

Water workout

Water aerobics, or aquafit, usually combines a variety of techniques from gym-based aerobic classes and includes walking or running backward and forward, jumping jacks, along with various arm movements. Your workout will also use equipment such as flotation belts and flotation devices.

In addition to the standard benefits of any exercise, the use of water in water aerobics supports the body and reduces the risk of muscle or joint injury. There's less stress on your joints when stretching and you have a greater range of movement. It's fun – and it's good for you!

Visit The Heights, Medina Leisure Centre or Waterside Pool where our staff will be happy to discuss your requirements and advise you what option would be best for you.



Where

Medina Leisure Centre
Fairlee Road,
Newport, PO30 2DX
Tel (01983) 523767
medina.leisure@iow.gov.uk

The Heights
The Broadway,
Sandown, PO36 9ET
Tel (01983) 405594
heights.leisure@iow.gov.uk

Waterside Pool
Esplanade,
Ryde, PO33 1JA
Tel (01983) 563656
waterside.pool@iow.gov.uk

When

See inside for details

Pick up a leisure fees booklet for all activity prices.



T100CX07/10

Water Workout



Workout and use the water to support your body and have a greater range of movement. All water workout sessions must be pre-booked.

Aquafit ✓

Reduce risk of muscle injury ✓




Over 50s only sessions ✓

Women only sessions ✓

The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council. There are cards for adults, students and juniors. There is a monthly fee with flexible payment options.

Find out more at www.iwight.com/leisure

one card
at the heart of fitness

Venue		Monday	Tuesday	Wednesday	Thursday	Friday
The Heights Leisure Centre 	Main Pool			• 8pm to 9pm	• 1pm to 2pm (Term time only)	• 8pm to 9pm (Not bank holidays)
	Small Pool	<ul style="list-style-type: none"> • 9am to 9.45am 50+ only (Term time only) • 10am to 11am • 8.15pm to 9.15pm (Not bank holidays) 	<ul style="list-style-type: none"> • 8.30am to 9.15am 50+ only (Term time only) • 9.30am to 10.30am 	<ul style="list-style-type: none"> • 10am to 11am aquanatal • 11am to 11.45 am 50+ only 		• 10am to 11am
Medina Leisure Centre 		• 7pm to 8pm		• 7pm to 8pm	<ul style="list-style-type: none"> • 9.15am to 10.15am 50+ only • 7pm to 8pm 	• 3.30pm to 4.30pm 50+ only
Waterside Pool 		• 9.30am to 10.30am	<ul style="list-style-type: none"> • 9.30am to 10.30am 50+ only • 7pm to 8pm 	• 7pm to 8pm	<ul style="list-style-type: none"> • 9.30am to 10.15am • 10.15am to 11am 	<ul style="list-style-type: none"> • 9.30am to 10.15am 50+ only • 10.15am to 11am

Do I have to be able to swim to do a water workout?

No. If you're a non-swimmer you can exercise in a depth in which you feel comfortable, close to the poolside or rail, wearing buoyancy aids or armbands if you wish, until your confidence improves. You don't have to put your face in the water. Also you can bring a friend along to exercise with you. Your teacher will be sympathetic but it is important that you tell them that you are a non-swimmer. A water workout is an enjoyable way to gain water confidence; many people decide to learn how to swim after taking part in water workout classes.

Low-impact exercise

When we exercise on land we're affected by the pull of gravity, and there can be problems associated with high impact exercise such as jogging and jumping. Water has a cushioning effect on the body, protecting joints such as those in the spine, ankle, hip and knee from high impact damage.

Buoyancy lifts and supports the body, giving a wonderful feeling of freedom and providing an environment in which exercise movements and relaxation are easy.