



WATER FUN: Lisa Haefner watches intently as instructor Jennifer Wands puts her and 12 other water-lovers through a tough workout during a recent Monday night water aerobics class at Acton Indoor Pool. The 10-week session, which runs Monday and Wednesday evenings, concludes in mid-June. (Doug Harrison photo)

Water aerobics is wet 'n wild

BY DOUG HARRISON
The Acton Tanner

It's reasonably inexpensive, a great workout and it gets you in a pool three months before the balmy weather arrives.

And it's open to all ages.

It's water aerobics.

Although similar in many ways to an exercise class run in a gymnasium, being in the water is less intimidating and actually, a better workout.

"It's a better workout for you than (a class) in the gym because you don't get the bounce," says Linda-Ann Hush, an Acton resident and one of two instructors for the Monday and Wednesday evening classes at McKenzie-Smith Middle School.

In the water, participants lift jugs, perform other arm exercises, do sit ups, stride jumps and run from one side of the pool to the other.

"It's kind of a fake workout," adds Hush, a former volunteer coach with the Acton Aqua Ducks swim team. "You're not in pain after the class, but after 10 weeks you do notice the muscle tone."

Being in the water as opposed to a stuffy gymnasium has its advantages.

"You don't get your heart rate up as much (in the water) as in the gym and don't sweat because of the water resistance," says Jennifer Wands, the other instructor for the 10-week spring session that runs until mid-June. She also has one year's experience teaching aerobics — on land.

She feels more people, including herself, have a preference to

test the waters in the pool.

"It's more fun and you're more comfortable," contends Wands, a Recreation and Leisure studies graduate from Brock University. "You're cool and not huffing and puffing."

"I think there's more privacy in working in the water. On land, you're looking at other people around you and how they're doing. In the water, if you want to relieve stress, you let the water do that and if you want to lose weight, you jog harder."

And for anyone who doesn't feel they rate with the Mark Tewksburys and Alex Baumans of the world, it doesn't matter.

"You don't have to know how to swim at all," assures Hush. "You basically have one (and most of

the time two) feet on the ground at all times."

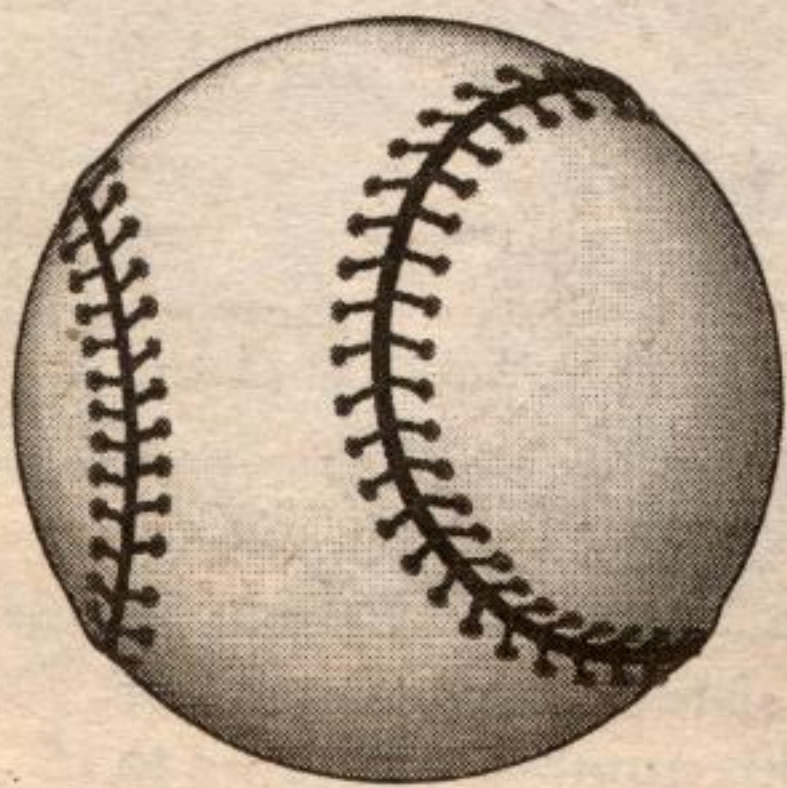
Hush says while most instructors run a 45-minute class, she opts for the full hour.

"An hour is a long time to keep everyone motivated," Hush says. But a portable stereo is a good remedy: "They hear a song they like and that gets them going."

Hush stressed that men are welcome, too. Despite a broad age range for the water aerobic classes (18-64), most are ladies and only one man has attended a session in the three years Acton has offered the program.

"I just love water; I'm a fish," says Hush, a former swim teacher of 6 to 9-year-olds at the Cobre Swim club in Bramalea. "It's exercise, but fun as well."

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Branch 197 curlers winless in Manitoba

If the Branch 197 Legion curling team was surprised about representing Ontario at the recent Dominion Curling Championships, they must have been shell-shocked upon returning with an 0-7 record.

The team of Peter Vidler, Carl Rosenquist, Bob Reid and Mike Mattocks ran into a wall of competition in Dauphin, Manitoba, and failed to dethrone the defending host champions.

Vidler, who skipped for the Ontario reps, felt the western teams of Saskatchewan, Alberta and Manitoba would give his team the biggest challenge. There were no surprises there.

The foursome arrived home just in time to focus on completing the remainder of the men's curling season at the Legion.

Vidler, 44, a 17-year curler and principal at Brant Hills Public School in Burlington.

He points out the Branch 197 team is a good mix of players who are happy on the ice and play their positions well, which made for good team chemistry

this year.

Rosenquist is so happy he decided to make the recent Ontario championships his fourth consecutive playing alongside Vidler.

"Curling is a great game, both socially and competitively," says Rosenquist, who shoots second. "You take the killer approach once you hit the ice, but when you're off the ice, you are friends with your opponents."

"Canada's a curling power," utters Reid, a materials manager for Northern Telecom who shoots third.

Reid, 46, has been curling on the competitive circuit for 10 of his 13 curling years and prior to this year, curled with Vidler strictly in the social loop.

Lead Mike Mattocks, a four-year curler, was overwhelmed by how well the team was received in their latest tournament showing.

"It was an honour and privilege to be able to represent the Legion and Ontario," Rosenquist adds.

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Try-outs are for the following three divisions:

Under 10 years ⇔ 10 am.

Contact Janisse Bailey at 853-3866.

Under 12 years ⇔ noon.

Contact Mike Petkoff at 853-0104.

Under 15 years ⇔ 2 pm.

Contact Shelagh Bailey at 853-3866.

Please note that players must play on a house league team in addition to the All-Star team.