

In The Center

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Now Hear This!_

Everything Water

With Summertime fast approaching, we would like to invite each of you to participate in our water activities. This month we dedicate the newsletter to **“Everything Water”!** We will give you benefits, options, tips and ways to get started with a water exercise program. We encourage all of you to consider the option of water exercise.

Benefits of Water Exercise

The benefits of water exercise are plentiful and easy to achieve. First and foremost, water's buoyant nature allows for support of body weight, often making exercise more tolerable (especially for beginners & those with joint ailments).

_____ Having said that, water allows for less impact on the joints; helps to increase strength, muscle tone, flexibility and joint range of motion as well as endurance, balance and coordination.

Another plus is the variety of activity that can be performed in the water. Anywhere from lap swimming to water aerobic classes to water walking and deep water activity. Please keep in mind that you

DO NOT have to be a swimmer to reap the benefits of water

exercise. Shallow water activity does not require swimming skills and can easily accommodate ALL fitness levels.

Highly trained athlete, post surgery patients, pregnant women, beginning exercisers, arthritis & fibromyalgia sufferers and generally healthy individuals can all find a water exercise that will offer great benefit.

Available Exercise Options

Just like land based exercise, water exercise can be tailored to meet the needs of the individual. If group exercise is what you like, we have several different types and levels of water aerobic classes to offer (see schedule for more details). If you prefer to exercise on your own, we can write a workout that will help to reach the goals you have set for yourself. And, if you are a lap swimmer wanting to perfect your stroke, we have instructors available for private lessons.

Equipment is available to add different levels of difficulty to any given workout. We would be happy to assist you with proper use of the equipment.



Getting Started in the Water

As with any other new exercise, it is always advised that you start off slowly and check with your physician before beginning. Once you have been given the all clear, we recommend trying the basics first. If you are not comfortable in the water, you would start with basic walking and/or low level water aerobic classes to get adjusted to the properties of the water. It is important to learn the exercises and execute them properly before trying to move into a more advanced workout.

If you are at a more advanced level, you may want to try swimming laps and/or deep water jogging for a cardiovascular workout. And try doing your strengthening and toning exercises with added resistance from the dumbbells.

_____The water is an excellent place to perform stretching exercises. This medium allows the joints to move through a full range of motion without over-stressing.

Water shoes may be an investment you want to make if you enjoy shallow water aerobic classes. The shoes not only protect the soles of the feet, but provide extra support for lateral movements. Shoes are strongly recommended for clients with diabetes.

If you are interested in a program tailored to meet your needs, please speak to Monica.

Housekeeping

These are just a few other bits of information that might help make the process of getting started a little easier.

- Please bring a towel and dry shoes each time you are planning on pool activities.
- A cover-up is recommended for traveling to and from the pool area.
- Use your towel to dry off after your activities are complete, our goal is to prevent dripping down the hallway.
- The water temperature remains constant between 86 & 88°.
- As the room temperature increase, we will be making adjustments to the vent covers to allow for more air flow.

Swimming Lessons

We have made a few changes to our swim lesson schedule. Summer group lessons will begin Monday, May 24th. This year we will be offering two - one week "Refresher" classes in addition to our two week sessions. If you would like to enroll a child in our group lessons, please do so quickly as space is limited. For a more detailed schedule you can log onto our website www.fontanacenter.com or speak to Monica or Christina.

Bring Your Friend...

We encourage you to invite a friend to join you in your favorite class. This coupon is good for any class on our schedule.

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Bring A Friend

Good for One **FREE** Class

Referred by:

Friend's Name:

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