

FREQUENTLY ASKED QUESTIONS

AquaBabes

When will they really learn how to swim?

In infant-toddler terms, swimming is the ability to move through the water, harmoniously on their accord; initially, for very short distances.

In the younger stages, the primary mode of propulsion is kicking. Your child will eventually be able to jump in, turn around and swim back to the side of the pool. Some babies who started prior to their first birthday by the age of 25 months can swim comfortably holding their breath for 7-10 seconds covering long distances and eventually bobbing their head up or rolling over on their back to breath. They come out of the pool relaxed and calm.

This will take some hours of practice and very gradual lengthening of the swims. Young children should finish each swim happy, not panting, and not taking in any water.

Babies and toddlers do not have enough motor skill to master swim strokes and it will take some time for them to develop these before we move on to more complex movement in the water.

Will my child be drown-proofed after taking swim lessons?

No one is ever drown-proof. Utmost caution must always be in effect in and around water. Adult supervision and barriers between your child and the pool are your best defense for reducing the risk against an aquatic accident.

However, as your child reaches new levels in their swimming skills, they will eventually be able to perform maneuvers that can increase their chances of getting to safety if an unsupervised water entry were to occur.

These achievements should never give parents or caregivers a false sense of security. We make it a priority to educate parents on all aspects of water safety. (i.e... *supervision, barriers, pool safety fencing, and child-centered swimming lessons*).

What safety skills are we referring to?

The following safety skills are all potentially life saving for an experienced student who is comfortable in the water and who has had adequate training. Infants and toddlers must be comfortable and ready.

- **Jump, Turn, and Grab** – This is the most practical method of self rescue for infants and toddlers as the majority of accidents occur near the edge of pool or other bodies of water. Children need to be comfortable in the water and strong swimmers before this skill is introduced. Building a foundation is very important so children are not stressed in the learning process or panic during an accident.
- **Bobbing the Head** – Recovering one's head above the surface allows a toddler to take a bite of air. However teaching this skill to a child too soon creates a vertical body position, impeding progress through the water.
- **Rolling over to one's back/ Backfloat** – Allows the toddler to float on his back to breathe. However, we only teach this skill when the child is ready and can maintain effortless balance around 2½ to 3 years old.

My pediatrician says I should wait to start until my baby is 4 years old?

For many years, the *American Academy of Pediatrics (AAP)* stated that children are not developmentally ready to learn to swim until they are 4 years old. However, on May 24, 2010, AAP updated their guidelines on water safety and drowning prevention.

In its updated policy, the AAP has revised its guideline on swimming lessons and also highlights new drowning risks.

Jeffrey Weiss, lead author of the policy statement says,

"To protect their children, parents need to think about layers of protection. Children need to learn to swim. Swimming lessons can be an important part of the overall protection, which should include pool barriers and constant, capable supervision."

The statement goes on to say that new evidence shows that children ages 1 to 4 may be less likely to drown if they have had formal swimming instruction.

This new guideline is a monumental change that indicates that the AAP recognizes the evidence that *U.S. Swim School Association* member schools have been promoting for years: formal swim lessons are a vital part of the multilevel approach to drowning prevention and water safety.

The AAP offers a specific 11 point advice list for parents that includes:

1. Never leaving children without adult supervision around any type of water;
2. Closely supervise children at all times;
3. Inquiring about exposure to water when your children are not in your care;
4. Installing appropriate fencing and gate systems around pools
5. Providing swimming lessons to children;
6. Learning CPR;
7. Not using air-filled swimming aids
8. Wearing life-jackets when children are in boats;
9. Knowing water depth and underwater hazards before allowing children to jump in any body of water;
10. Swimming at lifeguard supervised open bodies of water; and
11. Counseling teenagers on the increased risk of drowning when alcohol is involved.

We would agree infants and toddlers are not capable of learning the formal strokes: the freestyle, backstroke, butterfly and breaststroke. However, experience in thousands of child-centered programs around the world, bares witness to the fact the infants and toddlers can "swim".

Some people, who are unaware, think that you must swim freestyle to be swimming. If you ask most experienced "baby friendly" swimming teachers, they will tell you that swimming is "harmonious movement through the water".

Do all infants and toddlers love to swim?

We recognize that babies are individuals and take this into account with our teaching methodology. We know that not all kids will instantly take to the water. What may work for your friend's baby may not be as successful with yours. We adjust our style to your baby's temperament and skill level.

