

AquaDance was created by Lilly Hart. She was a professional dancer and has been teaching dance and fitness for over 55 years. Aquadance is performed in the shallow and deep end of any size swimming pool.

It begins with a warm up in the shallow and deep end to get all muscle groups and the cardiovascular system ready for the workout. Ballet and other dance moves are performed to a variety of music, alternating between toning and aerobic exercises.

Sometimes a synchronized swimming routine will be taught in the deep end. Short combinations of dance steps in the shallow end are performed as well.

The abdominal section is done in the deep end and creates a strong core and endurance.

The class is taught in an encouraging and inspiring manner. You must be comfortable in the deep end of the pool and be able to do the basic swim strokes as well as swim under water, for the “mermaid” section of the class.

A special aerobic and endurance swim at the end of class involves participants swimming laps with fins on the bottom of the pool, called the Mermaid section.

The class finishes with the a ballet barre toning section and stretch using the side of the pool.

To relax and de stress, everyone floats on their backs for five minutes at the End of the class.

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