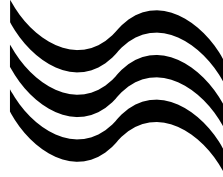


The Acalanes Union High School District Presents

2016 Fall Deep Water Aerobics



Our Water Aerobic classes are a fun and effective water aerobic workout that teaches you how to use water as a powerful gym, where you'll simulate many land-based workouts such as running, biking, weight lifting, kick boxing and more! Virtually any exercise you perform in a gym can be duplicated in the water without impact or joint stress, and often with greater intensity and range of motion. Water Aerobics gives you the benefits of weights, aerobics and stretching in a non-impact workout that focuses on calorie burning and improving all aspects of physical fitness.

- Classes open to Men as well as Women. ○
- No experience necessary! ○
- Flotation belts will be provided for the Deep Water Aerobic Classes. ○
- Low impact, no pressure work-outs. ○

August 15-November 13

Soda Aquatic Center - Campolindo High School

DAY	TIME	ACTIVITY	POOL	INSTRUCTOR
Monday	7:30-8:30am	Deep H ₂ O Aerobics	Comp Pool	S. Kalbus
Tuesday	8:30-9:30am	Deep H ₂ O Aerobics	Comp Pool	P. Shasky
Tuesday	12-1pm	Deep H ₂ O Aerobics	Comp Pool	S. Kalbus
Wednesday	7:30-8:30am	Deep H ₂ O Aerobics	Comp Pool	S. Kalbus
Thursday	8:30-9:30am	Deep H ₂ O Aerobics	Comp Pool	P. Shasky
Thursday	12-1pm	Deep H ₂ O Aerobics	Comp Pool	S. Kalbus
Friday	7:30-8:30am	Deep H ₂ O Aerobics	Comp Pool	S. Kalbus

Instructors:

Peg Shasky joins the aquatic staff with great enthusiasm for fitness and many years of experience in and around the pool. Peg's positive attitude and desire to leave it all in the pool is contagious.

Sarah Kalbus joins the aquatic staff with great interest in using the water for fitness. She will be offering deep and shallow water aerobic classes and looking to expand the shallow water program in the future.

Fees:

\$10 drop-in fee or 10 aerobic punch card available for \$85

Regardless of level of commitment to this program all participants will be required to complete the AUHSD registration form as well as an Emergency Information/Medical Consent Form. These forms can be completed on your first day. Please arrive 15 minutes early on your first day to complete the necessary paperwork.

Questions:

Please contact Andrew Morris at (925) 280-3928 or by email at soda@acalanes.k12.ca.us.

See reverse side of flier for Safety Tips & Frequently Asked Questions & Answers!

Equipment: flotation belt for deep water class is recommended (NO it does not make it easier) to achieve an optimal workout, the flotation belt allows you to focus on full range of motion of the limbs, proper body alignment in water, and contraction of desired muscle groups, avoid being preoccupied with staying afloat.

Deep Water Aerobics Safety Tips

1. A medical check up is advised before beginning any exercise program. Ask your physician if Deep Water Aerobics is the right workout for you, especially if you has special physical conditions or are taking medications that effect your ability to exercise.
2. Before entering the pool, make sure your Deep Water flotation belt is comfortable and secure around your waist.
3. Start out slow. Only do part of the workout. Progress as your fitness improves.
4. Always work out at a pace that is comfortable. Take breaks when needed.
5. Only do exercises that feel safe and comfortable.
6. If you experience any pain or unusual symptoms, stop exercising and consult your doctor immediately.
7. Hydrate well! Drink water, before, during and after your workout.
8. Non-swimmers should not participate in Deep Water Aerobics without a qualified lifeguard present.

Frequently Asked Questions & Answers

1. What are the benefits of Deep Water Aerobics?

Deep Water Aerobics gives you the benefits of weights, aerobics and stretching all in one workout.

2. Is Deep Water Aerobics effective for weight loss?

Yes! - It is common knowledge that to lose weight you need to burn more calories per day than you consume. Deep Water Aerobics focuses on the calorie burning aspect of weight loss by increasing your activity level through aerobic exercise, and increasing your lean muscle through strength training.

The word "aerobic" means "with oxygen" and the amount of oxygen you inhale during Deep Water Aerobics directly relates to the amount of calories you will burn. For every liter of oxygen you inhale, you burn approximately 5 calories. Every time you work a muscle, it demands more oxygen. Therefore, the more muscles you work the greater the demand for oxygen and the more calories you will burn.

Deep Water Aerobic workouts are designed to work multiple muscle groups of the upper and lower body at the same time, which can result in greater cardiovascular output, oxygen consumption and calories burned. The faster you move, the more calories you will burn.

3. Deep Water? How do I stay afloat?

It's easy! You're suspended in deep-water by wearing a personal flotation belt around your waist, which leaves your body totally free to work against the resistance of the water.

4. Do I get my hair wet?

No! Your head is kept dry and out of the water, so you don't have to wash or re-style your hair or redo your make-up.

5. Do I have to wear a bathing suit?

You do not have to wear a bathing suit to Deep Water Aerobics! If you haven't purchased a new bathing suit for awhile, and dread the thought of going out bathing suit shopping, you will be glad to know that we welcome you to wear a simple alternative such as a lightweight pair of shorts and t-shirt. Please test the fabric of your alternate swim clothes before wearing them into the pool. Get them wet and see if the fabric bleeds color. If so, please choose something else to wear.

A GOOD EXCUSE ABOUT WHY WE DIDN'T DO SOMETHING DOES NOT EQUAL DOING SOMETHING! WE EITHER DO IT AND GET RESULTS OR WE DON'T.