

# Welcome back!

## Return to TRAC Aqua Programs

### Promoting healthy and active communities.



#### Return to TRAC Aqua Programs in a COVID Safe Environment

The following information has been developed to assist in the restart of aqua programs at TRAC and is consistent with what is happening across Australia. This information is designed to assist everyone and to operate as safely as possible while entering, exiting and using the centre for programs.

*According to the scientific literature there is no increased risk of contracting COVID-19 from swimming in chlorinated pools, and pool operators adhering to previously set guidelines will control risk from waterborne COVID-19.*

Procedure and protocols:

- All programs will be pre booked with a maximum of 15 participants
- Bookings will be secured by phone 7 days in advance. Payment or membership required when booking
- All sessions will be of 45 minute duration
- Maintain 1.5m social distancing at all times
- If you or any family member has any sign or symptom of sickness , PLEASE STAY HOME
- Come ready to enter the water
- Practice good hand hygiene before and after session
- Wait at front entrance to be escorted into centre and place personal items in designated areas
- Listen and follow staff directions at all time

#### General guidelines in protecting against infection:

##### *Before entering the pool:*

- Wash your hands with soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available, before going to the pool.
- Do not make physical contact with others.
- Avoid touching your face.
- Do not share food, drinks, equipment or towels.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- If you need to sneeze or cough, do so into a tissue (and dispose immediately into an appropriate receptacle) or cough/sneeze into upper sleeve/arm area.
- Arrive as close as possible to when activity begins. Leave as soon as program finishes.
- Avoid touching gates, fences, benches, etc.
- Do not attend if you, or a member of your household do not feel well. It is better to be cautious.

##### *While in the pool:*

- Follow current directions for distancing in the water as you would on land, 1.5m social distancing
- Don't share equipment
- Wear your swim suit to and from pool, come ready to swim, and leave the pool as soon as possible after you finish

##### *After your session in the pool:*

- Exit water as soon as session is finished
- Wash your hands thoroughly with soap or use a hand sanitizer after leaving the pool
- Avoid change rooms and shower when you return home

Please do not gather in groups before or after your session.

*Welcome back and enjoy your AQUA!*

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**Aim:** To provide descriptive and a consistent information to clients while delivering quality aquatic programs to the community at an affordable price.

**Outcome:** Promoting healthier and active communities and individuals while enabling social connections.

Group aquatic exercise classes are a complete workout in less than 60 minutes!

Motivating music, encouragement from the instructor and the energy from other participants makes the whole experience exhilarating. It's a great social activity and stress-reliever. Our professionally trained instructor's welcome new faces and no matter what your fitness level or age, you will experience an enjoyable, safe and effective workout. Over the next few months we will be introducing a broader range of programs, see below, that will give everyone an opportunity to become active in the water.

We are very glad to welcome you back to our restricted TRAC Aqua program and look forward to assisting you with your health and fitness.

#### TRAC Aqua Program Descriptions

<b>Aquabalance</b> # MM <b>Starting soon!</b>	<i>Designed for people who may require rehabilitation, improved balance, posture and confidence. For the mature and determined! Gentle &amp; easy! 45min</i>
<b>Aquamoves</b> # MM	<i>For the mature client to increase general mobility and flexibility. Helps to improve fitness and brain activation. Fun! Fun! Fun! 45 min</i>
<b>Aquafit</b>	<i>Enhance co-ordination, overall cardiovascular fitness and muscle toning with this program. Can be a combination of shallow and deep water intervals and is ideal for beginners through to the advanced. Go as hard as you like! 45 min</i>
<b>Aquahiit</b>	<i>In the deep water using a buoyancy belt. Designed to improve overall fitness with running and exercise movement thru interval training. No impact! 45 min</i>
<b>Aquastrength</b>	<i>In the shallow water build strength and core stabilisation with the use of resistance equipment. For the advanced! 45min</i>
<b>Aquaburst</b> <b>Starting soon!</b>	<i>A high intensity midday burst in the deep. Designed to stimulate your body and your brain. With or without a buoyancy belt. Wow! 30 min</i>



