

Deep Water Running Program at Willowbrook

Requirements:

Participants do not need to know how to swim. This is vertical water exercise. You **DO** need to be able to enter and exit the pool independently, and maintain a vertical body alignment using a buoyancy belt.

Each participant must provide his/her own flotation device. We recommend Water Gym belts. They can be purchased by visiting watergym.com. Most participants should purchase a small belt.

Program Details:

Willowbrook Swim Club
586 Millwood Road (Rt. 133)
Mount Kisco, NY 10549
Phone: 9141-666-3916

The **Deep Water Running Program** will take place on Monday, Wednesday and Friday from 12:00 - 12:55. The program will begin Friday, July 1, 2011 and end on Friday, August 5, 2011. There will not be class on Monday, July 4th.

The cost for all 15 classes is \$125.00 for members of Willowbrook, and \$185.00 for non-members.

In the event of cancellation due to bad weather, the sessions will be made up at the end of the program. If the pool is closed, you may call the Willowbrook phone: 666-3916. The manager will leave a message on that line.

Instructor:

Lynn Ozzello, back by popular demand! Lynn has been in the Health and Fitness Industry for 12 years, starting as a water aerobics instructor. She continued her education by becoming an ACE (American Council on Exercise) certified Personal Trainer and an ACE certified Lifestyle and Weight Management Consultant. She is also an Arthritis Foundation Aquatic Program Instructor, a Certified Kinesis Instructor, and has a CPR certification with the American Heart Association. Prior to her career in fitness, she was a Senior Systems Analyst for PepsiCo Inc.

How to Enroll:

If you wish to participate, please send a check made out to Willowbrook to Kelly Blacker, 15 Crow Hill Road, Mt. Kisco, NY 10549 by June 15.

Why Deep Water?

For those of you who are unfamiliar with working out in deep water, I've provided some basic information about the benefits.

In water, buoyancy assists joint range of motion and at the same time resists movement in all directions. Exercise in water forces you to work both halves of muscle pairs, providing muscular balance through a full range of motion. Water is 12 times denser than air, providing much more resistance to movement in all directions.

In deep water, the spine experiences a mild traction effect because the compressive force of gravity is counteracted by the buoyant effect of water. The core musculature is constantly being challenged.

There is no impact to joints since you won't be contacting the pool bottom. Buoyancy supports the body and protects weight bearing joints.

The hydrostatic pressure of the water provides resistance to chest expansion in deep water. The intercostal and diaphragm muscles must work harder, thereby strengthening muscles involved in breathing.

Intensity levels will vary depending upon the degree of effort used by the participant. Studies have estimated that deep water running can burn roughly 11.5 kcal/min. The following chart offers estimated caloric expenditures for other aerobic exercise modalities:

Caloric Expenditure Comparisons

Aerobic Dance	6.2 - 6.6 kcal/min
Step Aerobics	6.7 - 7.7 kcal/min
Running 11 min mile	8.0 kcal/min
Running 9 min mile	11.4 kcal/min
Walking normal pace	4.7 kcal/min
Deep Water Running	11.5 kcal/min