We advise parents to be present in AquaBabes classes so they can help the child relax by transferring calmness to their baby. Positive, proactive parenting, consistent practice and very gradual introduction to water on the face (above the surface) all combine for success. A frightened infant or toddler can be creatively redirected to comfort through playing games, singing songs and appealing to their vivid imagination. A positive group class situation greatly helps to ease the fears of most children. Focus on what your child can do and be patient.

Eventually, through a trusting and secure learning environment, play and perseverance, a tolerance for water on the face will be developed. Do not submerge children until they are relaxed and adjusted to water poured on their face. This can take time, but it's worth the effort.

What should I do if my child cries during his first swim lesson?

Crying or resistance is not a prerequisite to learning how to swim. However, some children react negatively when introduced to a new environment. Parents should stay calm and encourage the child to participate even if he/she is crying. There may be cases when the instructor may need to set the child aside to address the child's fear or issue.

Parents should give the instructor an opportunity to bond with the child as they have been trained to handle different situations in the pool. It may be heartbreaking for the parent to see their child cry when first introduced to the swim program, but with proper handling, positive reinforcement, and a regular routine, children learn to eventually love the water despite their initial reaction to their first swim lesson. It usually takes about 2-4 lessons to get the child to warm up to the class.

Many have found our method of teaching swimming very effective for children, especially those who are fearful or those who have had a traumatic experience in the water.

We take the time to let children feel that the pool is a pleasant and safe place to be in. Children who have developed fear or a repulsive attitude towards the water will usually cry, but with the combination of structured play and discipline, they calm down and achieve comfort in the water.

What is the best age to start?

Researchers observed that the optimal age to start babies is between six months and 12 months old. At this stage the majority of infants are ripe in the water. They are comfortable, the water feels natural. These very young babies still seem to have a memory of the fluid environment in the womb.

However, a window of opportunity for smooth learning still exists up to approximately 18 months old (especially for water adjustment and initial submersions). At approximately 19 months to 24 months toddlers can begin to enter the “challenging twos” phase.

It is easier to teach water adjustment and breath control before this stage begins. However, it is never too late when utilizing a creative and interactive curriculum. The group class structure works miracles and motivates children to participate with their peers, at any age.

What do you think about floatation devices?

Being baby swimming advocates, we of course encourage our little ones to learn to swim primarily without floatation devices. Children must be aware that without floatation devices they have to know how to propel themselves safely through the water.

Parents should not be dependent on floatation devices such as inflatable water wings, swim vests, and floatable swim suits as these promote false sense of security and teaches the child improper body position.

A few words on safety for ...

A condition called hyponatremia or water intoxication is a concern to some doctors, as it can be a health risk. This is caused by swallowing excessive amounts of water. Such symptoms as disorientation and listlessness can occur, and even shock in extreme cases. This could occur if a young baby is pushed too hard, too soon and too long.

Our gentle, child-paced program has your “whole child’s” interests at heart. In our program, your baby should swallow no water (or very, very little), because skills are gradually introduced when the child is ready, relaxed and happy. A few babies do like to drink the water. Parents need to remember when holding their child to keep the child’s mouth above the surface.

If a child’s stomach does become distended with excess water you will want to stop the lesson for the day. When practicing at home remember not to over extend your baby by showing off for the neighbors or relatives, especially if your child is just beginning to achieve proper breath control.

Reference: Rob McKay, Lifestyle Swim School

What do I need to bring to the AquaBabes - infant/toddler swimming lesson?

1) Swim Suit

A snugly-fit bathing suit or swim trunks to ensure free movement and less drag for the little swimmer.

2) Rash Guards / Sun suits

To reinforce sun protection, we encourage all our students to wear a rash guard or a sun suit over their bathing suit. These suits are usually made of spandex, lycra or polyester, and the material has an inherent SPF (Sun Protection Factor). If you or your child gets cold easily in the water, we recommend to wear a NEOPRENE wet suit over your swimsuit to keep warm during swimming lessons.

Stingray™ Sun Protection swim suits are available for sale. Check out our Product Catalog for more info.

For custom-made rash guards and wetsuits, please contact Lisa Guevara at 0919-8021809.

3) Swim Diapers

Infants/toddlers who are not yet potty trained are required to wear swim diapers to reduce the risk of deadly bacteria released in the water. You can use disposable swim diapers or a reusable swim nappy.