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**Timetable Murwillumbah Monday 6 July – class max 15**  
**Bookings on 0266 702750 between 9am – 3pm from 1 July**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 - 9.45am			Aquastrength Jeff	Aquafit Cecilia	Aquastrength Susi	Aquahiit Cecilia
10 - 10.45am	Aquamoves Susi	Aquafit Susi			Aquamoves Susi	
11 - 11.45am		Aquamoves Susi	Aquamoves Susi			
5.45 - 6.30pm	Aquahiit Jeff		Aquahiit Jeff			

**Timetable South Tweed Monday 6 July – class max 15**  
**Bookings on 0755 693120 between 9am – 3pm from 1 July**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30 – 10.15am	Aquamoves Deb	Aquafit Deb	Aquafit Prisca	Aquafit Deb	Aquafit Louise	Aquafit Prisca
10.30 – 11.15am			Aquamoves Prisca		Aquamoves Louise	

**Timetable Kingscliff Tuesday 7 July – class max 15**  
**Bookings on 0266 712945 between 9am – 3pm from 1 July**

	Tuesday					
7.30 – 8.15am	Aquafit Leisa					

**Pricing from 1 July 2020**

Casual program 45 min	\$10.30		
Casual program 30 min	\$ 8.20		
Casual program with entry membership	\$ 6.00		
Aqua Fitness 10 visit	\$93.00	\$9.30 per class	
Aqua Fitness 20 visit	\$186.00	\$9.30 per class	
<b>Gold Membership #</b>	\$910.00	\$17.50 per week	Annual payment or monthly instalment
<b>Gold Membership Concession #</b>	\$780.00	\$15.00 per week	Annual payment or monthly instalment

**# Gold Membership includes:**

- Ease of access to centres and programs
- Option of upfront annual payment or monthly instalments (conditions apply) with concession
- Unlimited access to all TRAC programs
- Unlimited access to all TRAC pools
- Opportunity to apply for up to 4 week extension with medical certificate

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**You're Aquatic Intensity Scale, to help you get the most out of your class.**

Rating and %Heartrate HR	Short Description	Full Description
1	Nothing at all, your laying down taking it easy	Relaxing on the couch or laying in your bed, no effort at all
2	Extremely little	Not breathing hard, HR is low/near resting, you could sing a song
3	Very Easy	Not breathing hard but you feel a slight increase in HR, you can talk in complete paragraphs without becoming short of breath
4 ~ 40% HR	Easy	This may feel like light house work or an easy walk on flat terrain. You can still talk in full sentences without an issue and you feel like you could do this all day without any problems.
5 ~ 50% HR	Somewhat Easy	You feel like you could exercise for hours. You are breathing a little harder but it is still easy to breathe, speak in full sentences and carry on a conversation.
6 ~ 60% HR	Moderate (you could do this for a long time)	HR and breathing rate are starting to increase at a noticeable level. You are sweating. Your body is telling you that you are starting to go beyond your normal activity level – muscles feel like they are working. This is still a level you could maintain for a while before having to stop. You may compare this to a brisk walk or walking up a slight incline. You can say 4-5 words before having to take a breath.
7 ~ 70% HR	Somewhat Hard (now you are really starting to feel it)	HR, breathing pattern and your muscles are telling you that you are working hard. You have to breathe through your mouth...nose breathing isn't enough to give you the oxygen you need. You can say only 4-5 words before you need to take a breath. You are past the point of feeling like you could do the exercise all day.
8 ~ 80% HR	Hard (you are making an effort to keep up)	Your heart is pounding, you are breathing hard and you would rather breathe than talk. You can say a 2-3 words before you have to take a breath. Your muscles start to feel warm from the inside out (that's lactate trying to tell you that you need more oxygen). This intensity is not comfortable and cannot be maintained for a long time.
9 ~ 90% HR	Very hard activity	Forget talking...you may be able to belt out one word at a time but you don't want to because breathing is your goal. You shouldn't be able to do this intensity for long and your body is telling you to STOP. Your muscles are screaming for oxygen therefore your breathing pattern is rapid and so is your HR. This intensity is reserved for shorter intervals and you are so glad that there is a time limit...your body is saying "no more."
10 > 100% HR	Maximum Effort (you can't go any HARDER)	All you can think about is how hard you are working and how much you would like to stop. Maximum 10 – 15 secs