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Water-based exercises like walking, jumping jacks, and back wall glide may help boost strength and cardio fitness without putting too much pressure on your joints. Exercising in water can provide a great full-body workout without some of the drawbacks of land-based exercises.Aquatic exercises can be especially helpful for people with mobility restrictions, which may be associated with:joint conditions, such as osteoarthritis and rheumatoid arthritisphysical injuries, such as bone fractures and tendon tearsphysical recovery, such as from injury or surgeryThe buoyancy of water provides extra support for your muscles and joints. This could help minimize the impact on your body but still provide the cardiovascular and strength-building benefits of exercise.For instance, a 2024 study in people with knee osteoarthritis found that water-based exercises provided more significant improvements in mobility, pain, and quality of life than land-based exercises. That said, water exercises are just as beneficial for improving balance, strength, and cardiorespiratory health in people without chronic conditions or restricted mobility. Water offers more resistance than air, so working out in the pool can make the same exercises that you'd do on land more challenging. Keep reading to discover eight water-based activities for a full-body workout. Walking in water is a good exercise to start with. It could help you get a feeling for how you can create resistance. A 2019 study in older adults found that walking in water may be more effective for improving leg muscle mass than walking on land. Walking in water may also target your arms and core. Start off walking in shallow water, around waist height. Lengthen your spine and walk by putting pressure on your heel first and then your toes, instead of walking on your tiptoes. Keep your arms at your side, in the water, and move them as you walk. Engage your core and stand tall as you walk. Continue walking for 5 to 10 minutes. Learn more about water walking.Water arm lifts could strengthen the muscles in your arms. Using foam dumbbells will help add more resistance.Stand in water up to your shoulders. Hold the dumbbells at your side, with your palms facing up.Draw your elbows in close to your torso and lift your arms to the height of the water. Rotate your wrists to turn your palms facedown. Lower your arms back to the starting position. Do 1 to 3 sets of 10 to 15 reps each. This exercise is similar to a lateral raise, which targets the shoulders and arms. It's best done with foam dumbbells.Stand in water up to your shoulders. Hold the dumbbells at your side. Raise your arms to the side until they're level with the water and your shoulders. Lower your arms back down to your sides. Do 1 to 3 sets of 8 to 14 reps each. This exercise helps to activate the muscles in your core and lower body. Face the side of the pool and hold onto the pool ledge.Tuck your knees into your chest, then press your feet into the wall. Push off from the wall and glide, or float, on your back as far as you can.Draw your knees into your chest, press your feet down to the bottom of the pool, and run back to the wall. Continue this exercise for 5 to 10 minutes. Jumping jacks work the muscles in both your upper and lower body. You can add resistance with wrist and ankle weights.Stand in water at chest level. Start with your feet together and your arms at your side. Jump by moving your legs outward and, at the same time, bringing your arms over your head. Jump again to return to the starting position with your feet together and your arms at your side. Do 1 to 3 sets of 8 to 12 reps.This dynamic exercise works your core, lower back, and legs.Keep your feet off the bottom of the pool during this exercise. Tuck your knees into your chest. Explosively press your feet and legs out in front and float flat on your back. Draw your knees back into your chest. Press your legs out behind you so you're now floating on your stomach. This is 1 rep. Do 1 to 3 sets of 8 to 12 reps. This exercise could help strengthen the muscles in your core and lower body. To increase the difficulty, add ankle weights. Stand in water at waist height. Engage your core as you lift your right leg, bending your knee until your leg is level with the water. Pause with your leg lifted for a few seconds. Extend your leg straight out and hold this position for a few seconds. Slowly lower your leg down, keeping it straight. Repeat this move with your left leg. Continue for 5 to 10 minutes. This exercise works the muscles in your core and legs. Use ankle weights to make it more challenging. Perform each kick for 1 to 3 minutes, then move to the next one. Hold onto the pool ledge or hold a kickboard. Flutter-kick your legs.Scissor-kick your legs open and closed. Do breaststroke kicks with your legs.Follow with dolphin kicks.Water-based exercises have many benefits, but it's important to remember a few safety tips. Stay hydrated: It may be hard to tell how much you're sweating when you're in the water, so you may sweat more than you realize. Drink plenty of fluids before and after you work out and consider keeping a water bottle on the pool's edge. Use a flotation device: If you're not a strong swimmer, use a floatation device like a buoyancy belt or floatation vest. This could help prevent you from drowning.Practice pool hygiene: Going into public pools may increase your risk of swimming-related illnesses like diarrhea, swimmer's ear, and lung infections. Avoid swallowing water when in the water and skip out on the day's pool exercises if you're sick. Avoid hot water temperature: Avoid working out in a pool that's heated above 90°F (32°C). It's important to stop exercising if you feel any of the following symptoms:lightheaded or dizzyunable to breathenauseous faint or weak pain or pressure in your chest or upper body Water workouts are an effective way to boost your cardio fitness while also strengthening the major muscle groups in your body. Pool exercises are especially helpful for people with joint issues or injuries, as well as for pregnant people and those with balance problems.Speak to a doctor before beginning any new exercise routine, or if you have any health concerns. Get a full-body workout that's cool and refreshing! Aquatic exercise works your entire body without overworking your joints. Aqua fitness is for everyone and our aqua classes are open year-round to anyone ages 14 and older. Members age 10-13 may attend group fitness classes