Zoggs™ Reusable Swim Nappy is available for sale. Check out our Product Catalog for more info.

Disposable Swim Diapers are also available for sale at our Product Catalog.

4) Big Towel / Bath Robe

You want to make sure that you dry off your child when you take them out of the pool and wrap your child with a towel or a robe to keep them warm after their swim lesson.

Aqualogic™ Microfiber towels are super absorbent, very light, and easy to carry around. Free personalized embroidery available for Aqualogic Students. Check out our Product Catalog for more info.

5) Waterproof Sunscreen (at least 30 SPF)

If you will be swimming in an outdoor pool, we have to protect our child from the harmful rays of the sun by using a sunscreen specifically formulated for babies/children. Apply sunscreen at least 30 minutes before the swim lesson to let the skin absorb it, and to also avoid any excess lotion running down the child’s eyes. Trust us on the sunscreen!

6) Non-Slip Slippers or Shoe

We highly-recommend that the students and parents wear non-slip shoes or slippers around the pool deck to avoid any accidents since the area is always wet.

Crocs™ shoes are non-slip, very comfortable, light-weight, and waterproof and are available at Crocs Concept Stores in Manila: Bonifacio High Street, Ayala Trinoma, SM Mall Of Asia, Ayala Greenbelt 5, Robinsons Ermita, Promenade Greenhills, Alabang Town Center, SM Marikina, Robinsons Galleria, SM Megamall, Gateway mall Cubao, Shangri-la EDSA Plaza Mall, Ayala Glorietta3 and Cash & Carry. Also available at: Rustans, SM Department Stores and Planet Sports

AquaKids

Why are our lessons for 3-year olds is 30 minutes, and 45 minutes for 4-6 years olds?

In our experience, this class duration is the best time to keep your child attentive, focused and excited in the pool. Our classes for older kids are longer and go for 60 minutes.

How is Aqualogic different from the Traditional method of teaching swimming?

Traditional swimming lessons commonly use the kickboard as their teaching tool and focus on doing lots of laps, while Aqualogic uses the “learning thru play” format where we utilize lots of colourful toys to make our swim lessons more engaging. We introduce safety swim skills in a creative and fun way.

After our students learn the essential skills, we introduce the strokes using the Total Immersion™ method, which focuses on stroke technique and efficiency. The strokes are taught using a logical step-by-step drill progression to help imprint good muscle memory and swim gracefully with less effort.

How long does it take a child to learn to swim and how often should my child take swim lessons?

Just like in any acquired skill, swimming requires training and experience to do well. Learning the different swimming skills will depend on your child’s development and background.

Just like going to school where you start from playschool to preschool, then to elementary, high school and all the way up to college, we also follow different levels in teaching swimming. It usually takes 16-24 lessons to master particular swim skills in any level.

- **AquaBabes (Infant/Toddler program)** is like a playschool/ preschool in the pool where young children is first introduced to water activity and eventually develop basic swim skills.
- **AquaKids (3-12 years)** is like our elementary level where the children have acquired safety swim skills and are introduced to rudimentary strokes.
- **AquaTech (Children and Adults)** is like our highschool and college level where we fine tune the strokes for efficiency.

Most swim lessons range from 30 – 60 minutes per lesson. Children progress faster with more practice. The problems that many students and parents face are availability, affordability and scheduling. Is there a program close by? Is there room in our every day family schedule? Can we afford all the lessons? Everyone’s situation is different, but a continuing

regiment of lessons throughout the year is best. Whether it is once-a-week during the school year and every day in the summer, or twice-a-week year 'round, the results will be good with that much exposure.

Parents and students get frustrated when they are not as good at the beginning of "this summer" as they were at the end of "last summer", yet they had no lessons or only a few exposures to swimming all during the school year.

Swimming is a skill that takes practice. You don't learn over-night and you can't retain the skills year-to-year without practice. Think of taking piano lessons for 2 weeks this summer and then again until 2 weeks next summer. Did you improve your skills? Without practice during the year you are probably starting over. Swimming, unless practiced, will have the same results.

We usually offer a minimum package of 8 lessons per enrollment, but most of our students renew month per month to further enhance their swim skills.

Why should my child take lessons when they already "know how to swim"?

