

Aquatic Exercise

Aquatic exercise is an effective way to exercise in a supported environment to relieve musculoskeletal pain and to maintain fitness during pregnancy.

The buoyancy of the water supports the weight of your growing body, allows you the freedom to exercise with less pressure on your joints and muscles. With buoyancy, you are able to exercise without the feeling of heaviness.

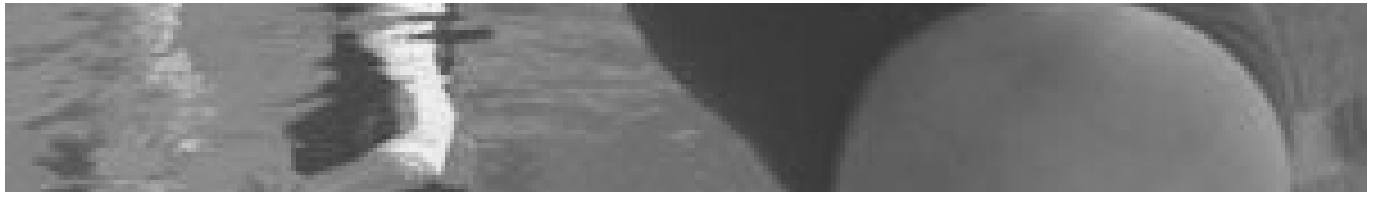
There are many other benefits of exercising in the water whilst pregnant, including:

- A reduction in muscle spasm
- Water promotes pain relief
- Increased flexibility and range of movement
- Gains in cardiovascular fitness
- Immersion helps to reduce swelling in the lower limbs
- Water exercise promotes general relaxation and can decrease anxiety
- Improved sense of well-being from being physically active

Safely exercising in the water is important in pregnancy. If you are experiencing any pain or medical conditions in your pregnancy, we can help assess whether aquatic therapy is right for you. If required, we may ask your doctor for medical clearance before you attend our aquatic therapy sessions.

Who should attend?

- You do not need to be able to swim to attend.
- Our classes are more than just 'aqua aerobics' - we apply strength and conditioning principles to make sure you get a good workout in the pool
- The advantage of being a physiotherapy supervised class means we can expertly tailor the program to accommodate you if you have pelvic girdle pain, back pain or a pelvic floor concern.



AQUATIC EXERCISE CONTINUED

Safety Precautions:

- While attending our sessions, always exercise at your own comfortable pace.
- Stop if you experience any pain, cramps, or discomfort while exercising.
- If you feel unwell at any stage - stop, head to the pool side and alert the physiotherapist.
- You must advise us if develop any new pregnancy conditions such as placenta previa, gestational Diabetes or high blood pressure.

You must advise us and **DO NOT** enter the pool if you have experienced any of the following within 48 hours of your planned session:

- Vaginal bleeding,
- An infection (such as thrush, urinary tract infection or an ear infection),
- A raised temperature,
- Fever or cold like symptoms
- Or if you have a history of blood pressure that is not well controlled.

What to wear/bring?

- Comfortable swimwear
- Water bottle on the side of the pool.
- We recommend you have a quick rinse at the pool, and head home to shower (avoid bringing soaps/shampoo to the pool as this can create a slip hazard).

Fees and Claiming:

You can claim private health rebates for Group Aquatic Therapy if you have eligible cover for Physiotherapy. The relevant code is 560.

Aquatic exercise prices are as follows:

- 10 Pack \$30 per class (packs can be used for both land/pilates and aquatic classes)
- Casual \$40 per class

Location and contact:

The location of our classes is at: **ELITE SWIMMING, Unit 2, rear, 113 Keilor Rd Essendon VIC 3040**. The pool is a few minutes drive from our clinic at Treadwell Rd. For any queries related to our aquatic exercise classes please contact us on 9337 9125. The pool is brand new and Elite Swimming are a private swim school - not open to the public.