

Deep Water Aerobics Equipment

Each participant is responsible for purchasing their own equipment.

Required equipment:

Belt

Delta Bells

Cuffs are optional

For more information please call Jennie Coker at 770-832-8828.

How to purchase Deep Water Aerobics equipment

1. Log onto <https://secure.thelifeguardstore.com/onlineswimteam.htm>
2. Click on [Customized Swim Team Store](#)
3. Scroll down until you see CPRCAD Deep Water Aerobics (click on it)
4. Type in place where it asks for username
5. Type in clock where it asks for password
6. Click on the items you would like to purchase!

Or you can call 1.800.846.7052- and order your equipment



AquaJogger Basic Belt (AP403) #CPAAP403

A great belt at a great value, the Active is our most economical model. Belt has a non-elastic web belt and does not include video. **Price: \$24.00**

- Resilient closed cell foam won't absorb water, dries quickly, and resists chlorine damage.
 - Patented contoured design supports and strengthens the lower back.
 - Soft, flexible foam narrows at the waist for comfort and freedom of movement.
 - Easy-to-operate quick-release buckle ensures a hassle-free fit.
 - Active has a custom-woven non-elastic web belt
 - The AquaJogger® design tones the abdominal muscles without doing a single sit-up due to the continual use of abdominal muscles to maintain correct posture.
 - To accommodate different body shapes, belt can be worn upside down or with the foam in front of the body.
 - Made in USA -- Soft, durable, and comfortable
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AquaJogger Classic Belt (AP1) #CPAAP1

Ideal for average shaped women or lightweight men. The Classic is the original AquaJogger and our best seller. **Price: \$35.00**

- Resilient closed cell foam won't absorb water, dries quickly, and resists chlorine damage.
- Patented contoured design supports and strengthens the lower back.
- Soft, flexible foam narrows at the waist for comfort and freedom of movement.
- Easy-to-operate quick-release buckle ensures a hassle-free fit.
- Custom-woven elastic belt comfortably moves with every breath and adjusts to fit waist.
- The AquaJogger® design tones the abdominal muscles without doing a single sit-up due to the continual use of abdominal muscles to maintain correct posture.
- To accommodate different body shapes, belt can be worn upside down or with the foam in front of the body.
- Made in USA -- Soft, durable, and comfortable
- **Includes Getting Started DVD and Water Workout Guide**



AquaJogger Fit-Womens Belt (AP77) #CPAAP77 Price: \$35.00

Ideal for short-waisted, petite, or athletic women. Tapered sides allow for a better fit for narrow waists.

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- Patented contoured design supports and strengthens the lower back.
- Soft, flexible foam narrows at the waist for comfort and freedom of movement.
- Easy-to-operate quick-release buckle ensures a hassle-free fit.
- Custom-woven elastic belt comfortably moves with every breath and adjusts to fit waist.
- The AquaJogger® design tones the abdominal muscles without doing a single sit-up due to the continual use of abdominal muscles to maintain correct posture.
- To accommodate different body shapes, belt can be worn upside down or with the foam in front of the body.



Made in USA -- Soft, durable, and comfortable

Aquajogger Delta Bells (AP19) #CPAAP19 Price: \$23.00

DELTABELLS - MEDIUM RESISTANCE

Medium resistance hand held DeltaBells tone, strengthen, and support your upper body.

- Triangular design adjusts resistance with the turn of a wrist
- Premium EVA foam with soft padded grip
- Closed-cell foam dries quickly
- Will not roll away at poolside
- FREE Water Workout Guide included



AquaRunners (AP432) #CPAAP432 Price: \$22.00

Resistance footwear increases cardiovascular workout, strengthens, and tones lower body.

- Soft, durable, and chlorine resistant EVA foam
- Slip-on design features strapping strapping system
- Adjusts to width of every foot
- Adjustable floating heel strap
- Free Workout Guide included



Aquajogger Value Pack (AP480) #CPAAP480 Price: \$40.00

A basic fitness system at a great value including products from our Active line. Provides a total body workout with light resistance.

- **Active Belt** - Core strengthening and vertical lift
- **ActiveBells** - Light resistance hand gear
- **X-Cuffs** - Ankle cuffs for a lower body workout
- **Water Workout Guide** - Featuring top exercises

