

News From Nancy

Hello Everyone, Thank you for looking at our first **Wet yet? Newsletter**. I hope you find the information interesting.

This column allows me to mention a few things that are on my mind, the main ones being **summer** and **the long break** between the Quince Orchard "bubble" coming down and summer classes beginning. We still hold classes at other area pools during the break. Here is a list of classes, locations, days, times and fees. Please take advantage of this opportunity to continue with water fitness after you've worked so hard all year.



Shallow Water classes:

Asbury Methodist Village, Gaithersburg (Drop-In fee \$6.00 per class):

- ✓ Mon/Wed/Fri mornings, 9:30-10:15 a.m., Instructors Sharon and Marcy
- ✓ Mon/Wed morning, 11:00-11:45am, Instructor Nancy

Rockville Municipal Swim Center, Rockville (Drop-In Fee \$7.00 per class):

- ✓ Mon-Fri mornings, 8:30-9:15am and 9:15-10:00am, Instructors Tom, Julie, Nancy, & Amy

Deep Water Classes:

Rockville Municipal Swim Center, Rockville (Drop-In fee \$7.00 per class):

- ✓ Tues/Thurs mornings 10:10-10:55am, Instructor Nancy

Georgetown Prep, Bethesda (Class pending depending upon student interest)

- ✓ Tues/Thurs evenings, 7:00-7:45pm, Instructors Amanda, Tom, & Nancy

SUMMER classes: We've added some exciting new locations and instructors. **As of now, we're offering more than 40 classes in the area this summer and the list seems to grow longer every day!** A full listing here would take up the entire newsletter, so please check our Web page at www.wetyetwaterfitness.com. Hard copies of this schedule will be available from all instructors, but if you call me directly or email me at info@wetyetwaterfitness.com, I will mail one to you immediately.

One last note: Do you ever wonder where to go to find answers to some of your health and fitness related questions? I'd like to recommend a Web page that I use frequently: www.Functional-Fitness-Facts.com. This site gives a boatload of information in easy-to-understand language. All of the facts are well researched and very accurate. Please check it out. You will come away with some good information.



Wet Yet? Newsletter Issue 1 May 2009

Instructor Spotlight

Marcy Thorner has been one of our Wet Yet? Instructors for four years. In addition to training with Nancy, Marcy has certifications in Shallow Water Exercise and the Aquatic Exercise Association (AEA)'s "Yo-Pi-Chi" (yoga-Pilates-ai chi). Based on this training, an extensive dance background, and more than 15 years of water



Marcy Thorner, Instructor

aerobics experience, Marcy designs and teaches Wet Yet's unique Water Pilates curriculum. She will be instructing this program during the summer at the Villages of Urbana pool and the Hurley Park pool in Montgomery Village. The remainder of the year, Marcy can be found teaching both the Water Pilates and Shallow Water Exercise classes at the Quince Orchard (QO) Swim and Tennis Club in Gaithersburg. Marcy also teaches Shallow Water exercise at the Asbury Methodist Village and, during the summer, at various locations throughout the upper county area. Marcy teaches classes "on land" too. She leads a wonderful seated ("Chair Aerobics") class for seniors twice a week in the Kentlands.

What's on Your Mind?

We want to hear from you!! Each issue of the Wet Yet Water Fitness Newsletter will feature a small survey. Your feedback and comments—positive or negative—will help us plan schedules, design classes, and respond to YOUR needs. Just fill in your response below, clip the form, and hand it to your instructor to forward to Nancy. Want to keep your comments confidential? Slip the form in an envelope with "Nancy" on the outside. The instructors promise not to peak.

My favorite thing about my class is: _____

Optional: Please tell us your class day(s)/ time(s):

Oh, the Chlorine!

So you bought a new swim suit and you've worn it a dozen times or so. Then you notice that it's getting weak, particularly across the small of the back. What's up with that??? The answer is: chlorine (or bromine, commonly used in hot tubs and indoor pools) and spandex don't mix. Spandex is the synthetic fiber that makes swim suits stretchy. Whether you swim daily or once a month, after spandex and chlorine/bromine meet, you've got less than six months until your suit is stretched out, shapeless, and eventually, see-through. With the price of swim suits, what can you do to prolong the life of expensive swimwear? Here are a few suggestions:

1. Rinse! As soon as possible after class, put your suit in a sink full of cool, clear water. Don't add detergents or anything else, though we've heard that some people get good results adding a capful of chlorine-removing shampoo to the rinse water. Squeeze out the suit then fill the sink again with cool clear water and let the suit soak for a few hours before you hang it up to dry.

2. Avoid the washer and dryer: Heat, chemicals, and agitation can all contribute to swimsuit deterioration.

3. Avoid the suit spinner: Automatic swim suit dryers use centrifugal force to dry out suits and in the process, exert great stress on the fibers.

4. Purchase swimsuits labeled "chlorine resistant": These suits are made of stretchy polyester and/or nylon, which better withstand the ravages of harsh pool chemicals. Several manufacturers supply these suits, particularly suits intended for water workouts and swimming. These can last a year or more if treated with a little TLC.

5. Size your suits to fit: Avoid suits that are tight when you first purchase them. Stretching stressed fibers contributes to their breakdown.

6. When all else fails: Double up! Competitive swimmers often wear two suits at once for workouts. Even if both suits have begun to break down, you won't end up showing more than you intend. (You might have to remove bra parts from one of the suits to get a comfortable fit.)

7. Buy from a place that takes returns. Some catalog vendors, for example, allow returns for any reason, at any time. We can't endorse any of them here, but ask before you order from the better catalog operations.

Preview a Class—For FREE!

Have you been trying to talk your best friend, mom, dad, sister, brother, cousin, or neighbor to improve their overall health and fitness using water aerobics? Are you curious about the Water Pilates class? Water exercise is a wonderful way to develop aerobic conditioning; to firm and tone the entire body; to build stamina; and to improve balance and posture with almost no risk of injury. If your friends still need convincing, tell them that they can **drop in for free** (once only) to try out any Wet Yet? Class*** that isn't full!

***Fees may apply at certain locations. Please contact Nancy for more information.

Drop-In Classes

Be sure to take advantage of Wet Yet's drop-in policy: you may attend any non-full Wet Yet? class for the drop-in fee of \$6 to \$8 per class depending on location (call Nancy or check the Wet Yet? Web site at www.wetyetwaterfitness.com). Drop-ins are great for people whose schedules won't allow them to commit to a full session of classes or for folks with out-of-town visitors who might like to attend during their visits.



Class Registration Information:

- (1) Pick up class registration forms at any class location, or
- (2) Log onto www.wetyetwaterfitness.com, or
- (3) Call Nancy at (301) 990-1846
- (4) Email info@wetyetwaterfitness.com

Be sure to get your enrollment forms and payment in now for the first **summer session**, which starts

June 15 or 22*, 2009

*Depending on location.

Coming Soon: Watch for Wet Yet's **Fit Tip of the Month** in future issues of our newsletter. Like what you see here or have an idea for an article for a future issue of the newsletter? Email us with your ideas or requests at info@wetyetwaterfitness.com!