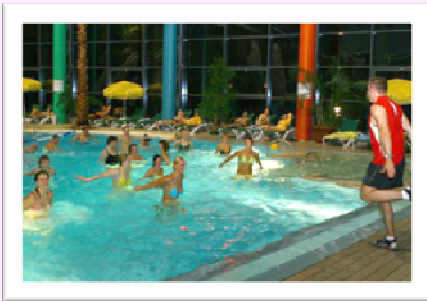


AQUATIC GYMNASTICS

Aquatic gymnastics takes place in the grand pool in aquatic entertainment area every day. Experienced instructors carry out trainings in the water accompanied with the cheery music and people repeating their movements.

Aquatic gymnastics takes place daily at 12:15, 14:15, 16:15, 18:15.

Water is 700 times denser than air; it insensibly increases the load during aquatic gymnastics.



Doing sports in the water reduces the joint load, increases the movement amplitude, muscles relax, blood circulation improves. Trainings are very effective for cardiac and circulatory systems. Aquatic exercises positively affect the body shape, reduce cellulites, improve the general condition of the body and its immunity.

Pool water temperature is 8-10 degrees lower than the body temperature and it consequently stimulates burning calories as well as fats. Such an aquatic gymnastics is suitable for people of different age, trainings can be attended by those unable to swim, pregnant women. Water exercise reduces spinal tension: it straightens and stretches, water moisturizes the skin, makes it elastic and resilient.