

### What You Need To Get Started

- Consent from your Doctor is recommended.
- Swimwear
- Water shoes and /or socks are beneficial but not required.
- Participant release form obtained from class instructor.

### Arthritis Foundation Mission

This effective program is suitable for people with arthritis and proven to reduce pain.

For more information about an aquatic class in your area contact **AEA** at **888-232-9283** or **info@aeawave.com** or visit us on the web **www.aeawave.com** and select calendar menu

The Aquatic Exercise Association (AEA) is a nonprofit organization committed to the advancement of aquatic fitness, health and wellness worldwide.

# AQUATIC EXERCISE ASSOCIATION ARTHRITIS FOUNDATION



1600 7th Street  
Sioux City, Iowa  
712-255-7659

## **What is the AEA Arthritis Foundation Aquatic Program?**

The Aquatic Exercise Association's Arthritis Foundation Aquatic Program is a warm-water exercise program, suitable for every fitness level, has been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional moderate-intensity aerobic component. The classes, led by specifically trained program leaders, meet two to three times per week. Each session provides a friendly and supportive environment that encourages social interaction. Although the classes are held in the water, swimming skills are not necessary. Join a class today!

### **The Aquatic Program will help with...**

- Reduce pain/inflammations
- Increase social interaction
- Improve strength/flexibility
- Enhance day to day living

### **About the Program...**

- Led by trained program leaders
- 45-minute sessions offered 2-3 times per week
- Fun, safe and effective way to promote better health

### **Proven Results...**

- Less pain
- Improved joint function
- Increased muscular strength
- Overall sense of well-being

## **Other Arthritis Foundation Program Offerings**

Not ready to take the plunge? The Arthritis Foundation Exercise Program is a low impact physical activity program proven to reduce pain and decrease stiffness. Classes can be taken either standing or sitting, whichever is most comfortable for you.

### **Who Leads the Classes?**

The classes are led by instructors and/or leaders who have successfully completed the Arthritis Foundation Aquatic Program Training Workshop conducted by Aquatic Exercise Association. In addition to the instructor, someone with current Lifeguard certification is present in the pool area at all times during classes.

### **Certified Instructor: Terri Dibble**

### **When and Where?**

The arthritis program is held in the Four Seasons Health Club indoor pool with a water temperature of 83°-87° F. The pool has easy access (i.e. ramp with railing) and is four to five feet deep. This allows class participants to stand comfortably with shoulders submerged when doing arm and shoulder exercises.

### **Classes meet :**

**Mondays, Wednesdays & Fridays**

**10:30 –11:15 a.m.**

### **Fees:**

Four Seasons members : No charge

Non-members: \$10.70 for day pass

Inquire at service desk for membership rates.