

# Sportivate Aqua Jog

*For anyone aged 16+*

Aqua Jogging is exactly what it sounds like...it's jogging...in the water...If you love the water, aqua jogging is a perfectly viable alternative to going for a run to stay in shape as well.

*Starts week  
commencing  
16 January  
2012*



**Sportivate**



North East  
Derbyshire  
Active and Healthy  
Lifestyles Team



# Here are a few tips to help you get started...

## First, a question: Can you swim?

If you can't, you can still Aqua Jog, we have Aqua Jogging belts to help you stay afloat!!!

## How to Aqua Jog

It sounds simple, because it is simple. You simply jog...except you do it in the water. What this does is provide a low impact workout that exercises the same muscles as if you were running on land. Be warned it is tiring!!!

You can hold on to the sides of the pool if you wish, but for a more aggressive workout, you can also aqua jog with your hands free. This will make it slightly harder to stay afloat, and will increase your overall workout.

Sessions available at all three leisure sites, and charged at £2.00 per head

Monday 16 January  
ESP 1.30 - 2.30pm

Tuesday 17 January  
ESP 10.00 - 11.00am

Tuesday 17 January  
SPLC 7.00 - 8.00pm

Thursday 19 January  
DSC 1.30 - 2.15pm

Saturday 21 January  
SPLC 10.45 - 11.30am

**DRONFIELD  
SPORTS CENTRE**  
Tel: 01246 217217

**ECKINGTON  
SWIMMING POOL**  
Tel: 01246 217481

**SHARLEY PARK  
LEISURE CENTRE**  
Tel: 01246 217277

*Limited places available in each session  
(bookings is advisable)*

### No English? No Problem

☎ 01246 231111

We care. We want all of our customers to be able to access all of our services. To talk to someone in English, ring this number. You will not be charged for the TALKBACK service.

### CHINESE

☎ 01430 457390 CANTONESE

☎ 01430 457391 MANDARIN

歡迎參加水肺運動，  
請致電查詢詳情。  
電話：01430 457390  
01430 457391

### URDU

☎ 01430 547394

آکوا جگنگ کے بارے میں  
مزید جاننے کے لیے  
01430 547394 پر  
01430 547394 پر  
01430 547394 پر

### PUNJABI

☎ 01430 457396

ਆਕੁਆ ਜਾਗਿੰਗ ਬੈਲਟ  
ਵਿਖੇ ਸੇਵਾਵਾਂ ਪ੍ਰਦਾਨ ਕੀਤੀਆਂ  
ਸਨ। ਆਕੁਆ ਜਾਗਿੰਗ  
ਬੈਲਟ ਵਿਖੇ ਸੇਵਾਵਾਂ ਪ੍ਰਦਾਨ  
ਕੀਤੀਆਂ ਸਨ। ਆਕੁਆ  
ਜਾਗਿੰਗ ਬੈਲਟ ਵਿਖੇ  
ਸੇਵਾਵਾਂ ਪ੍ਰਦਾਨ ਕੀਤੀਆਂ  
ਸਨ।

### ITALIANO

☎ 01430 457392

Per informazioni e corsi di  
acquajogging, si consiglia di  
contattare la possibilità di  
acquistare il servizio. Per  
questo servizio è anche  
possibile commissionare

### POLISH

☎ 01430 457395

Informacje i kursy  
akwakombi. Aby uzyskać  
więcej informacji, prosimy  
o kontakt. Aby uzyskać  
więcej informacji, prosimy  
o kontakt. Aby uzyskać  
więcej informacji, prosimy  
o kontakt.

☎ 0800 731 78 78

OTHER LANGUAGES

If you require this publication in  
**large print**, braille or on  
audio tape please call us on  
**01246 231111**



TALKBACK