

## Recommended Aquatic Exercise Equipment & Resources:

*The following are some types of equipment that are recommended and/or frequently use with participants. We have no connection to any company/business and do not profit from any sales. We provide this list only to help people locate equipment for use in our classes. We encourage anyone searching for aquatic equipment to consider all choices, read descriptions and reviews, consider prices and choose according to his/her own personal needs.*

### Resources:

#### Online:

[www.theraquatics.com](http://www.theraquatics.com)

[www.H20wear.com](http://www.H20wear.com)

[www.kiefer.com](http://www.kiefer.com)

[www.amazon.com](http://www.amazon.com)

[www.sprintaquatics.com](http://www.sprintaquatics.com)

[www.swimoutlet.com](http://www.swimoutlet.com)

#### Local Business:

Capital Sport and Swim

Phone # 301-949-7366

10558 Metropolitan Ave. Kensington MD 20895

Email: [cssmd@verizon.net](mailto:cssmd@verizon.net)

\*limited selection belts, gloves,

exercise gear, lots of suits, caps,

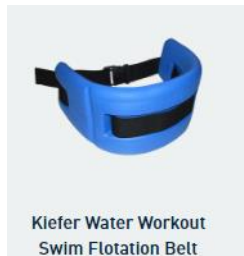
goggles

### Floataion Belts/Vests:

Floataion belts come in a wide variety of sizes and materials, and the cost can vary. They can be found at all of the above-mentioned websites. Less expensive: Belts from **Kiefer Aquatics** (shown below) as they are the only company whose product features an elasticized belt, which is nice when adjusting for proper fit.



Aqua Jogger Classic Belt-  
Regular



Kiefer Water Workout  
Swim Flootation Belt



Aqua Jogger Belt-Extra  
Buoyant



Price ranges from \$35- \$45 for Kiefer belts. Many other styles available at all sites, including less expensive options. I also like the **Theraquatics** belt on the right features whose foam blocks can be adjusted from front < > back, and costs less than \$10.

### Wet Vest 2 Floataion Vest:



A vest offers more balanced floatation and will not ride up/move around when you exercise, but it is costly.

Available from **Theraquatics.com**

Price as of May, 2018 = \$189.00



AT Wet Vest available from [www.hydrofit.com](http://www.hydrofit.com). Current price (7/2018) \$114

### **Dumbbells:**

Again, you can find these in many places. **Theraquatics** has the lowest price, around \$7 per dumbbell but note that they do not sell as a set (you must purchase 2). Remember that the width of the foam circle denotes the level of buoyancy/resistance. Larger width = greater buoyancy + more resistance. Smaller width = less buoyancy + less resistance



You can also find on Amazon and Theraquatics kits that contain aqua belts and barbells, some with a handy bag, others with ankle floatation cuffs (for added resistance).

### **Aqua Gloves:**

Great for added resistance for upper extremity exercises. Once again, there are many brands and styles. Speedo (on left, from Amazon) has over 1000 reviews at average 4.5 stars. Theraquatics (on right) is least expensive at \$8 /pair.



### **Ankle Cuff Weights:**

From Kiefer. They come in 1#, 1.5 #, 2# pairs. Good for spinal traction in suspension. These can also add stability for those with neurological weakness or difficulty maintaining control of buoyancy.



**Resistance Fins:**

Both available from Amazon, the difference is that Aqualogix (\$65) has fins built into many directions in order to catch the water in any plane of movement. Theraband fins (\$40 on [theraquatics.com](http://theraquatics.com)) will have to be re-oriented to properly catch the water depending on direction of movement.

**Aqualogix**



**Theraband Aquafins**



Or 

**Noodle:**

So many uses for this great piece of equipment. But remember there is wide variety in density and length, both will affect buoyancy and usefulness for exercise. Recommend no hole, high density foam, and at least 58" length. Here, from Amazon:



[RoadRunner](#) Pool Noodle No Hole 58"x2.5"

**Short Blade Swim Fins**

Zoomers and Speedo are reliable brands.



[swimoutlet.com](http://swimoutlet.com)



[speedousa.com](http://speedousa.com)

**Buoyancy Collar:**

Can be used for extra support for relaxation in suspension positions and to limit exposure of ears to water. Kiefer collar and the Theraquatics collar are good products, but these can be pricey (\$26 and \$64). You can also use an inflatable collar, which is more economic (\$12), but not as snugly.



### Incontinence Undergarments:

For clients with bowel or bladder incontinence problems, we recommend toileting immediately prior to an aquatic session. For added safety, these are wonderful and discreet, worn under a bathing suit. They are priced according to size.



You can find them at [www.Theraquatics.com](http://www.Theraquatics.com) and Amazon

### Water Shoes:

Water shoes are **highly recommended** for protection of the feet, prevention of falls, and to permit improved grip of the feet on the floor of the pool. There are so many styles and types (and prices). Some examples of brands are Ryka and Aleader, both of which can be found on Amazon.



Ryka



Aleader

### Clothing:

If you need longer clothing for modesty purposes or if you get cold in the water and need an extra layer, check Amazon under “**chlorine resistant** leggings...jackets...etc”, whatever you are looking for.

**H2Owear.com** is known for their high-quality items. They make a variety of swim separates and clothing for ALL SIZES (XS through 3XL), and for men.

If you don't care about chlorine resistance, you can get a pair of running or yoga tights/leggings and wear these over your suit.

If you really need extra warmth, you may want a **neoprene** jacket or pants. These are what scuba divers/snorkelers wear. H2Owear makes some that are chlorine resistant.

Amazon:

H2Owear:



EcoStinger



GH Sports



Bamboo Neoprene Straight-Cut Jacket - Women's - Black



Bamboo Neoprene Tights - Women's - Black