



## Participant Handout Belt Up & Get Splashing: *Taming the Wet Conversation*



There is something about being in the water that makes most people feel relaxed and friendly. Unfortunately, some aquafitness participants spend much of the class talking to others, and give very little of their attention to the instructor or the movements they are being asked to perform. This can have negative results for them and for other participants in the class.

**Your instructor appreciates your need to connect with friends, but would like you to consider the following important facts:**

- **Results require concentration!** Just being in the water doesn't tone your muscles or strengthen your heart. Research confirms that training results from aquafitness depend upon doing the exercises *correctly* and *with adequate effort*.
- **If you are not following the instructor, you are not making good use of her / his education and expertise.** Your CALA certified aquafitness instructor is a qualified fitness professional. (S)he has gone through rigorous training to provide you with safe, purposeful, enjoyable classes. (S)he can't do this if you are not paying attention to instructional cues. (Try teaching something to someone who has her back to you and is talking to someone else....).
- **Other participants deserve to have full concentration on the instructor.** Side conversations in the pool interfere with the ability of some participants to attend to the leader. This may have consequences ranging from annoyance to injury. It is important to respect the rights and safety of others.
- **You can use the time before and after class to chat with friends.** Soak and stretch after class in the hot tub or meet for refreshments after your energetic workout. This way, your conversations won't be interrupted by the music or the instructor's voice. If there is not time outside of class when you can access your friends, ask your instructor for 5 minutes of chat time within the class. A simple activity such as walking or jogging can keep you moving while you converse. At the end of chat time, return your attention to your instructor.
- **Honestly ask yourself before you come to the class: "Am I coming for a workout, or a chat?"** If conversation is the priority, find time outside the aquafitness class to meet your needs. If the workout is what you are after, engage your mind, body, and spirit fully in the class. Give your undivided attention to your instructor. You, and others in the class will be glad you did!

***Remember, aquafitness is like life: you get out of it EXACTLY what you put into it!***