

# PROFESSIONAL VIDEOS FOR AQUAFIT PROGRAM STAFF

These Hydrofit videos are made for aquatic centre professionals. They are designed to offer topic specific ideas, routines and moves that can be worked into existing classes and programs.

## Noodle Workout Video

35 minutes - routines & ideas for using a pool noodle for buoyant support and resistance training in both deep and shallow classes.

## Deep Definition

50 minutes - no impact workout ideas including 5 cardio training routines and an abdominal strengthening cool down.

## Liquid Mechanics - hand buoys

45 minutes - shallow water routines using hand bars in for increased upper body strength and tone. Kit includes video, audio cassette with music and detailed instruction notes.

## Deep Water

45 minutes - sample program includes warm up, conditioning and cool down. Deep-water program focuses on muscular strength and aerobic conditioning. Kit includes video, audio cassette with music and detailed instruction notes.

Item No	Description	Price
23 19 010	Noodle Workout Video	\$24.95
23 19 011	Deep Definition Video	\$24.95
23 19 013	Deep Water Video	\$38.85



## RESALE GOGGLES

**SECTION 14**

Commercial Aquatic Supplies has been supplying goggles & accessories for resale at public pools for more than 15 years.

Our key staff have all worked at aquatic centers and we have developed the resale program around facility needs. The program includes a wide range of the best selling goggles (all well known national brands), no hassle returns of defective or slow selling merchandise and very quick shipping (usually same day).

Our resale program is the only one in Canada that stocks in 3 provinces for fast & inexpensive shipping to your location.

Orders can be made by phone fax or email. Purchase orders & city credit cards (Visa or MasterCard) are both accepted for payment.

Call any location with questions on the resale program in general or questions about specific goggles.

<b>Commercial Aquatic Supplies</b> North Vancouver, BC 604-980-2812 1-800-663-5905	<b>Team Aquatic Supplies</b> Calgary, Alberta 403-319-2000 1-800-661-7946	<b>Team Aquatic Supplies</b> Burlington, Ontario 905-632-2590 1-888-259-7946
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