

What's what in the water?



1. Water gymnastics/aquafitness

This is a varied programme of exercises for anyone who has done little exercise in the past, and who would now like to become fitter, healthier and more flexible. If you are carrying around a few extra pounds, that's no problem. During the classes, aids such as water noodles and dumbbells are used. The courses are run for groups. They can help to protect people of all ages against a wide range of health problems, and are fun and sociable too. You'll also burn off a fair few calories without even noticing. Regular practice of these exercises has a positive impact on the circulation and metabolism. Water gymnastics is suitable for all. The exercises can be done with or without music, and either on their own or using aqua steps and other aids. They are also suitable for senior citizens.

2. Swimming/front crawl/backstroke

These strokes provide good exercise for the whole body, and do not subject the spine or joints to strain. Front crawl is a very fast swimming style that works the arms in particular. Around 75% of the power generated is produced by the arms. The leg and abdominal muscles account for 25%. The swimmer lies on her front, moving her arms alternately forwards over the surface of the water, submerging them in front of the head when they almost at full stretch and then moving them back underwater to beside the thigh. In front crawl, the legs are moved up and down in an outstretched position. Front crawl relieves strain on the spine and particularly on the neck muscles, unlike in breast stroke, where the head is often stretched out of the water. Backstroke is the most beneficial swimming style for your health, and is recommended by orthopaedists.

3. Aquajogging

This form of gymnastics with a focus on running is practised at the deep end and helps to improve endurance and overall fitness. A buoyancy belt is worn to make jogging easier. Aquajogging is especially beneficial for those with postural or locomotory problems. No strain is placed on joints, which means that this form of exercise is also suitable for people who are overweight or haven't done any exercise recently. It also gives the cardiovascular system a good workout, helps your body to burn fat, and strongly stimulates lymph flow. Ankle cuffs, dumbbells and water noodles can also be used if desired.

4. Aquarobics

This varied endurance training programme is suitable for all. The programme consists of a warm-up and a main part, and can make use of kickboards, dumbbells and water noodles. The dancing and gymnastic exercises are accompanied by rhythmic music.

5. Water gymnastics for pregnant women

The sessions for pregnant women can serve as a supplement to antenatal classes, be used to improve stamina, or simply provide relief from the physical changes that take place during pregnancy. The exercises relieve back and joint pain, work the whole body, and keep you fit and healthy. Because of the buoyancy provided by the water and the sense of lightness that it creates, women find these exercises very enjoyable.

Please note: our courses are suitable for everyone, young and old alike, and anyone coming for the first time will be told everything they need to know. Simply contact the relevant course leader or our trainers at the gym. If you suffer from high or low blood pressure, diabetes, or problems with your weight or your joints, please see your doctor for a check-up.