

## The Benefits of Water-Based Fun and Fitness

Exercising in water offers many physical and mental health benefits and is a good choice for people who want to be more active with lower risk of injury. The CDC reports that swimmers have about half the risk of death compared to inactive people and people report enjoying water-based exercise more than exercise on land. They can also exercise longer in water than on land without increased effort or joint or muscle pain.

The water's unique properties allow the pool to provide an environment for people of all abilities. Buoyancy creates a reduced impact exercise alternative that is easy on the joints, while the water's resistance challenges the muscles. Water lends itself to a well-balanced workout that improves all major components of physical fitness -- aerobic training, muscular strength and endurance, flexibility and body composition.

### Harford Aquatic Wellness Center

22 Newport Drive  
Forest Hill, MD 21050



Phone: 410-420-7665

Fax: 410-420-7010

E-mail: [Info.HarfordAquaticWellness.com](mailto:Info.HarfordAquaticWellness.com)

# Opening Fall 2015

## Harford Aquatic Wellness Center



Water Exercise

Community & Workplace  
CPR/AED/First Aid



Recreational Swim

Lap Swimming

*Live Well, Live Wet!*

*Water exercise increases your mental and physical wellness.*

Tel: (410) 420-7665

2213 Commerce Rd, Forest Hill, MD

[Info@HarfordAquaticWellness.com](mailto:Info@HarfordAquaticWellness.com)

## Water Exercise

Have you ever noticed how the effort required to walk through the water? Due to the constant resistance provided by the water all around you, virtually everything you do while you're underwater can be considered a fitness activity.



### Water Aerobics

In addition to the standard benefits of any exercise, the use of water in water aerobics supports the body

and reduces the risk of muscle or joint injury. You do not even have to be a strong swimmer to participate in water aerobics.

### Lap Swimming

Swimming laps can burn more than 500 calories in an hour and is a great cardiovascular workout. Swimming engages all of your muscle groups and gives you a full body workout.

### Additional Programs

Water Walking, Low Impact Water Exercise, Aquatic Therapy (offered thru partner organizations)

## Recreation & Family Swim

Come spend some time enjoying our pool. Pool is open to the public during rec swim times. A few lanes are available for lap swimming. Check with the office for membership plans to reduce the per visit cost.

### Parties & Meetings

There is a side meeting room and a large common area for hosting your party or meeting.



### Water Safety Presentations

Red Cross and Safer 3 Water Safety Foundation programs to identify and discuss the hazards and risks that are present in, on and around the water. The Safer 3 is a comprehensive initiative to dramatically reduce drowning incidents by:

- 1.) Recognizing risks in aquatic environments
- 2.) Implementing strategies to reduce and manage those risks
- 3.) Responsibly maintaining those strategies



Red Cross Health and Safety Cross training offers complete, flexible programs that help you, your family and your community or workplace stay prepared for virtually any life-threatening situation.

## Community Health & Safety Classes

### First Aid/CPR/AED

The purpose of the American Red Cross First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until

more advanced medical personnel arrive and take over.



### Workplace Health & Safety

Build the program that works for your business using our modular curriculum. Course options include First Aid/CPR/AED, Injury Control Modules and Workplace Safety Training.