



Educational materials developed as a part of the project:

"Against the flowing wave". Improving the competences of people working with youth with intellectual disabilities in the field of teaching safe use of water (swimming pool, lake, sea, etc.)

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**Innovative pool classes conducted for disabled youth by
the Íþróttfélagið Ösp Association in Reykjavik, Iceland.**

Among many forms of physical recreation, which has a huge impact on improving the quality of life, as well as health rehabilitation of people with disabilities, an important role is played by contact with water in swimming pools and water parks, which are increasingly being created in the vicinity of many cities, settlements and municipalities. Thanks to the possibility of using them, young people and not only with various health problems, they have the opportunity to develop their swimming skills as part of sport, recreation and physical rehabilitation. An important aspect of interacting with water of people with disabilities is also the possibility of their participation in classes or being in the water on the same principles as other pool users, which from the point of view of social integration and equal opportunities is of particular importance because it increases their self-esteem and strengthens their sense of bond with society. In order to generate appropriate motivation and interest in this form of activity, newer and newer working methods are modified from land exercises and adapted to the conditions of their exercise in water. The use of modern equipment, accessories, music, etc. causes interest and willingness to take on the challenge. More and more opportunities to support the development of people with problems can take place in the water. Thanks to the work of many specialists, there are specialized therapies adapted to the needs of various participants. Iceland is a country where water sport plays an important social role, and the proof is that six-year-old children should be able to swim. It is in the capital of Iceland - Reykjavik that the Association Íþróttafélagið Ösp has its headquarters, bringing together people with intellectual disabilities, Down Syndrome, Autism and others. during the implementation of the joint project under the Erasmus + program, members of the Apertus Association had the opportunity to observe innovative methods of working with disabled youth at the pool. Some of them are also becoming increasingly popular in Poland.

1. Aquacycling (hydrospinning)

Aquacycling, sometimes also called hydrospinning, are group activities similar to spinning, but taking place in the water. Participants pedal on bicycles submerged almost entirely in the pool (after entering the saddle they are more or less immersed to the waist). Water resistance causes that the legs work with doubled strength, and the skin is subjected to a dynamic massage. Thanks to this, the fatty tissue accumulated around the thighs and buttocks is broken, cellulite is eliminated, and the skin becomes smoother and firmer.

Aquacycling is recommended to everyone regardless of their level of physical fitness. This is a suitable form of activity for people suffering from bone diseases, because it does not burden the joints. It is also ideal for overweight people. Such classes are led by an instructor who tells them how fast they should go. It gives a lot of motivation to other people exercising. It is worth mentioning the lack of competition here, because the ride takes place, but you can beat your results from training to training. This form of movement is characterized by low choreographic requirements, so it is recommended for everyone. You don't have to worry that

you won't remember the system. People who want to raise their level of physical fitness will definitely benefit from this form of physical activity.

2. Aqua zumba

Zumba classes are also organized in swimming pools. The idea is similar to Zumba dance classes - the participants imitate the movements shown by the instructor practicing to the rhythm of Latin hits. The difficulty is that you need to move while being immersed in water at least to the height of your chest. Zumba in such conditions looks maybe less effective and is much slower, but on the other hand, it forces muscles to maximum effort, causing even faster burning of calories. By the way, the skin becomes firmer, taut, and cellulite much less visible. In addition, exercises with music cause relaxation, the desire to perform moves that would be difficult to reproduce on land. The leader shows the group steps on the edge of the pool. This allows for better visibility. Energetic music makes the legs tear themselves up and the mood improves immediately. Aqua Zumba classes last about an hour. Choreography mainly consists of exercises performed in a place, e.g. jumps, jumps, waving hands, etc. These movements are adjusted to the tempo and rhythm of a given song. There are opinions that the classes are more like a dance party than cardio training.

3. Aqua aerobic

Classes with aqua aerobics combine the advantages of cardio and strength. Exercises performed in the pool can develop fitness and endurance (for example, jogging or rompers in the water), as well as strengthen the muscles and firm the key parts of the body: legs, arms, stomach, buttocks. Thanks to the buoyancy of water, effort does not burden the joints, and the risk of injury is minimal.

This type of gymnastics has a beneficial effect on the spine, eliminating pain and stiffness caused by a sedentary lifestyle. It is also recommended for obese people who can feel lighter in the water and easily perform exercises that make it difficult for them outside the pool. Most often these classes are conducted in a group. This is particularly important when making contacts, finding yourself as a member of a social group.

4. Aqua joga

Aqua yoga is a combination of exercises known from traditional yoga with aqua aerobics. Classes are conducted at a calm pace, and their goal is to stretch, oxygenate and relax the body. Water additionally deepens the feeling of relaxation, which makes aqua yoga an ideal activity for stressed and tense people looking for a break from everyday race.

It is worth noting that yoga in water is less injurious and relieves the spine and joints more than exercises on the mat. Due to the fact that our body weighs 70% less in water than on the surface, it is much easier to perform most of the positions. The program of such classes includes strength exercises, breathing exercises, concentration, meditation and contemplation. During aqua yoga, calm music is used, which allows you to listen better to your body and acts very well on the body, mind and emotions. Aqua Yoga classes allow you to calm down the body and get rid of excess stress in optimal conditions of the aquatic environment (water temperature about 35 degrees.).

During this type of class, colorful lights and smells are used, which make the atmosphere really unique. Aqua Yoga is a completely different form of movement in water addressed to people of all ages and with different levels of physical fitness.

5. Improvement gymnastics

Improvement gymnastics in the pool is designed for people who suffer from back, muscle and joint pains. This is a form of mild rehabilitation aimed at strengthening the muscles, while also getting rid of the tension that is the most common cause of pain. During the classes, participants perform simple exercises that increase the range of motion in the joints, relieve the spine, improve balance and coordination. In addition to alleviating pain, water gymnastics is great at relaxing and relaxing. Classes of this type designed for all people who experience the negative effects of inactivity on a daily basis or want to return to full fitness after injuries and injuries.

9. Aqua Jogging

Aqua jogging (also known as aqua running) is a type of exercise that is only being introduced in Poland. This type of activity in swimming pools is still rare. Glenn McWaters is considered to be the father of this discipline. Based on his experience, McWaters developed the entire exercise system, from which aqua jogging was created in the 1970s. Many well-known athletes use this method. Aqua running is also often practiced by runners, people who want to lose weight or simply "be in shape." Aqua jogging is about running in water, e.g. in a swimming pool. We don't need much skills to start practicing aqua running, although it will probably be easier for a runner to exercise than for people who have never swam. We use water resistance to strengthen your muscles.