After your child has successfully completed a swim program, the best advice is that they take at least one session of an organized swimming program per year. This could be swimming lessons, a summer league or year-round swim team, synchronized swimming, diving, water polo, or even scuba.

We all need periodic technique instruction any sport or activity. Do you play golf or tennis? How often do you need a "tune-up" with a pro? A lot of people find that they forgot how to swim after several years of not being in the water or having someone correct their stroke. Children forget year-to-year if they don't have the structure and practice time. (Remember piano lessons?)

Olympic swimmers all have a coach watching and correcting them while they swim. These are the best swimmers in the world. The bottom line is that swimming is a life-long activity that needs to be practiced for a lifetime.

What are the swimming strokes?

The 4 competitive strokes are:

1. **Freestyle / Front Crawl:** This is an alternating, over-arm stroke using the flutter kick. The face is in the water and breathing is done by turning the head to the side every 2 to 5 strokes. Freestyle is the most efficient stroke for speed and distance.
2. **Backstroke / Back Crawl:** The same alternating arm motion and kick as freestyle is used, but it is done on the back.
3. **Breaststroke:** This is a both a competitive and a survival stroke. It is done on the front with the arms working together in a circular sculling motion, raising the head forward to breath. The kick is also done in a circular motion simulating a frog's kick.
4. **Butterfly:** This is a competitive stroke where the arms recover simultaneously over the water and pull simultaneously under the water. The propulsion comes from the undulation across the hips, best described as a "body wave" or what we call "body-dolphin".

How can I help my child be successful in the swimming lessons?

All students need times when they can learn through exploration. Swimming is a sport or recreational activity that will last a lifetime. Your child, whether he/she is a beginner or more advanced, needs to go to the pool and have time just to play. This is also a time when children will begin to practice and develop important skills and techniques while they are having fun. Many children only go to the pool for class and so never get any practice time or enjoyment from being there. Positive reinforcement from the parents will encourage your children to develop love for the water. Children whose parents show enjoyment for the water tend to learn faster than those who have parents who don't.

Playing in the pool also build the child's strength, stamina and general skills. Going to the pool and playing with your child under safe, supervised conditions is one of the best ways to help your child be successful in swimming lesson.

What should I bring to the AquaKids Swimming Lessons?

1) Swim Suit

A snugly-fit bathing suit or swim trunks to ensure free movement and

less drag for the little swimmer.

2) Rash Guards / Sun suits

To reinforce sun protection, we encourage all our students to wear a rash guard or a sun suit over their bathing suit. These suits are usually made of spandex, lycra or polyester, and the material has an inherent SPF (Sun Protection Factor). If you or your child gets cold easily in the water, we recommend to wear a NEOPRENE wet suit over your swimsuit to keep warm during swimming lessons.

Stingray™ Sun Protection swim suits are available for sale. Check out our Product Catalog for more info.

For custom-made rash guards and wetsuits, please contact Lisa Guevara at 0919-8021809.

3) Goggles

Our young swimmers can focus and learn better when they can see clearly underwater. Getting them the right pair of goggles is very important. You should have your child try on the goggles before you purchase them to ensure that it is comfortable, fit well, and is easy to adjust. Tinted lenses are recommended if you swim outdoors to protect the eyes from the glaring rays of the sun.

Zoggs™ Reusable Swim Nappy is available for sale. Check out our Product Catalog for more info.

4) Big Towel / Bath Robe

You want to make sure that you dry off your child when you take them out of the pool and wrap your child with a towel or a robe to keep them warm after their swim lesson.

Aqualogic™ Microfiber towels are super absorbent, very light, and easy to carry around. Free personalized embroidery available for Aqualogic Students. Check out our Product Catalog for more info.

5) Waterproof Sunscreen (at least 30 SPF)

If you will be swimming in an outdoor pool, we have to protect our child from the harmful rays of the sun by using a sunscreen specifically formulated for babies/children. Apply sunscreen at least 30 minutes before the swim lesson to let the skin absorb it, and to also avoid any excess lotion running down the child's eyes. Trust us on the sunscreen!

6) Non-Slip Slippers or Shoe

We highly-recommend that the students and parents wear non-slip shoes or slippers around the pool deck to avoid any accidents since the area is always wet.

