

Things to bring with you

- ◆ Towel
- ◆ Shampoo
- ◆ Soap
- ◆ Water bottle
(helps to keep you hydrated during class!)
- ◆ Water shoes
(to protect your feet both in and out of the pool)
- ◆ Swimsuit
(white t-shirts are ok but they will increase the difficulty of the class.)

Optional & medical items to bring with you

- ◆ A waterproof heart rate monitor can be used to keep track of your heart rate
- ◆ Diabetic client: you are encouraged to bring a glucometer and juice, crackers or other food as needed.
- ◆ Heart clients: Nitroglycerin
- ◆ Asthma: Rescue inhaler

Why Water Works?

Water has numerous characteristics that make it conducive to meeting treatment goals. Hydrostatic pressure is the equal pressure on all body parts that are immersed in water; this trait often helps to reduce swelling when exercises are performed below the surface of the water.

When a person enters the water the hydrostatic pressure that is applied to all body surfaces creates an upward force known as *buoyancy*. Buoyancy decreases the forces on body tissues and reduces joint impact. It also allows exercise with decreased pain and improved mobility for those individuals who may be overweight or arthritic. It is remarkable to see how quickly patients improve when they begin aquatic therapy.

Another characteristic of water that makes it beneficial for exercise is *resistance*. Water is much more resistive than air. This resistance provides weak muscles with needed strength training. The natural properties of water allow individuals to improve quicker in water than they would on land.

Aquatic Therapy is Appropriate for Patients With:

- ◆ Cervical and low back pain
- ◆ Rheumatoid/Osteoarthritis
Fibromyalgia
- ◆ Joint sprains and strains
- ◆ Total joint arthroplasty
- ◆ Athletic injuries
- ◆ Post surgical orthopedic conditions
- ◆ Various neurological disorders
- ◆ Osteoporosis
- ◆ Various chronic pain conditions
- ◆ Obesity

Benefits of Aquatic Therapy

- ◆ Improves range of motion
- ◆ Increases muscular strength and core stabilization
- ◆ Enhances oxygen and caloric consumption
- ◆ Works balance and coordination
- ◆ General relaxation
- ◆ Joint flexibility
- ◆ Promotes circulation
- ◆ Pain reduction
- ◆ Joint distraction or unloading
- ◆ Athletic enhancement

Aquatic Therapy is provided by Juliet Tardy, a licensed Physical Therapist.

About your instructor

Juliet Tardy

Juliet Tardy PT is a licensed , experienced Physical Therapist, Manual Therapist, Aquatic Therapeutic Rehabilitation Institute Certified and has held certifications in prenatal aquatics, Ai Chi, WATSU, Water Dance, Certified Pool Operator and is a nationally certified water aerobic instructor with the Aquatics Exercise Association.

Our Pool

Our pool is a salt water pool, it is kept at 84°, which is considered an ideal temperature for aerobic exercise. There are stairs, ladders and a lift provided for easy entry into the pool.

Class Times

Tuesday and Thursday

Optional Blood Pressures 8:45 AM

Class starts 9:00 Am



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SECOND TIME AROUND WATER AEROBICS CLASS

The second time around water aerobics class is an exercise program designed to help individuals with long standing health issues regain or enhance cardiovascular stamina, increase circulation, rehabilitate healing muscles/joints and control weight.

Every one hour class is divided into three sections, beginning with an initial health screening & blood pressure as needed. This is followed by a 45 minutes of water aerobic exercise with and without equipment. Each class concludes with a 15 minute session designed to promote strength , balance & flexibility while providing a safe cool down period. You will learn how to monitor your heart rate during both aerobic and cool down portions of the class.

Physician referral is recommended for participation, however is not required.