



Aquatic Suspension Class by ProAction PT

**Mondays at the Jewish Community Center
6125 Montrose Road, Rockville, MD
6:30pm-7:15pm
Each session is 6 weeks long**

Participants MUST bring their own floatation belt/vest AND a set of (2) dumbbells. Please see below for information on obtaining this equipment.

Equipment:

There are many types of floatation belts, vests, dumbbells available online from various websites and at various prices. What follows are products the instructor has found to be reliable and effective. *These particular brands* of equipment are not required, but participants may find these resources helpful.

Floatation Belt OR Vest:

Kiefer Water workout swim floatation belt

<https://www.kiefer.com/kiefer-water-workout-swim-flotation-belt>

Hydrofit easy close wave belt

<http://www.hydrofit.com/easy-close-wave-belt-velcro-closure/>

Hydrofit Wet Vest Aquatic Trainer

<http://www.hydrofit.com/wet-vest-aquatic-trainer/>

Hydrofit WetVest II

<https://www.theraquatics.com/wet-vest-ii-adult.html>

Dumbbells:

Slimline Barbell (submerge resistance force 4 lb) * SOLD INDIVIDUALLY, buy 2*

<https://www.theraquatics.com/theraquatics-slimline-barbell.html>

Budget Barbell (submerge resistance force 7 lb) *SOLD INDIVIDUALLY, buy 2*

<https://www.theraquatics.com/6013.html>

For those with bowel or bladder incontinence: please wear Swimmates-disposable swimwear. Found on www.Amazon.com