Crocs™ shoes are non-slip, very comfortable, light-weight, and waterproof and are available at Crocs Concept Stores in Manila: Bonifacio High Street, Ayala Trinoma, SM Mall Of Asia, Ayala Greenbelt 5, Robinsons Ermita, Promenade Greenhills, Alabang Town Center, SM Marikina, Robinsons Galleria, SM Megamall, Gateway mall Cubao, Shangri-la Edsa Plaza Mall, Ayala Glorietta3 and Cash & Carry. Also available at: Rustans, SM Department Stores and Planet Sports

7) Training Fins

Wearing fins promotes the proper kicking movement in freestyle, backstroke and butterfly. Investing in a pair for your child is highly recommended.

Aquasphere™ Zip fins available for sale. Check out our Product Catalog for more info.

AquaTech

How is Total Immersion™ different from traditional instruction?

Total Immersion™ focuses on swimming intelligently. We believe that by practicing the most efficient technique possible, swimmers will move through water with a speed and ease that traditional instruction simply cannot match.

I already know how to swim – so I don't need to learn Total Immersion™, right?

As long as you have human DNA, **Total Immersion™** is guaranteed to make you swim faster, easier and happier laps than you ever have before. Although you may already be able to traverse a body of water, we can teach you to do it with an ease and fluency that you've never thought possible.

I never learned to swim when I was a kid, is it too late to try learning now?

Absolutely not. **Total Immersion™** is highly effective for any adult learning to swim for the first time no matter what your past experiences have been or what your future goals may be.

Swimming makes me feel uncomfortable and afraid – can Total Immersion™ help?

Yes! **Total Immersion™** has helped countless hydrophobic individuals who are now proud to report that they can put their faces in water with confidence and swim across deep, open water with leisure. We can enable anyone to enjoy the serenity of being totally immersed.

I can barely finish a lap. What can Total Immersion™ do for me?

Total Immersion™ teaches you how to swim in the most relaxed and efficient manner. We'll be comparing the number of strokes you made to complete a lap from before you started your first session and towards your completion of the course. The result is usually a 25%-40% reduction in your stroke count, and lots of energy left for you to do more effortless and enjoyable laps!

I'm a very experienced, competitive swimmer – can Total Immersion™ really make me faster?

Of course! **Total Immersion™** is Kaizen swimming – based on the principle of continuous improvement. Because humans naturally have such a low level of efficiency when moving through water, there are endless gains to be made in decreasing energy expenditure and increasing speed. One could literally enjoy a lifetime of constant improvement with **Total Immersion™** and never experience the “terminal mediocrity” reached so quickly with conventional methods.

Does Total Immersion™ teach all four legal strokes?

Yes. **Total Immersion™** instructs students to move with grace and purpose whether they're swimming freestyle, backstroke, breaststroke or butterfly.

Does Total Immersion™ offer instruction for Kids?

Yes, kids who are ready to learn proper strokes will benefit from **Total Immersion™** instruction. Whether your child is learning to swim strokes for recreation, or training competitively, you will love the results that Total Immersion™ will deliver.

In what ways can Total Immersion™ be therapeutic?

Total Immersion™ has empowered individuals with illnesses and injuries of all kinds to improve their health and strength with exposure to the uniquely healing qualities of exercising in water.

Can Total Immersion™ help individuals with disabilities?

Total Immersion™ instructors have helped many individuals with disabilities enjoy the benefits of swimming and the freeing experience of moving confidently through water.

My body just doesn't float, so I'll never be able to swim – right?

You will with **Total Immersion™**! Conventional instruction might lead you to believe that you are a lost cause in the swimming realm, but **Total Immersion™** guarantees that you'll swim better than you ever thought possible. We have seen people who sink to the floor and this is due to excessive muscle tension that is probably rooted in nervousness or lack of experience in the water. Once a student learns to relax and discover how his body works in the water, he will learn to float to the surface without any effort.

I just want to swim for fitness – why would I want to become more efficient?

Fitness swimmers will benefit from the increased enjoyment of swimming and the reduced risk of injury that the Total Immersion™ technique provides.

How long does it take to learn Total Immersion™?

Total Immersion™ is taught by mastering the **Total Immersion™** Drill Sequence. Because every individual has a unique pace and process for learning, it is impossible to give an exact amount of time; however, many students are able to master the basic sequence after five to eight hours of instruction with a coach. **Total Immersion™** is taught on the principle

of Kaizen (Continuous Improvement), and therefore the opportunities for improvement and the quest for perfection will last a lifetime.

