

GROUP WATER FITNESS GUIDELINES

CLASS REGISTRATION:

- There will be pre-registration for each class to ensure group size.
- If you feel sick, please do NOT come to the club!
- **TO REGISTER FOR CLASSES please email Colleen Keelan, Director of Wayside Water Fitness, at colleenkeelan@waysideathleticclub.com, by 5:00PM on SUNDAY for the upcoming week ONLY.**
- Weekly registration is required. First come first served. Once space is filled you will be put on a waiting list.
- *Please register for only 1 class per day.*
- Class confirmations will be emailed to you the night before class.
- You will also be notified if you are on a waitlist and/or if classes become available.
- Water fitness classes are limited to 6 participants both Indoors and Outdoors.
- You must cancel 24 hours prior to class time.
- There will be a \$20 fee charged to your account for no shows or late cancellations.
- Marlboro board of health is requiring Wayside to have members only and no guests at this time. **Punch card holders are considered guests and will not be able to use the club.** New membership opportunities are available for punch card holders.
- Class schedules will be available to view on our website or for download through your home computer.

HOW TO REGISTER FOR A WATER FITNESS CLASS

E-MAIL: colleenkeelan@waysideathleticclub.com, by 5:00PM on SUNDAY for the upcoming week ONLY

<p><u>What to include in your Class Registration Email:</u></p> <p>SUBJECT LINE – WAYSIDE WATER FITNESS CLASS REGISTRATION</p> <p>IN THE BODY OF THE EMAIL (ONLY), please include: YOUR NAME & MEMBER NUMBER CLASS(S) NAME / DATE / TIME</p>	<p><u>Example Email Registration:</u></p> <p>Subject Line – Wayside Water Fitness Class Registration</p> <p>Body of Email (Only) – Jane Doe, Member # 12345 Aqua Fit Tuesday, July 21 8:30AM Aqua Power & Strength Wednesday, July 22 9:00AM</p>
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CLASS ATTENDANCE:

- Participants will need to arrive to the pool area *no earlier* than 5 minutes before class start time.
- A brief pre-soak cleansing shower is required before entering the pool by Massachusetts state law, however please note that there will be limited access to locker rooms, lockers and shower stalls per Governor mandates.
- Follow the marked traffic pattern for entering and exiting the pool area.
- Facemasks are required when entering and exiting the pool area but *will not* be required while participating in classes.
- Please wait on the pool deck (benches to sit will be available indoors) for the instructor to check you in before entering the pool.
- Please maintain social distancing while waiting to be checked in.
- Place your facemask in a ziplock bag at the end of your lane while taking classes.
- Participants will need to remain in their designated “workout space” during each class.
- **Late arrivals for class will not be allowed to enter the pool.**
- Please limit the belongings you take to the pool area.

CLASS PROGRAMMING:

- Classes will be 50 minutes in length.
- **NO EQUIPMENT WILL BE AVAILABLE FOR CLASSES AT THIS TIME.**
- All classes will be conducted in the shallow end of the pool, unless indicated specifically as a deep water class.
- Participants will be assigned an appropriate pool position according to height.
- Those wishing to participate in deep water during a shallow water class must bring and wear an appropriate floatation device. Situations like this will be limited to 1 or 2 members only to respect those on a waitlist.
- To attend a designated deep water class, those registering **MUST** bring their own appropriate floatation devices – **NO EXCEPTIONS**. Floatation belts are highly recommended**.

**A recommended video from Fitmotivation, *Why Wear a Flotation Belt in Deep Water Fitness*, <https://youtu.be/Y08xuQIZON0>, is a useful resource to understanding best practice for belt usage in deep water exercise.

Here are some links to purchase floatation belts:

<https://www.h2owear.com/>

<https://watergym.com/>

https://www.amazon.com/s?k=water+floatation+belts&ref=nb_sb_noss_1

Here is a good online article comparing floatation belts:

<https://fitnessforonathletes.com/best-water-flotation-belt/>

