



HOLLAND BLOORVIEW AQUATIC CENTRE

Aquafitness Class Descriptions



Note:

- Aquafitness classes with the same name will vary in content depending on the instructor as Bloorview encourages our instructors to bring their personal touch to each program. Our instructors design each class to work the total body and give you a pleasant Aquafitness experience.
- During each class participants are encouraged to work at their own pace and within their own limitations, remembering to do only what feels right. If you have medical limitations, you should only do what your medical advisor has recommended. Participants are encouraged (not mandatory) to advise their instructor of medical limitations so the instructor can monitor/modify the movements. Pregnant participants should advise their instructor as soon as possible. Your instructor will provide helpful guidelines to make your class a pleasant experience.
- Female participants should wear swimsuits that provide the same breast support that they would wear to a land class.

CLASS	DESCRIPTION
Deep Water <ul style="list-style-type: none"> • <i>Bring a bottle of water to all classes</i> • <i>You should be comfortable in the deep water without any flotation device. The flotation belts are not a lifesaving device.</i> 	<ul style="list-style-type: none"> • Using varying tempos, hand positions, and range of motions to modify the movement intensity, the participant gains an understanding of how to manipulate the body to modify movements. Participants will perform horizontal, vertical and 45° angle movements. • This class is good for persons who want to develop core, and muscle control. • Good for persons looking for a higher content of cardio with no impact.
Aqua Pilates <ul style="list-style-type: none"> • <i>Bring a bottle of water to all classes.</i> • <i>All exercises are done with one or two feet touching the bottom</i> • <i>There is no deep-water component.</i> 	<ul style="list-style-type: none"> • The class is good for anyone who needs work on their posture, balance, co-ordination, walking and range of motion • Good for anyone who needs work on their posture, balance, co-ordination, walking and range of motion. • Repeats are kept to a minimum • Muscle groups will receive a good stretch through movement and stationary stretches
Gentle <ul style="list-style-type: none"> • <i>Bring a bottle of water to all classes</i> • <i>Shallow and deep water components (deep water optional)</i> 	<ul style="list-style-type: none"> • Concentration is on core, muscle control, and range of motion while suspended. There is a gentle component of cardio. • Participants wear flotation belts to keep the body vertical thus allowing the arms and legs to be free for exercises rather than balance. • Class is good for all persons who prefer gentle exercise.
Active <ul style="list-style-type: none"> • <i>Bring a bottle of water to all classes</i> • <i>Shallow and deep water components (deep water optional)</i> 	<ul style="list-style-type: none"> • Using varying tempos, hand positions, and range of motions to modify the movement intensity, the participant gains an understanding of how to manipulate the body to modify movements. Participants will perform horizontal, vertical and 45° angle movements. • This class is good for persons who want to develop core, and muscle control. Good for persons looking for a higher content of cardio.
Tai Chi <ul style="list-style-type: none"> • <i>Bring a bottle of water to all classes</i> • <i>Taught in our therapy pool - there is no deep-water component</i> 	<ul style="list-style-type: none"> • "Aqua Tai Chi" is a gentle non-aerobic form of exercise that is ideal for persons with or without disabilities. It involves quiet exercises that are soothing to the mind and gentle on the joints that concentrate on centering, control, precision, fluidity, breathing, and concentration, combined into a mind-body program to strengthen the core while increasing flexibility, and sharpening stability, co-ordination and posture.