Reference: *Terry Laughlin* – <http://www.totalimmersion.net>

What should I bring to the AquaTech Swimming Lessons?

1) Swim Suit

- Female students - Two piece bikinis might look stunning on you at the beach, but it's not very practical for swimming lessons since there will be a lot of movements in the water. We recommend our female students to wear a comfortable snugly fit one-piece bathing suit.
- Male students - We strongly recommend that you wear a snugly fit swim trunks or tight fitting swim/bike shorts or “jammers”, rather than loose-fitting board shorts. Wearing loose shorts will make it difficult for you to achieve balance and flow in the water. For those who are self-conscious, we recommend that you wear a snugly fit RASH GUARD (swim shirt) over your swim suit.

Stingray™ Sun Protection swim suits are available for sale. Check out our Product Catalog for more info.

For custom-made rash guards and wetsuits, please contact Lisa Guevara at 0919-8021809.

2) Goggles

Factors to consider when buying goggles:

- 1. FIT & COMFORT** – goggles come in different sizes, try different types or styles before buying a pair to ensure that it fits the shape of your face.
- 2. LEAK-PROOF** – you want to make sure that the water does not go inside your goggles. Owning an extra pair of goggles is also advised, just in case the other one leaks.
- 3. LENS** – goggles have different lenses...choose the one that fits your purpose. Since we will be swimming outdoors, you may use goggles with clear lens, or light tinted lens.

Zoggs™ and Aquasphere™ goggles are available for sale. Check out our Product Catalog for more info.

3) Big Towel / Bath Robe

Plan to bring at least one clean towel to the class with you, preferably two. Our venues does not provide the use of towels for Aqualogic Students unless you are a member of their health club or a checked-in hotel guest.

Aqualogic™ Microfiber Towels are super absorbent, very light, and easy to carry around. Free personalized embroidery available for Aqualogic Students. Check out our Product Catalog for more info.

4) Training Fins

Wearing fins promotes the proper kicking movement in freestyle, backstroke and butterfly. We usually have a couple of pairs available to our students, but investing in a pair is encouraged, as you will be using them for practice even after you finish the swim course.

Aquasphere™ Zip fins available for sale. Check out our Product Catalog for more info.

5) Non-slip Shoes / Slippers

The pool area can be very slippery since it is always wet, so to avoid from any accidents, we recommend that you wear non-slip shoes / slippers when walking around the pool deck and locker rooms.

Crocs™ shoes are non-slip, very comfortable, light-weight, and waterproof and are available at Crocs Concept Stores in Manila: Bonifacio High Street, Ayala Trinoma, SM Mall Of Asia, Ayala Greenbelt 5, Robinsons Ermita, Promenade Greenhills, Alabang Town Center, SM Marikina, Robinsons Galleria, SM Megamall, Gateway mall Cubao, Shangri-la Edsa Plaza Mall, Ayala Glorietta3 and Cash & Carry. Also available at: Rustans, SM Department Stores and Planet Sports

6) Swim Ear Plugs

Swimming ear plugs allow people to swim or participate in aquatic sports without getting water in their ears. Ear plugs are highly recommended for swimming, especially in the case of people who swim frequently, because swimmers are at risk of developing infections in their ears as a result of frequent irritation with water. Infections which arise as a result of swimming are known, fittingly, as “swimmer's ear,” and they can be painful and annoying.

Zoggs™ Aqua Plugz are available for sale. Check out our Product Catalog for more info.

Custom-made swim plugs are available at Manila Hearing Aid - <http://www.manilahearingaid.com.ph/location.html>

AquaFitness

What is Aqua Aerobics about?

Aqua aerobics is another type of exercise class performed in shallow or deep water such as a swimming pool. The participants do rhythmic dance or exercise steps with or without water aerobics equipment. It is an exercise for all body parts like limbs, chest, abdomen, neck and back. The buoyancy offered by the water causes less strain on your joints and muscles unlike any exercise on ground.

What are the different types of Aqua Fitness classes?