only as long as they are accompanied by a parent or guardian during the entire class. Our classes include: Aqua Arthritis, Aqua Fitness, Aqua Fitness Combo, Aqua Fusion, Aqua Spin, and Aqua Yoga. View Aqua Fitness Classes Water-based exercise includes a variety of activities, ranging from swimming to stand-up paddleboarding and water volleyball. Here, we will focus on water-based aerobics, pool walking or jogging, and swimming. While swimming is very familiar to most of us, water aerobics might not be. Swimming involves horizontal movement in water aerobics and pool walking or jogging are done when you're standing in the pool. Water Aerobics Water-based aerobics is a catch-all term that includes cardio, strength, and interval training done in the pool. Also called aqua aerobics, aquarobics, aquafit, and many other names, water aerobics are done in a class setting in waist- to chest-deep water with music and a trained instructor. However, you can also do them on your own by following the routines in the Aqua Fitness report from Harvard Medical School. Cardio exercise gets your heart pumping for a sustained period. On land, it's distinguished from strength training, which uses some form of resistance to build muscle. But because water offers natural resistance, most exercises—even classic cardio moves like jumping jacks—provide both aerobic benefits and muscle strengthening. To increase resistance and improve strength gains, you can use equipment like foam dumbbells or paddles. Water aerobics classes may also include interval training, which alternates between higher-intensity and lower-intensity exercises. Pool Walking or Jogging Pool walking or jogging is a simple way to get a water workout. You don't need special skills or need to master moves or techniques needed. You don't even have to get your hair wet. Just hop in and walk or jog. If you have lower body joint issues, you should aim for at least waist-high water. The deeper you go, the less impact you will encounter, because water offsets some of your body weight. You can even walk or jog in the deep end by using a flotation belt. As you go deeper, though, walking or jogging will get harder because of the water resistance on a greater area of your body. Swimming Swimming is a total-body, get-your-hair-wet workout. When you swim, nearly every muscle in your body propels you through the water, burning calories and helping increase your strength. Swimming can be a wonderful, me-time workout. However, your first few laps or even sessions may not feel so great. This exercise requires more technical skill than water aerobics but give it time. You can even take a few lessons. If it's been a while since you've done lap swimming, or if you've never done it, don't be surprised if you are feeling winded after your first lap. The good news: When you start to see progress, you'll be motivated to keep it up. And don't worry about learning how to do flip turns when you get to the wall (unless you want to). You can just stop, turn, and push off. No one is timing you! Looking to get in the pool? Learn more aboutAqua Fitness, a Special Health Report from Harvard Medical School. Image: © Colin Anderson Productions pty ltd | GettyImages As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please note the date of last review or update on all articles. No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician. Page 2 STRONGER. LEANER. HEALTHIER. Crush your goals with AFC's best-in-class amenities, personal training, equipment, and group fitness workouts. Submit the Free 30 Day Trial form (for new members only) and our membership service team will reach out to you to get your trial started. Cutting edge fitness amenities and services include: 3 Health Club & Gym Locations: Bala Cynwyd Feasterville Radnor (New Location!) Over 70 Premier Studio Classes /wk Spa Locker Rooms, Cardio and Strength Equipment Training Turf Indoor Sports, Swimming Pools, Racquetball and More 2 Complimentary Personal Training Sessions for new members Cryotherapy and Hydromassage beds Must be 22+ years old for trial offer. Gym trial offer for new members only. It's time to live your healthiest life. Start today! By submitting this form, you give permission to AFC Fitness to contact you by phone call, text message, email. Looking for an effective workout without the sore joints? Skip the studio and hit the pool. The Ripple Club is a revolutionary fitness and wellness community that offers low-impact full body aqua workouts adapted to your desired intensity level. Whether you're just starting your fitness journey or simply are looking for a safer fitness alternative, dip your toes in and see where the ripples take you! At The Ripple Club, our revolutionary aquatic training programmes are designed to transform your body and mind. We incorporate water, high-tech fitness equipment, and contagious positive vibes for the ultimate well-being. We offer the following aqua classes: Ripple Ride : Signature and Endure Ripple Box Ripple Circuit Ripple Virtual DISCOVER THE RIPPLE EFFECT Leave your details here to receive our trial offer! CLASS SCHEDULE MONDAY CLASS LINE-UP 8:45-10 Abs & Toning 10:30-11:30 Sr. Aqua Aerobics 12:00-1:00 Strength | Balance | Mobility 4:30-5:15 Aqua Aerobics TUESDAY | CLASS LINE-UP 8:30-9:30 Range of Motion 9:00 Spin 10-11 Sr. Strength & Balance Donnie 10:30-11:30 Aqua Aerobics 11-12 Sr. Strength & Balance Donnie 5:30-6:30pm Aqua AerobicsWEDNESDAY | CLASS LINE-UP 8:45-10:00 Abs | Toning | Kickboxing 10:30-11:30 Sr. Aqua Aerobics 12:00-1:00 Strength | Balance | Mobility 4:30-5:15 Aqua Aerobics THURSDAY | CLASS LINE-UP 8:30-9:30 Range of Motion 9:00 Spin 10-11 Sr. Strength & Balance w/Donnie 10:30-11:30 Aqua Aerobics 11-12 Sr. Strength & Balance w/Donnie 5:30-6:30pm Aqua AerobicsFRIDAY | CLASS LINE-UP 8:20-9:15 Abs | Toning | HIIT 10:30-11:30 Sr. Aqua AerobicsSATURDAY | CLASS LINE-UP 7:45am Spin   At AquaFit, you have options. Our Kent County, Maryland Gym and Physical Fitness Center also has a pool! Join us in our heated saltwater pool (heated to 87 degrees) or on land for cardio, weight lifting, spin class, or a group exercise class. Check out all the class options. We also offer personal training, swim lessons, boot camp, circuit training, and a variety of pool classes. There's something to suit your schedule and fitness needs! Come try our facilities! We offer drop-in rates, day passes, and a variety of membership options. Class ScheduleMembership About UsSince 2009, we've been your fitness destination. Whether you're looking