

Aqua Max HIIT Squad Information

We are excited to have you part of our programme and look forward to working with you over the next few weeks. Our programme focuses on whole body well-being, fitness, confidence and fun. We do not just focus on weight loss as we feel we have a vast number of boot camp clients that are here for different reasons so we aim to provide an all-inclusive fun, friendly but challenging programme. Here is the information that you will need to know for our programme.

Gym Facility: We finally have our own space that we get to call our own and we have also purchased lots of new gear and hope to have additional pieces added as we go. We have two spaces in the gym, one is the functional space and the other is an open area for mobility/yoga etc. you are welcome to warm up in this area as long as it is not in use. We currently have another Gym crew/tenant based out of our gym, they are located in the smaller part of the gym next to the carpeted open space area. You may see their clients walking in the doors from time to time. Although it is not like a commercial gym, there will be some gym rules that we will need to adhere to. Our Napier City Council Health and Safety department are working with us to adhere to the standards to be able to run our programme in the gym.

COVID - 19 and Restrictions: We will be following the government guidelines which could mean changes during the programme. We will always keep you informed as early as possible. During Level 2 we are to continue to keep distanced with minimal gear changes during sessions. We will be applying cleaning sprays where required. Masks are asked to be worn though the reception prior to and after your session but may be taken off to exercise. Any lockdowns imposed during a 6 week block will be put on hold and the programme will continue after.

Access: To access the gym you must come through the main pool reception (show your client card) and walk outside the two doors at reception, walk down the concrete ramp towards the spray park and then across the grass to the bi fold entry doors. We ask that you do not walk straight on to the matting and instead walk along the pathway down to where you will store your gear in the cubbies or lockers. If there is a class on prior to yours we ask that you wait in this area (the chill out zone) until it is time for you to make your way on to the floor. Please make sure you don't walk straight out on to the gym floor when you come in through the doors for safety reasons.

Toilets and changing room: These are located at the end of the building (past the locker area). There are changing facilities, toilet and showers. The pressure of the showers are not that great so we suggest you use the pools showers. If you choose to shower in the gym you have only a short window to do this as the gym will need to be locked and we will be on the instructor's time. Please let them know if you are using these showers so you don't get locked in! As I mentioned earlier, there is another group set up in our gym, to get to the male change rooms you may need to step on their mats and this is perfectly ok!

Communication: Please ask to join our Facebook group page [Aqua Max HIIT Squad](#) if you have not already. In the past we have used this as our main way to communicate because our programme has not had a home base as such and our timetable had to change each week to adapt to this. We will mainly be using the Facebook group page as a

motivational tool and any relevant notices about up and coming sessions or reminders. Once the programme commences, this will be the main way we will communicate other than at our sessions. Our team of instructors are happy to have you send a PM or ask a question but you will need to do this at an appropriate time and at a reasonable hour as they/we are not online all of the time and do need some time to be able to respond. Another way to find out information is for you to post up directly to the page. Our programme is run by the Napier Aquatic Centre and from time to time we will use the Napier Aquatic Centre Facebook page as a means for advertising. We will be taking some footage of some of the sessions and will ask if it is ok to take photos. Please do let us know if you prefer not to be photographed.

Should you have any issues or feedback on the programme could you please send an email to reeneb@napieraquatic.co.nz (office hours, Monday – Friday). We also have a new Instagram page – Aqua Max HIIT Squad... Follow us and tag us!

Sessions and gear required

All Gym and NAC land based Sessions: You will need good trainers/shoes to wear, clothes that you do not mind getting dirty or sweaty, warm clothes for colder days, a drink bottle and a sweat towel. We have a water cooler in the gym to fill water bottles too, this is situated in the chill out zone of the gym.

Open sessions: We have two scheduled open sessions where you can turn up and plan your own session and use equipment etc. There will be a trainer present however they will not be coaching. It is up to you how you use your time and must be done so within your capabilities. During these sessions we can put together some strength and fitness programmes for you to follow if you need inspiration, you just need to let us know prior too so we can prepare something for you. This is a great opportunity to get something designed for you so make the most of it while it is on offer. Remember that the space is shared so you need to fair when using equipment and share it with others. Any dangerous activity will be pulled up by the trainer and you will be asked to stop what you are doing. Ask for help on technique, we are happy to lend you a hand. Know your capabilities and know your limits :)

Important things to know...

Booking in to classes: Please make sure you book in to sessions or unbook if you are not attending. Booking in to class is very helpful to setting up our programme sessions and how the instructor runs. We need to know who is coming in case we might need to modify any movements. You can also hold yourself accountable by committing to the sessions if you book in. We are capping our class numbers so please don't book the space, cancel late and cause someone else to miss out on the spot. Some of our classes do fill up and we have added some new classes to try and spread the numbers. Some of our classes are very popular and will fill up fast. If you miss a space in the class you can book on the waitlist. We will document no shows (people who book but don't show up) and if you get 3 no shows, you can't book in to that class for 1 week. We need to be fair to all of our customers.

Client cards: Each member will receive a laminated member's card which allows you free

access to the pool facility during the 6 week programme. This card also needs to be shown when you come through the pool doors to any of your sessions so the staff can differentiate you from other pool users. Once the card has expired you can dispose of it.

Be on time to sessions: We ask that you arrive at least 5mins before the sessions start so you can get yourselves sorted and ready to start on the dot. This is the time to let the trainer know if you have any concerns regarding the session or if you have any niggles that may hinder you from performing some movements. Warming up is a really important part to our sessions and it is crucial that you warm up the body properly. If you walk in to the session and you have missed the warm up, you will need to do warm up first before you are able to join in to the session, the trainer will not stop the session for you. We understand that there might be times that you are running late, we just ask that you don't make a habit of it, if you can, let us know on the group Facebook page.

Options and changes to exercises: Our programme sessions are designed to have varying movement options due to the large scale of different abilities. We are an all-inclusive programme and we welcome all levels. Generally we set 3 different level options and it is up to you to choose what one suits. The important thing to remember is you go to your ability or pace and what is safe for you. If you find that the exercise set is something you cannot do, please come and talk to your trainer who will work with you on another option. This is limited to those who have restrictions or injuries not because you don't like the exercise given. We ask that you do not alter the exercise at your own will, you need to speak to your trainer first before changing the exercise. We also do not want to be changing the exercise completely as this defeats the purpose of our session. What is set is set and scaled options will only be offered.

Kids coming to sessions: We do allow children to come along to some of our sessions but there are some strict guidelines as well as cleaning up the area where they have been.

- Children will need to stay off the equipment as it is not for playing on. There is a designated area for Children to sit quietly, play games and colour in. Please keep an eye on your children so they are not interrupting the session and other members.
- Children are not able to join in to our sessions due to Health and Safety regulations. The minimum age for a participant is 14 years of age.
- Swimming: Children may swim in the pools if they are 10 years and older while you are working out (as long as we are open). They must be competent swimmers.

Drop in casual users: We allow drop in casual users to attend our sessions but this must be pre booked prior to the class to ensure the numbers are not more than capacity. The cost is \$10 each class. A special session waiver will need to be filled out so please tell your buddies to arrive earlier to get this done and a meet and greet with the trainer. We allow a first session try out for Free but this must be arranged with us first so we can sort this prior to the session.

Finally, it's time to have a go, enjoy yourselves and make gains! Look forward to meeting and training with you!

From your Aqua Max team

Renee, Amy, Zedd, Hannah, Thomas, Liam and our Aquatic Centre team