Aqua aerobics: although generally more low-impact than land-based aerobics, these classes have most of the fat-burning and endurance-building benefits that you get from other forms of aerobic activity. The classes will include things like jogging, kicking, jumping, squats, and dance movements, and may or may not be accompanied by music. Benefits:

- Great for all fitness levels
- Good for weight loss / fat burning
- Builds strength and flexibility
- Excellent cardio-respiratory exercise

Aqua exercise: resistance/strengthening classes aimed at improving tone, strength and mobility. The main advantage of exercising in water is that it offers resistance in all directions, compared to land exercises where you work only against gravity. Because of the cushioning effect that water provides, this form of exercise is particularly beneficial to anyone at risk from bodily stress, including the elderly, overweight, or those recovering from soft tissue injury. It's also particularly good for pregnant women and is an ideal post-natal exercise. Benefits:

- Increased aerobic endurance
- Greater flexibility
- Increased muscle tone

Who can participate in Aqua Fitness Exercises?

Anyone, of any age, who is interested in water aerobics, can start doing Aqua Fitness exercises from a trained Aqua Fitness Instructor.

It is a perfect exercise regimen even for fitness novices. It is not essential to be a swimmer to participate in water aerobic exercise. Some water exercises are performed in waist level water and chest level water while some water aerobics exercises such as jogging are carried out in deeper water where the person's body is completely submerged.

Not all forms of exercise are suitable for everyone. Some groups however, may need to adapt exercises according to their specific conditions. Special classes can be designed for these groups or they can be mainstreamed into regular Aqua Fitness classes. But before they are allowed to attend classes they are advised to present a clearance from their physician.

What happens during a class? How long is a session? How many classes does one need to be able to see some results?

With land aerobics, the cardio exercise is done separately from the resistance training (weights). In aqua aerobics, you can do both at the same time. Since water is around you all the time, it acts as resistance or weights with each and every move that you do. Each class usually lasts for one (1) hour.

The results will vary depending on the following factors: (a) effort exerted during the classes, (b) diet and nutrition, and (c) frequency of classes, but we usually see results after two (2) months of attending classes at least twice a week.

Is Aqua Aerobics something you can practice on your own? What kind of feeling does one get when learning aqua aerobics?

Yes you may practice on your own because the risk of getting injured is much less. Water buoys up the submerged people to the extent of up to

80% of ones body weight. This kind of supports the joints causing least strain unlike any exercise on ground.

Majority of the participants feel more energetic and alert after each class. Aside from physical benefits, it also reduces feelings of depression and anxiety, and improves emotional well-being.

How is aqua aerobics different from a swimming workout?

In swimming you are in a lying horizontal position, so you move smoothly with less drag or resistance.

In aqua aerobics you are in standing position so if you move forward there is more resistance. You always have to have core control or contract the abdominal muscles to execute a movement or travel in balance.

What should I bring to the AquaFitness Classes?

1) Swim suit

Wear proper swimming attire. That yellow polka dotted bikini might look stunning on you at the beach, but it's not very practical in a water aerobics class, especially if it's 'itsy-bitsy' as well. Settle on a comfortable one-piece bathing suit instead.

2) Towel

Plan to bring at least one clean towel to the class with you, preferably two. Over-sized towels or beach towels make the best choice for their absorbency and ability to wrap around you when you get out of the pool.

3) Water shoes

Invest in a pair of water shoes (also known as pool shoes) to wear in the pool, around the pool area and the locker room. These shoes are made to be worn in water and protect your feet from rough surfaces and the spread of certain fungal diseases, such as athlete's foot. Some water aerobics classes may require that you wear them, in fact. They also come in a range of vibrant colors to complement your style and personality.

4) Sunscreen & Sunglasses

If you are going to attend Aqua Fitness classes during the day I, we recommend that you apply waterproof sunblock at least 30 mins prior to sun exposure. A nice pair of sunglasses will also come in handy when attending Aqua Fitness classes in an outdoor pool as it protects your eyes from the harmful UV rays and the glare from the reflection of the water.

5) Non-slip Shoes / Slippers

The pool area can be very slippery since it is always wet, so to avoid from any accidents, we recommend that you wear non-slip shoes / slippers when walking around the pool deck and locker rooms.

Crocs™ shoes are non-slip, very comfortable, light-weight, and waterproof and are available at Crocs Concept Stores in Manila: Bonifacio High Street, Ayala Trinoma, SM Mall Of Asia, Ayala Greenbelt 5, Robinsons Ermita, Promenade Greenhills, Alabang Town Center, SM Marikina, Robinsons Galleria, SM Megamall, Gateway mall Cubao, Shangri-la Edsa Plaza Mall, Ayala Glorietta3 and Cash & amp; Carry. Also available at: Rustans, SM Department Stores and Planet Sports.