Aquatic Schedule

If You Don’t Have email Take One Of These

Remember, consistency is what makes exercise work for you. Slow and steady does win this race.

From: Alicia Dermady  
To: Participants  
Date: 01/30/2020  
Subject: February Vitality Aquatic Schedule

The following is the class schedule for February 2020

Tuesday February 04, 2020  Gloves/Ai Chi
Thursday February 06, 2020  Walking/ Ai Chi
Tuesday February 11, 2020  Deep Water
Thursday February 13, 2020  Intervals/ Ai Chi
Tuesday February 18, 2020  Hand Buoys/ Ai Chi
Thursday February 20, 2020  Sport Cardio/ Ai Chi
Tuesday February 25, 2020  Blue Boards/ Ai Chi
Thursday February 27, 2020  Deep Water

The fees for February 2020 are as follows:

Aquatic only  $45.00
Land only  $45.00
Aquatic and land  $70.00

Checks and Class Times

Make checks payable to UMU Aquatic Class

Aquatic Class Times:
Morning: 9am, 11am
Afternoon: 2pm, 4:30pm

* If you have any questions about the fees please talk to a Vitality staff person.
* Payment for the classes are due your first scheduled class day of the month.
* You can deposit checks, cash or money order in the tan metal box in the pool area on the small round table. (please have cash, money order or check payments labeled).
* Copies of this email will be available on the table in the pool area next to the monthly schedules for those who do not have email.*
* The number to call for Vitality Fitness Program status is 464-8363
* Copies of the “Pro-Rate Policy” are available upon request.

February Things

We wish you a Happy Valentine’s Day.

Aquatic Research Testing

Description: A 12-week study that consists of filling out a packet of 4-5 questionnaires (physical functioning, fatigue, sleep quality and mental health). There are three assessments performed in the pool these consist of sit to stand; timed walking of 25 feet and 6-minute walk test. Once these assessments are completed the information will be used as a base line then weekly the participant will fill out three one-page questionnaires pre and post exercise for either a Tuesday or Thursday. At the end of 12 weeks, there is a reassessment as to the follow up in the study.

Deep-water definition: According to the Aquatic Fitness Professionals Manual 6th edition by the Aquatic Exercise Association (AEA), deep-water exercise is defined as exercise performed in water depths that allow the participant to remain vertical and yet not touch the pool bottom, providing a truly non-impact workout. Flotation equipment is available to maintain correct alignment and buoyancy. At Vitality, the pool floor moves down away from individuals’ feet to the depth of the tallest person in the class. Deep-water classes use an array of equipment that will fit any size person; this equipment consists of flotation belts, arm floats buoyancy cuffs and noodles. The equipment can be use individually or in any combination that an individual feels comfortable with.

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