to build strength, balance, energy, endurance, speed, or increase range of motion and functional fitness, we have something for you. We are a wholly owned subsidiary of Chestertown Physical Therapy.Contact Us818 High Street, Ste. 1, Chestertown, MD 21620 emoore@ctownaquafit.com Tel: 410-778-6555 Wasser Workout Der ultimative Leitfaden zu Aqua-Fitness MJTH/shutterstock.com Aqua-Fitness, eine Form des körperlichen Trainings, findet im Wasser statt, meist in einem Schwimmbecken. Diese Art des Trainings kombiniert verschiedene Übungen, die sowohl Kardio- als auch Krafttrainingselemente umfassen, und ist für Personen jeden Alters und Fitnessniveaus geeignet. Die natürliche Auftriebskraft des Wassers verringert die Belastung auf die Gelenke, was Aqua-Fitness zu einer hervorragenden Option für Personen mit Gelenkproblemen oder für diejenigen macht, die eine schonende Trainingsform suchen. Ein typisches Aqua-Fitness-Programm kann Aktivitäten wie Schwimmen, Wasser-Aerobic, Wassergymnastik und sogar Yoga- oder Pilates-Übungen im Wasser umfassen. Der Widerstand des Wassers bietet eine effektive Möglichkeit, Muskeln zu stärken und die Herz-Kreislauf-Fitness zu verbessern, während das Risiko von Verletzungen minimiert wird. Historische Entwicklung und heutige Beliebtheit Die Ursprünge von Aqua-Fitness reichen weit zurück. Bereits im antiken Griechenland und Rom war das Schwimmen ein wichtiger Bestandteil der körperlichen Ertüchtigung. Jedoch hat sich Aqua-Fitness, wie wir es heute kennen, hauptsächlich im 20. Jahrhundert entwickelt, insbesondere mit dem Aufkommen von öffentlichen Schwimmbädern und dem wachsenden Fokus auf gesundheitsbewussten Lebensstilen. In den letzten Jahrzehnten hat Aqua-Fitness an Popularität gewonnen, teilweise dank der zunehmenden wissenschaftlichen Erkenntnisse über die Vorteile von Übungen im Wasser. Heute ist es ein fester Bestandteil vieler Fitnessprogramme und wird in Fitnessstudios und Gemeindezentren weltweit angeboten. Diese Beliebtheit ist auch auf die Vielseitigkeit von Aqua-Fitness zurückzuführen, die es ermöglicht, individuelle Trainingsprogramme für unterschiedliche Bedürfnisse und Ziele zu erstellen. Die heutige Popularität von Aqua-Fitness zeigt sich auch in der Vielzahl von Kursen und Programmen, die für verschiedene Altersgruppen und Fitnesslevel verfügbar sind. Von Aqua-Jogging bis hin zu energetischen Aqua-Zumba-Kursen – es gibt für fast jeden Geschmack und jedes Fitnessziel eine passende Option. Insgesamt bietet Aqua-Fitness eine einzigartige Kombination aus sicherem, effektivem Training und Spaß, was es zu einer attraktiven Option für Menschen macht, die ihre Gesundheit und ihr Wohlbefinden verbessern möchten. Die Vorteile von Aqua-Fitness sind vielfältig und betreffen sowohl die körperliche als auch die geistige Gesundheit. Körperlich gesehen bietet Aqua-Fitness ein Ganzkörpertraining, das die Kraft, Ausdauer und Flexibilität verbessert. Der Widerstand des Wassers stellt sicher, dass die Muskeln effektiver als bei vielen Landübungen arbeiten. Dies führt zu einem verstärkten Muskelaufbau und einer erhöhten kardiovaskulären Ausdauer. Ein signifikanter Vorteil von Aqua-Fitness ist die schonende Belastung für die Gelenke. Im Wasser wird das Körpergewicht reduziert, wodurch die Belastung auf Knie, Hüften und Rücken minimiert wird. Dies macht es zu einer idealen Trainingsform für Menschen mit Arthritis, Osteoporose oder anderen Gelenkerkrankungen. Darüber hinaus fördert Aqua-Fitness die geistige Gesundheit. Wasserübungen können Stress reduzieren und zur Freisetzung von Endorphinen beitragen, den natürlichen Wohlfühlhormonen des Körpers. Viele Menschen empfinden das Training im Wasser als entspannend und meditativ. Die beruhigende Wirkung des Wassers kann helfen, Angstzustände zu verringern und die allgemeine Stimmung zu verbessern. Besondere Eignung für spezielle Zielgruppen Aqua-Fitness ist besonders geeignet für verschiedene Zielgruppen, die von einem angepassten Trainingsprogramm profitieren können: Ältere Erwachsene: Für Senioren bietet Aqua-Fitness eine sichere und effektive Möglichkeit, aktiv zu bleiben. Die geringe Belastung für die Gelenke und die verbesserte Balance und Koordination, die durch das Training im Wasser erreicht werden, sind für diese Altersgruppe besonders vorteilhaft. Schwangere Frauen: Aqua-Fitness kann eine hervorragende Trainingsform für schwangere Frauen sein. Die Auftriebskraft des Wassers bietet Unterstützung für den Körper, was besonders in den späteren Stadien der Schwangerschaft hilfreich sein kann. Personen mit chronischen Erkrankungen: Menschen mit chronischen Erkrankungen wie Herzkrankheiten, Diabetes oder Übergewicht können von den sanften, aber effektiven Übungen des Aqua-Fitness profitieren. Diese Art von Training ermöglicht es ihnen, ihre Fitness zu verbessern, ohne ihren Körper übermäßig zu belasten. Rehabilitationspatienten: Aqua-Fitness kann ein wichtiger Bestandteil eines Rehabilitationsprogramms sein. Für Menschen, die sich von Verletzungen oder Operationen erholen, kann das Training im Wasser dabei helfen, die Beweglichkeit wiederzuerlangen und die Muskelkraft schrittweise aufzubauen. Zusammenfassend bietet Aqua-Fitness eine Vielzahl von gesundheitlichen Vorteilen und ist eine zugängliche, effektive Trainingsform für Menschen aller Altersgruppen und Fitnessstufen. Aqua-Fitness Übungen und Techniken Grundlegende Übungen für Anfänger Für Anfänger in der Welt des Aqua-Fitness sind einfache und grundlegende Übungen der beste Start. Diese Übungen sollen helfen, Vertrauen im Wasser aufzubauen und die grundlegenden Bewegungen zu erlernen. Wasser-Walking oder -Jogging: Beginnen Sie mit Gehen oder Joggen von einem Ende des Pools zum anderen. Dies hilft, die Herzfrequenz zu erhöhen und stärkt gleichzeitig die Beinmuskulatur. Beinschwünge: Halten Sie sich am Rand des Pools fest und führen Sie seitliche Beinschwünge durch. Diese Übung verbessert die Flexibilität und stärkt die Hüften und Oberschenkel. Armzüge: Mit oder ohne Wassergewichte können Sie Armzüge unter Wasser machen, um Ihre Armmuskulatur zu stärken. Wasser-Aerobic: Einfache Aerobic-Bewegungen im Wasser, wie z.B. Jumping Jacks oder Scherenbewegungen, sind großartig für Anfänger, um ihre Koordination und Ausdauer zu verbessern. Fortgeschrittene Techniken für erfahrene Sportler Erfahrene Aqua-Fitness-Enthusiasten können sich anspruchsvolleren Techniken zuwenden, um ihre Fitnessroutine weiter herauszufordern. Interval Training: Wechseln Sie zwischen hochintensiven Übungen und kurzen Ruhephasen. Zum Beispiel schnelles Aqua-Jogging gefolgt