

## ***Flotation Therapy: Rejuvenating the Body in a Body of Water***

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***Source: United States Water Fitness Association - Phone: (561) 732-9908***

<b>Program Part</b>	<b>General Description Of This Part</b>
1. <b>Instruction</b>	Teaching a wide variety of aquatic skills including swimming instruction, water orientation for infants, health and safety in, on and around the water, etc.
2. <b>Recreation</b>	No structured program, just open swim. Time for people to play and have fun in the water. New facility designs including wave-making pools, water-walking pools, water slides, etc. have helped to increase recreation opportunities and fun for people of all ages!
3. <b>Competition</b>	Contest between two or more people. Individuals or team practice sessions or meets. Some pools have a wide variety of competitive programs including fun/recreation type teams, age group teams, masters programs, etc.
4. <b>Water Exercise</b>	Informal or formal exercise. We get many calls from newspapers and magazines that want to do an article on "Aqua Aerobics". We explain to them that "Aqua Aerobics" is a generic name that is usually used for a type of water fitness class. We then explain the following five parts of water exercise: <ol style="list-style-type: none"><li>1. Adapted Aquatics</li><li>2. Water Fitness</li><li>3. Aquatic Fitness Personal Training</li><li>4. Aquatic Therapy (Including Aquatic Rehabilitation)</li><li>5. Aquatic Physical Therapy</li></ol>
5. <b>Service to the Community</b>	Helping the community. Showing that you care about the community. Could be yearly free learn to swim program, free open swim and/or instruction for people with disabilities, Special Olympic special events, etc.

6. **Self Development** Helping people to develop their leadership skills and reach a higher level of their potential. This could include junior aquatic leaders, Jr. lifeguards, aquatic leaders, etc.
7. **Consumer Education** Educating the community about the benefits of participating in various aquatic activities. This could consist of distribution of flyers, public seminars, water safety demonstrations, etc.
8. **Social** Groups of people spend time together at informal or formal social events.
9. **Outreach** Conducting programs at facilities other than your regular facility. There are many apartment, condo, complexes, hotel and motel pools in almost every community that are under utilized where programs could be developed.
10. **Special Events** Events other than regular classes or programs. Birthday parties, etc.
11. **Fund Raising** Raising funds for your facility such as equipment, certifications, uniforms, printed materials, charities, etc.
12. **Health & Safety Emphasis** The USWFA Motto is "The Health And Safety Of Our Participants Is Our Top Priority". What do you do to emphasis health & safety? We strongly encourage each facility and aquatic staff member to adopt this motto!
13. **Water Pagents, Shows & Carnivals** Well organized special events that can include a wide variety of parts including fancy and clown diving, water ballet, safety training, skits, relays, races (serious and funny), dive for coins, etc. These types of events can be one hour or more or just a 30 minute water carnival that produces fun for a group of people.
14. **Promotion of Aquatics in Your Community** Promote the benefits (physical, social and psychological) of being involved in aquatic programs and activities. Turn on your community to aquatics. The USWFA encourages you to "infect your community with aquatic fever."

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