

ELIZABETHTON CITY SCHOOLS COMMUNITY INVOLVEMENT WATER AEROBICS PROGRAM

Elizabethton City Schools water aerobics class at Elizabethton High School Pool is offered as part of a community involvement program. This program is a self-supporting program coordinated by Amber Abel and taught by Cindy Gober.

ECS COMMUNITY INVOLVEMENT PROGRAM WATER AEROBICS

Tired of not having the energy to function during the day? Need a way to relieve stress? Want to be more fit?....Reduce your blood pressure?.... Increase your muscular strength and endurance?....Have a healthier, stronger heart?

If you answered “yes” to any of these questions, the water aerobics program at EHS is for you. The program is designed to meet the needs of the beginning exerciser to the skilled athlete. You don’t have to get your hair wet or even know how to swim! You just need to want to be a better YOU---a healthier you. Taking that time for yourself pays big dividends, not only for you, but those around you.

Why choose water exercise? One of many reasons is -----it's FUN! But it's also an opportunity to work out without the stress and strain on joints. It reduces the impact and still maximizes the intensity. The water provides 4-20 times more resistance than air and allows a balanced workout for the muscle groups involved in the movement. Water also facilitates a greater range of motion to enhance flexibility. You'll feel stronger, look better, live longer. It's all up to you. For more health benefits than you can imagine, give the water a try. Wet sweat is the way to go.

The class format will consist of a 30-minute water-walking segment that begins at 6 p.m., providing the opportunity to socialize and burn calories while unwinding from the day's demands. From 6:30-7:30 is more structure with a thermal warm-up, cardio workout, strength segment, stretch, and cool down activities. Participants may work at their own level of ability and fitness ranging from "easy" to "moderate" to "vigorous" movements and methods of resistance. Balance and coordination will be improved through the "functional fitness" activities.

Eat a light snack before you come. Drink plenty of water. You may also want to bring some “water shoes” (inexpensive clean tennis shoes will do) to gain more traction on the pool bottom. A bathing suit might come in handy...or shorts and a t-shirt will do. Get that positive self-talk going and head to the EHS pool. You’re going to love the results.

[illegible]

DRESSING ROOM IS AVAILABLE
DOORS OPEN **15 minutes** before class begins
LIFEGUARD ON DUTY

Dates and times may vary due to conflicts with facility use, please confirm with the calendar. Visit www.ecschools.com -- Community Involvement Link for more information

****Amber Abel --- Community Involvement Coordinator 423-297-0093**