von einer kurzen Gehphase. Widerstandstraining: Verwenden Sie spezielle Aqua-Fitnessgeräte wie Widerstandsbänder oder Wassergewichte, um die Intensität der Übungen zu erhöhen. Tiefwasser-Übungen: Übungen im tieferen Wasser ohne Bodenkontakt, wie z.B. Tiefwasser-Jogging mit einem Schwimmgürtel, bieten eine zusätzliche Herausforderung. Aqua-Spinning oder Aqua-Yoga: Diese spezialisierten Kurse kombinieren die Vorteile des Radfahrens oder Yoga mit den einzigartigen Eigenschaften des Wassertrainings. Sicherheitshinweise und effektive Praktiken Sicherheit ist beim Aqua-Fitness oberstes Gebot, um Verletzungen zu vermeiden und das Beste aus dem Training herauszuholen. Aufwärmen: Beginnen Sie jede Session mit einem leichten Aufwärmen, um die Muskeln zu lockern und die Herzfrequenz langsam zu erhöhen. Hydratation: Auch wenn Sie im Wasser sind, ist es wichtig, hydratisiert zu bleiben. Trinken Sie vor und nach dem Training ausreichend Wasser. Richtiges Atmen: Achten Sie darauf, gleichmäßig zu atmen und vermeiden Sie es, den Atem anzuhalten, insbesondere bei intensiven Übungen. Auf die eigene Körperwahrnehmung achten: Hören Sie auf Ihren Körper und vermeiden Sie Übungen, die Unbehagen oder Schmerzen verursachen. Qualifizierte Anleitung: Insbesondere für Anfänger und Personen mit gesundheitlichen Bedenken ist es ratsam, unter der Anleitung eines qualifizierten Aqua-Fitness-Trainers zu trainieren. Mit diesen Übungen, Techniken und Sicherheitstipps können sowohl Anfänger als auch fortgeschrittene Sportler ein effektives und sicheres Aqua-Fitness-Training genießen.Aqua-Fitness Ausrüstung und Zubehör Empfohlene Ausrüstung für Einsteiger und Profis Die richtige Ausrüstung kann das Aqua-Fitness-Erlebnis erheblich verbessern, sowohl für Einsteiger als auch für Profis. Hier sind einige grundlegende und fortgeschrittene Ausrüstungsgegenstände aufgeführt: Schwimmbekleidung: Bequeme, gut sitzende Badebekleidung ist unerlässlich. Für Frauen sind einteilige Badeanzüge ideal, während Männer Badehosen bevorzugen. Stoffe, die Chlor-resistent sind, bieten eine längere Haltbarkeit. Wasserschuhe: Wasserschuhe bieten zusätzlichen Halt und Schutz für die Füße, besonders in rutschigen Poolbereichen. Schwimmbrille: Eine Schwimmbrille kann nützlich sein, um die Augen vor Chlor zu schützen, insbesondere wenn Übungen unter Wasser durchgeführt werden. Schwimmnudeln und Kickboards: Diese bieten Auftrieb und Unterstützung bei verschiedenen Übungen und sind ideal für Anfänger. Aqua-Hanteln und Widerstandsbänder: Für fortgeschrittene Übungen sind Aqua-Hanteln und Widerstandsbänder geeignet, um den Widerstand im Wasser zu erhöhen und ein intensiveres Training zu ermöglichen. Schwimmgürtel: Besonders bei Tiefwasser-Übungen ist ein Schwimmgürtel hilfreich, um den Auftrieb zu erhöhen und die Sicherheit zu gewährleisten. Spezielle Geräte: Für spezialisierte Kurse wie Aqua-Spinning oder Aqua-Yoga gibt es entsprechende Geräte, wie Unterwasser-Fahrräder oder schwimmende Yoga-Matten. Anleitung zur Auswahl der richtigen Ausrüstung Bei der Auswahl der Aqua-Fitness-Ausrüstung sollten einige Punkte beachtet werden: Komfort und Passform: Stellen Sie sicher, dass die Ausrüstung bequem ist und gut passt. Unbequeme oder schlecht sitzende Ausrüstung kann das Training beeinträchtigen und das Verletzungsrisiko erhöhen. Qualität und Haltbarkeit: Achten Sie auf hochwertige Materialien, die langlebig und chlorresistent sind. Günstige Alternativen können schnell verschleißen. Zweckmäßigkeit: Wählen Sie Ausrüstung, die zu Ihrem Fitnessniveau und den geplanten Übungen passt. Anfänger benötigen möglicherweise weniger und einfachere Ausrüstung als fortgeschrittene Benutzer. Sicherheit: Sicherheit geht vor. Ausrüstung wie Schwimmgürtel oder Wasserschuhe können die Sicherheit im Wasser erhöhen. Beratung durch Experten: Zögern Sie nicht, einen Aqua-Fitness-Trainer oder einen Fachmann im Sportgeschäft um Rat zu fragen, insbesondere wenn Sie sich unsicher sind, welche Ausrüstung für Sie geeignet ist. Durch die richtige Auswahl der Aqua-Fitness-Ausrüstung können Sie Ihr Training optimieren und gleichzeitig sicher und komfortabel bleiben. Aqua-Fitness Kurse und Programme Verschiedene Arten von Aqua-Fitness-Kursen Aqua-Fitness umfasst eine Vielzahl von Kursen und Programmen, die unterschiedliche Fitnessziele und Präferenzen ansprechen. Hier sind einige gängige Arten von Aqua-Fitness-Kursen: Wasser-Aerobic: Ein populärer Kurs, der kardiovaskuläre Übungen mit geringer Belastung kombiniert. Ideal für alle Fitnessniveaus. Aqua-Jogging: Hierbei wird im tiefen Wasser gejoggt, oft mit Unterstützung eines Schwimmgürtels. Es ist besonders gut für Ausdauertraining und Gewichtsabnahme. Aqua-Zumba: Eine energiegeladene Kombination aus Zumba-Tanzbewegungen und Aqua-Fitness. Diese Kurse sind unterhaltsam und ein ausgezeichnetes Workout für den ganzen Körper. Schwimmen und Schwimmtechnik-Training: Für diejenigen, die ihre Schwimmfähigkeiten verbessern oder als Teil ihres Fitnessprogramms schwimmen möchten. Aqua-Pilates oder Aqua-Yoga: Diese Kurse konzentrieren sich auf Flexibilität, Gleichgewicht und Kernstärke, indem sie Elemente aus Pilates und Yoga in das Wasser bringen. Spezialkurse für bestimmte Zielgruppen: Es gibt Kurse, die speziell auf ältere Erwachsene, Schwangere oder Personen mit bestimmten gesundheitlichen Einschränkungen zugeschnitten sind. Tipps zur Auswahl des richtigen Programms Bei der Auswahl des richtigen Aqua-Fitness-Programms sollten folgende Punkte berücksichtigt werden: Bestimmen Sie Ihre Ziele: Überlegen Sie, was Sie erreichen möchten – Gewichtsverlust, verbesserte Flexibilität, Muskelkraft oder einfach nur allgemeine Fitness. Bewerten Sie Ihr aktuelles Fitnessniveau: Wählen Sie ein Programm, das Ihrem aktuellen Fitnessstand entspricht. Anfänger sollten mit grundlegenderen Kursen beginnen. Berücksichtigen Sie gesundheitliche Einschränkungen: Wenn Sie gesundheitliche Probleme haben, wie z.B. Gelenkschmerzen oder Rückenprobleme, suchen Sie nach Kursen, die speziell darauf ausgerichtet sind. Verfügbarkeit und Ort: Suchen Sie nach Kursen, die in Ihrer Nähe angeboten werden und in Ihren Zeitplan passen. Probieren Sie verschiedene Kurse aus: Viele Fitnessstudios und Schwimmbäder bieten Probestunden an. Nutzen Sie dies, um herauszufinden, welcher Kurs Ihnen am meisten zusagt. Achten Sie auf qualifizierte Trainer: Stellen Sie sicher, dass die Kurse von qualifizierten Aqua-Fitness-Trainern geleitet werden, die Erfahrung im Unterrichten und in der Anleitung haben. Beachten Sie die Gruppengröße: Eine kleinere Gruppengröße kann