good limb movement is not possible without a stable core.***





# *How Can You Get the Best Results?*



- **Check out two free, helpful courses on line:**
  - [www.FortheLoveofFit.Thinkific.com/courses/success-tips-for-aquatic-clients](http://www.FortheLoveofFit.Thinkific.com/courses/success-tips-for-aquatic-clients)
  - [www.FortheLoveofFit.Thinkific.com/courses/the-back-whisperer](http://www.FortheLoveofFit.Thinkific.com/courses/the-back-whisperer)

# Additional Questions

- Why do I need to shower before I go in the pool?
- Why does the pool feel warm one day and cold the next?
- Why does my skin feel itchy after being in the pool?
- What are my bathing suit options?
- Why is it so hard to stay in one place during aqua fit class?
- Why do I feel so uncoordinated in class?

# Why do I need to shower before I go in the pool?

- ✓ Public Health regulation
- ✓ Water chemistry balance
- ✓ Showering removes sweat, lotions, organic matter

# Why does the pool feel warm one day and cold the next?

- ✓ Your body temperature
- ✓ The weather outside
- ✓ Room temperature ideally 2 degrees warmer than the water but at a maximum of 86 F

# Why does my skin feel itchy after being in the pool?

- ✓ Skin sensitivity, Eczema
- ✓ Time of year
- ✓ Medication changes
- Shower with soap immediately after bathing
- Use lotion after bathing
- Hydrate! Drink water

# What are my bathing suit options?

- ✓ **100% polyester**
- ✓ **Consider 2 pc suits for “easier access”**
- ✓ **Rash guard shirt and shorts dedicated for pool use**

# Why is it so hard to stay in one place during aqua fit class?

- ✓ Water is not still
- ✓ Size of class causing additional turbulence
- ✓ Learning to anchor using core muscles

# Why do I feel so uncoordinated in class?

- ✓ It is **NEW** to your brain, and muscles
- ✓ **Water immersion and the 3D affect**
- ✓ This is common to **ALL** people of **ALL** fitness abilities



# What are Your Aqua Fitness Goals? Questions?



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