

**Salt River Diabetes Program**

# **WATER AEROBICS CLASSES**

**Tuesday, June 16<sup>th</sup> to August 6<sup>th</sup>**

**Tuesday & Thursday**

**Location – Salt River Pool**

(McDowell & Longmore SR Community Building north side)

**6:30 pm to 7:30 pm**

***Class is open to Enrolled SRPMIC Members & their families, SRPMIC Residence, Tribal Employees and Enterprise Employees***

***Instructor – Rachel Seepie & Michelle Long***

### **What is Water Aerobics?**

Water aerobics, also called aqua aerobics, use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. No swimming is required in water aerobics, and flotation devices are used frequently. Water exercise helps increase your energy, stamina and strength -- and it is a healthy way to cool off in the summer.

### **What to wear?**

Best attire would be a swimsuit. Allowed in pool are non bleeding fabric t-shirt and shorts. If needed water shoes for sensitive feet. ***NO CUT-OFF-SHORTS & CUT SHIRTS.***

All water aerobic participants are required to fill out a Personal Health History form prior to of start class. All participants under the age of 18 must have parent or guardian sign Personal Health History Form. All attendees must be at least 13 years of age and older. Anyone participating between the ages of 13-17, must be accompanied by responsible adult 18 years or older. For your safety, before starting an aerobics routine or class, check with your health care professional if you are able to exercise, please get a medical clearance if you have multiple health concerns, such as, diabetes, high blood pressure, heart disease or injuries. Classes will be for all fitness levels; from the novice to the most experienced.



**QUESTIONS CALL SALT RIVER FITNESS CENTER 480-362-7320**