eine individuellere Betreuung ermöglichen, was besonders für Anfänger hilfreich sein kann. Feedback und Empfehlungen: Lesen Sie Bewertungen oder sprechen Sie mit anderen Teilnehmern, um Feedback zu den Kursen zu erhalten. Die Wahl des richtigen Aqua-Fitness-Kurses kann Ihren Spaß und Erfolg in diesem Bereich erheblich steigern. Es ist wichtig, einen Kurs zu finden, der Ihren Bedürfnissen und Vorlieben entspricht. Ernährung und Aqua-Fitness Ernährungsempfehlungen für Aqua-Sportler Eine ausgewogene Ernährung ist für Aqua-Sportler entscheidend, um optimale Leistung und Erholung zu gewährleisten. Hier sind einige grundlegende Ernährungsempfehlungen: Ausgewogenes Makronährstoffverhältnis: Eine ausgewogene Zufuhr von Kohlenhydraten, Proteinen und Fetten ist wichtig. Kohlenhydrate sind die Hauptenergiequelle, während Proteine für die Muskelreparatur und -erholung unerlässlich sind. Gesunde Fette unterstützen die allgemeine Gesundheit. Kohlenhydratreiche Mahlzeiten vor dem Training: Essen Sie eine kohlenhydratreiche Mahlzeit oder einen Snack ein bis drei Stunden vor dem Training, um ausreichend Energie zu haben. Proteinreiche Mahlzeiten nach dem Training: Nach dem Training ist eine proteinreiche Mahlzeit wichtig, um die Muskelregeneration zu fördern. Obst und Gemüse: Eine ausreichende Zufuhr von Vitaminen und Mineralstoffen durch den Konsum von viel Obst und Gemüse unterstützt die allgemeine Gesundheit und das Wohlbefinden. Ganzheitliche und unverarbeitete Lebensmittel: Wählen Sie ganze, unverarbeitete Lebensmittel über verarbeitete Snacks, um die Nährstoffaufnahme zu maximieren. Hydratation und Ernährungstipps für optimale Leistung Hydratation spielt eine entscheidende Rolle für Aqua-Sportler, da man auch im Wasser schwitzt, auch wenn es nicht so offensichtlich ist. Ausreichende Flüssigkeitszufuhr: Trinken Sie regelmäßig über den Tag verteilt Wasser, um eine gute Hydratation sicherzustellen. Die Menge kann je nach Intensität des Trainings und den individuellen Bedürfnissen variieren. Hydratation vor, während und nach dem Training: Trinken Sie vor dem Training Wasser, halten Sie während des Trainings Wasser griffbereit und rehydrieren Sie sich nach dem Training. Vermeidung von dehydrierenden Getränken: Reduzieren Sie den Konsum von koffeinhaltigen und alkoholischen Getränken, da diese zur Dehydration beitragen können. Elektrolytausgleich: Bei intensivem Training oder längerer Dauer kann die Einnahme von Elektrolytgetränken helfen, verlorene Mineralien wie Natrium und Kalium auszugleichen. Anpassung an individuelle Bedürfnisse: Jeder Sportler hat unterschiedliche Ernährungsbedürfnisse. Es kann hilfreich sein, mit einem Ernährungsberater zu arbeiten, um einen individuell angepassten Ernährungsplan zu entwickeln. Eine ausgewogene Ernährung und eine angemessene Hydratation sind Schlüsselkomponenten, um das Beste aus Ihrem Aqua-Fitness-Training herauszuholen und Ihre allgemeine Gesundheit und Fitness zu unterstützen. Die Welt des Aqua-Fitness ist dynamisch und entwickelt sich ständig weiter. Hier sind einige der neuesten Trends und Entwicklungen: Technologie-Einbindung: Wearable Technologien, wie wasserdichte Fitness-Tracker, ermöglichen eine genauere Überwachung der Leistung und Fortschritte im Wasser. Innovative Kursformate: Es gibt eine steigende Vielfalt an Kursen, darunter Aqua-HIIT (High Intensity Interval Training), Aqua-Cycling und sogar Aqua-Boxing, die traditionelle Fitnessaktivitäten mit dem Element Wasser kombinieren. Ganzheitliche Ansätze: Ein Trend zur Integration von Körper-Geist-Übungen wie Aqua-Yoga und Aqua-Pilates, die sowohl physische als auch mentale Wellness fördern. Spezialisierung für verschiedene Altersgruppen und Bedürfnisse: Angebote wie Aqua-Fitness für Senioren oder aquatische Therapieprogramme für Rehabilitationspatienten werden zunehmend beliebter. Umweltfreundliche und nachhaltige Praktiken: Ein wachsendes Bewusstsein für Umweltfragen führt zu nachhaltigeren Ansätzen, sowohl in Bezug auf die verwendeten Materialien als auch auf die Wasserbewirtschaftung in Schwimmbädern. Zukunftsprognosen im Bereich Aqua-Fitness Die Zukunft von Aqua-Fitness sieht vielversprechend aus, mit mehreren Entwicklungen, die voraussichtlich an Bedeutung gewinnen werden: Zunehmende Popularität: Mit dem wachsenden Fokus auf Gesundheit und Wellness wird erwartet, dass Aqua-Fitness weiterhin an Beliebtheit gewinnt, insbesondere unter älteren Erwachsenen und anderen Bevölkerungsgruppen, die nach gelenkschonenden Übungen suchen. Integration von Virtueller Realität (VR): Der Einsatz von VR in Aqua-Fitness könnte das Trainingserlebnis durch immersive, interaktive Umgebungen weiter bereichern. Erweiterung der therapeutischen Anwendungen: Die therapeutischen Vorteile von Aqua-Fitness könnten in Bereichen wie Schmerzmanagement, psychische Gesundheit und postoperative Rehabilitation weiter erforscht und genutzt werden. Heimtraining und Online-Kurse: Angesichts der jüngsten globalen Ereignisse könnten Online-Aqua-Fitness-Kurse oder Heimtrainingsprogramme an Beliebtheit gewinnen. Kollaborationen und Partnerschaften: Partnerschaften zwischen Fitnessstudios, Gesundheitseinrichtungen und Wellness-Unternehmen könnten innovative Programme und Kurse hervorbringen. Insgesamt deuten diese Trends und Prognosen darauf hin, dass Aqua-Fitness weiterhin ein wesentlicher Bestandteil des Gesundheits- und Fitnesssektors sein wird, mit innovativen Entwicklungen, die das Erlebnis und die Wirksamkeit weiter verbessern. Leser des Artikels Interessierten sich auch für folgende Produkte Produktbeschreibung: Klare Sicht, Anti-Beschlag, UV-Schutz, bequeme Passform. Unverzichtbar für Aqua-Fitness Übungen, um die Augen vor Chlor und Wasser zu schützen. Produktbeschreibung: Verstellbar, Auftriebshilfe, unterstützend für Tiefwasser-Übungen. Ideal für Aqua-Jogging und Balance-Training. Produktbeschreibung: Langlebig, verschiedener Widerstand, vielseitig einsetzbar. Perfekt für fortgeschrittene Kraftübungen im Wasser. Produktbeschreibung: Rutschfest, stabil, für Aqua-Yoga und Pilates geeignet. Ermöglicht Yoga- und Pilates-Übungen auf dem Wasser. Produktbeschreibung: Auslaufsicher, BPA-frei, mit Zeitmarkierungen für regelmäßige Hydratation. Erinnert an ausreichende Flüssigkeitsaufnahme während des Trainings. Produktbeschreibung: Ernährungspläne, Rezepte, Tipps für Sportler. Unterstützt eine ausgewogene Ernährung, die auf die Bedürfnisse von Aqua-Sportlern abgestimmt ist. Diese Produkte und Beschreibungen sind direkt auf die Bedürfnisse und Interessen von Lesern abgestimmt, die sich für Aqua-Fitness interessieren, und bieten nützliche Tipps für das Einkaufen dieser Artikel.Letzte Aktualisierung am 2025-06-27 at 02:28 / Affiliate Links / Bilder von der Amazon Product Advertising API The Latest Fitness Trend At WaterBiking Studio, we provide various low impact, high intensity workouts! Every body is invited and can enjoy our effective, accessible and unforgettable water workouts. We have brought the global sensation of aqua athletics to the Magic City with our all aqua-fitness studio. Our low-impact exercise routines not only tone the body and burn calories (twice as many calories as on land), but also improve joint flexibility and aid in active recovery. That means that anyone can get into our low stress and high intensity water workouts. With malleable scheduling and a wide array of classes, you may just find yourself cycling, stepping and boxing to our beats everyday of the week. WE CARE ABOUT YOU IN- AND OUTSIDE OF THE WATER At Waterbiking Studio, we may stay in the pool to work you out, but we promise to go further in providing you effective, accessible and unforgettable water workouts. We'll always tell you when it's time to level up your game or to take it slow. We'll give you props on your bathing suit beauty. We'll stay after class to chat with you about your love life, your family, your fears and your dreams. We may even become your new best brunch buddy. No matter what happens, we can promise we'll always be here to inspire you to have a good time and get it done with a water workout that's empowering and invigorating. LEARN MORE · Protects the joints: When in the water, our body only weighs a sixth of our normal mass. This makes physical movements easier and places less strain on our weight-bearing joints. This is why aqua fitness is ideal for those suffering from physical injuries and therapy.· It's non-traumatic: One of the top advantages of aqua fitness is that the risk of injury is considerably lowered. Water buoyancy reduces physical shock during exercise. Additionally, the hydrostatic pressure created by the water encourages blood flow throughout the body, placing less strain on the heart. This has been shown to reduce high blood pressure and prevent the development of cardiovascular diseases. · Ideal for everyone: Regardless of age, body size, weight or fitness level, aqua fitness is ideal for everyone. Hence, for those that are unsure of how to start their fitness journey, aqua fitness is the best way to go. · Higher resistance: Even though our body mass is considerably reduced while in water, the water still creates higher resistance as we exercise as compared to air. This ensures that our muscles work harder without us even realizing it. This, in turn, not only strengthens our body muscles but tones our arms, shoulders and slims our waists. This post may contain affiliate links. If you click through a link and make a purchase, I may receive a commission at no additional cost to you. As an Amazon Associate, I earn from qualifying purchases. Read the full disclosure here. Whether you're looking for a low impact workout or just want to cool off, pool exercises can hit the spot. Aquatic workouts can also offer something to any fitness level. Check out these great pool exercise ideas to switch it up this summer (or anytime!) This article will tell you everything you need to know to get started with a pool workout program this year! *Bright flowered bathing cap not required* Disclaimer: This content is for educational purposes and is not medical advice. Read the full disclaimer. Here's a variety of pool exercise options if you're looking to get started with aqua fitness. Perform each exercise for 30 seconds to 1 minute for a full-body workout. There are many options in the cardio section for both high and low intensity, you can pick the ones that work best for you. *Friendly reminder – not all exercises are suitable for everyone. Always listen to your body and modify or omit exercise options to fit your needs.* Grab the free printable list below! All exercises can be done fast or slow for more or less challenge. Many of the below are linked to YouTube videos to show how to perform the exercises. Upper body strengthening for pool exercise Using pool noodles or aqua dumbbells helps create additional resistance. Move slowly and with control to focus on the intended muscle group. Lower body strengthening for pool workouts The water creates resistance to these movements. To add an additional challenge, you can use ankle fins or aquatic ankle weights. When performing core exercises, focus on using your abdominal muscles to control your movement. Rotation with aqua dumbbells or noodles Mountain climbers at the wall Knee to chest at the wall Alternating elbow to knee Water taxi seated on a kickboard Check out the videos below for aquatic core workout ideas: Stretching is similar to if you were out of the water. You can also use steps and ladders as an assist with the placement of arms or legs. Exercises can be performed for 30 seconds to 1 minute at a time. This video will guide you through a 20-minute aqua stretching session. To help you visualize these ideas and more, I've curated a few youtube videos for you. This video, 50 Pool Exercises | Choices Coach | Sara Moser, gives a fun underwater look at 50 different exercises you can do in the pool. This video by Ruth Ungerer Health Coach demonstrates a cardio-based 10-minute pool workout. For a low impact water-walking workout, check out Ask Doctor Jo. She has several videos on aquatic exercise/therapy. For my hardcore athletes, check out the Bas Rutten personal pool workout. Warning: this is not your Grandma's water aerobics! Swimming has always made the list of high-intensity, low-impact cardiovascular exercise. But what happens when you're not a swimmer? If your technique is not up to par, jumping in and just trying to swim until you get tired can be a recipe for a shoulder injury. But that doesn't mean you're out of luck. For those who aren't into swimming laps but want to cool off with some refreshing physical activity, keep reading. Aquatic exercise or water exercise is different than lap swimming. Water exercise is performing aerobic and resistance training exercises in a swimming pool. The water aerobics class scene has taken off in recent years, with new programs emerging like Aqua Zumba, Aqua HIIT, Aqua Barre, and Aqua Yoga. You can find some of these programs offered year-round at fitness centers across the country. There are also plenty of things you can do on your own (pool exercise ideas below). You might think exercise is exercise, right? Water exercise differs somewhat from land-based exercise. Here are some aquatic exercise benefits to consider. The water's buoyancy decreases weight bearing by 70-80% in chest-deep water and 50% in waist-deep water. The viscosity of the water provides resistance for strengthening activities. The hydrostatic pressure of the water can help decrease swelling from a recent injury or chronic issues such as arthritis and may also contribute to increased proprioception (joint position sense). Allows for movement with less pain Warmer water temperatures can promote relaxation and greater ease of movement. It can be a fun way to cool off and get your fitness on during the summer and can be done year-round if you have access to a pool. You can perform a variety of cardiovascular exercises as well as strength exercises. A water exercise program can be especially beneficial for those with joint pain or arthritis. Aquatic physical therapy differs from aquatic exercise because it's specialized care delivered by a physical therapist designed specifically for your individual needs. Aquatic workout classes can be taught by anyone with a fitness certification in aqua aerobics or aqua fitness. Physical therapy facilities may have specialized pools with features such as an underwater treadmill to aid in rehabilitation or sports performance. If you think you're looking to start with aquatic physical therapy, don't miss this article with pro tips to get ready for your first PT appointment. Exercises may not translate to functional gains on land – so don't swap out all your activities for water exercise. Most studies have been performed on populations with specific medical conditions or athletes, therefore it's difficult to apply to a general population. Access to facilities Can be more time-consuming (because of the whole changing, getting in the pool, showering, changing again, etc.) Water-based exercise may not be suitable or safe for those who don't know how to swim Not a great option for those with sensitivity to chemicals, open wounds or post-surgery, or issues with incontinence. If the water temperature is on the warmer side, it's easy to get dehydrated and not realize it. image source: AndrewLozovyi / depositphotos.com It wouldn't be a pool exercise party if there weren't cool stuff you could buy. Add some flair to your pool workout with these extras. Don't forget to check out which retailers are offering cash back through Rakuten. Use my referral code to earn up to a $30 bonus on your first qualifying purchase just for signing up. Kickboards are made out of dense foam, float, and can be used for kicking, pushing, and pulling exercises. If you're up for the challenge, you can always try the water taxi! Just as long as you don't mind going under if you fall off. Shop kickboards on Amazon. Webbed gloves are just like they sound and are used to add resistance to upper body exercises and get your core muscles involved. They're usually made of neoprene fabric with connections between the fingers. Pro tip: I would caution against swimming with webbed gloves or paddles as they have been known to cause shoulder issues if used too much with improper technique. The opposite of land dumbbells. They float! Aqua dumbbells are made of foam and provide resistance when pushed through the water. They can be used to add resistance to upper body and core exercises in a pool.   What fun is it to workout and not get credit? Make sure you have a waterproof fitness tracker to monitor your heart rate and capture all your hard work. The Fitbit Charge 4 boasts water resistance up to 50m. You can read more about the pros and cons of fitness trackers in The Ultimate Guide to Fitness Trackers. A similar concept to pool dumbbells, you can use a pool noodle to add resistance and you can also sit on them and perform movements like underwater bicycle and other kicking motions. These accessories also double for relaxation when you're done with your water workout! Noodles are a seasonal pick-up at any store or you can also have the Amazon Prime fairy deliver them to your door. Yes, they make these. Water sneakers can provide cushion and traction to your water workout. If you suffer from heel pain or plantar fasciitis, you might want to consider aqua sneakers. For a less intense version that provides a little traction but still gives you foot mobility, check out these water socks. No more sliding around on the pool floor! Pro tip: if you have a lining in your pool, make sure these won't cause wear and tear. Add some additional resistance to your water aerobics with these adjustable pool ankle weights. These versatile weights can adjust up to 5 pounds. Yes, they actually make cardio equipment for the pool, and the Aqua Creek Pro Wave Pool Bike is pretty cool! This underwater bike is ideal for general fitness, aqua spinning, or physical therapy. You can adjust the tension plus you get some added resistance from just being in the water. (It also comes in awesome colors!) But that's not all, there's also an underwater elliptical and underwater treadmill! I worked as a physical therapist at one facility that had therapy pools with underwater treadmills. Underwater walking or jogging can be used from rehabilitation to athletic performance. It's also a great way to stay mobile with an injury. Check out The Wright Stuff Medical Supply for aquatic exercise cardio and other equipment. You can be easily tricked into thinking you don't need water because you're in a pool. Wrong! You can still get dehydrated, especially in sky-high temperatures. It's impossible to assess how much you're sweating and can skew your perception of exertion. Keep a full bottle of water near by during your workout. Aquatic exercise may be a low impact workout option, but it's far from injury-free. Whether it's cardio or pool weights, it's possible to overdo it, so always listen to your body. Once again, don't overdo it. Cooler water temperates can skew your ability to perceive exertion. A pool is a bad place to start feeling woozy. When performing exercises in the pool, it's common to start holding your breath. Give your breathing priority and check in frequently. As a former lifeguard at a super strict facility, pool safety is my jam. It's still a pool, which comes with its own risks. Don't ignore normal water safety precautions. Visit the water safety page at the American Red Cross to brush up, including what to do in an emergency. This article also includes plenty of water safety tips for home pools that are often forgotten. Stick to shallow water workouts if you're not a strong swimmer and always have someone with you. Aquatic exercise provides another venue to get your fitness on and boasts a host of low-impact options from low to high intensity. Aqua exercise let's you work on cardiovascular fitness and muscle strength as part of a well-rounded fitness routine. Try these water workout tips the next time you're at the swimming pool! As with any workout, always listen to your body and don't work through pain. How intense does aquatic exercise get? You'll have to wear your waterproof fitness tracker and let me know! featured image source: Nomadsoul1 / depositphotos.com References Becker, Bruce. (2009). Aquatic Therapy: Scientific Foundations and Clinical Rehabilitation Applications. PM & R : the journal of injury, function, and rehabilitation. 1. 859-72. 10.1016/j.pmrj.2009.05.017. Buckthorpe M, Pirotti E, Villa FD. BENEFITS AND USE OF AQUATIC THERAPY DURING REHABILITATION AFTER ACL RECONSTRUCTION -A CLINICAL COMMENTARY. Int J Sports Phys Ther. 2019;14(6):978-993. My custom pool workouts focus on performing full body exercises to improve muscular strength while keeping your joints safe. This is not your typical "aqua aerobics" session...pool fitness is an awesome low-impact type of exercise, with a variety of water-based techniques. The intensity of the workout is determined by your own physical effort. Just having your body being submerged requires you to exercise, since every move you make must resist the continual force of water against your body. You can feel support and massage to your body, while being in the water can enable and assist you in the recovery of injuries, surgeries or other health conditions. Training in the pool is safe, effective, refreshing, and fun! I have been training clients in the pool for 10 years and it is a unique way to sculpt your entire body in the late spring, summer and early fall months. Sessions are held either in my pool (in Neptune Beach) or yours. And, I supply all equipment so you get the most benefit from each workout! Water, water everywhere! Working out in the water is one of the most therapeutic activities. Water aerobics builds cardio, strength and resistance all while being easy on the joints and in a cool and relaxing atmosphere! Here are the Top 10 from Health Fitness Revolution and author of the book ReSYNC Your Life Samir Becic: Increase muscle strength – Water is a flowing and constantly changing product of nature, and as such can be very unpredictable in its movements. Since water flows in multiple directions, the resistance in the pool can range from four to 42 times greater than air, ensuring the body's muscles get a rigid workout. In fact, a study conducted in 2007 found that after 12 weeks of regular aquatic aerobic exercise, participants had made significant gains in strength, flexibility, and agility. Build endurance – Unlike traditional weights, which require the human body to push and pull against the weight plus gravity, water resistance is a more natural resistance which requires the body to strain through the water rather than against it. Increases flexibility – As the body is subject to water resistance during water aerobic exercise – which requires movement in various directions while adjusting to the push and pull of water – the joints naturally increase their range of motion. A study conducted in 2013 found a significant increase in flexibility after subjecting a group of older adults to aerobic therapy exercise. Low-impact exercise – We may not often think of it, but the traditional impact we place on our joints during a "land workout" can be taxing. In water aerobics, the buoyancy of the water helps takes off some of the impact we tend to place on our body, due to our own water weight. In layman's terms, our body's is not subject to gravity in the water, therefore the impact our joints take on when, say, running in water, is not equal to the impact when running on land. This is particularly appealing to those with joint conditions such as arthritis or those currently undergoing physical rehabilitation. Alleviates pressure on the joints – Studies have shown water-based exercises such as water aerobics relieve pressure placed on joints from normal wear-and-tear and arthritis. In fact, hydrotherapy is shown to be the leading form of therapy for those suffering from joint problems. Relieves stress and decreases anxiety – Watching bodies of water in motion can be one of the most soothing activities one can take part in to help relieve stress, which is why vacations to beaches and island paradises are so popular getaways. But being in the water can be just as relaxing! A Polish study conducted in 2007 found that aquatic exercise significantly decreased anxiety and negative mood states in women. Burns calories – The combination of strength and cardio workouts mixed with water resistance in aquatic exercise ensures the body is getting a full workout. Depending on cardio activity, weight (including additional weights such as dumbbells and weight belts), water temperature, volume and buoyancy, the body can burn between 400 to 500 calories in an hour of exercise. Reduces blood pressure- Water resistance is not just a buoyancy feature to help work the muscles. In fact, the water pressure actually works with your blood as well and enables one's blood flow to circulate more effectively throughout the body, effectively decreasing blood pressure and, in the long run, decreasing resting heart rate. This benefit means your heart is maintaining its productivity while putting less stress on your heart! Cooling exercise – As temperatures get warmer and the summer heat draws near, the desire to exercise in the burning sun may suddenly not seem so appealing, and so naturally dipping into any body of water becomes alluring. Water aerobics can satisfy that need to feel cool in warmer temperatures while still enabling an athlete to exercise. It's cool, crisp and refreshing, especially knowing you aren't struggling in the heat! Popular activity – Water aerobics is not limited to any age group or skill level. As a result, water aerobics is known to a be one of the most popular bonding activities for friends and family. The sport appeals to all ages – with younger generations naturally enjoying the fun to be had in swimming pools while still appealing to the older generations and their need to maintain a moderate level of physical fitness. Read more of our Top 10 Articles here!