

Try a work out in the water video transcript

[At the top left of the image a Durham County Council logo followed by the text 'Try a work out in the water' is displayed. Both are visible throughout the video.]

[Background noise from the activities and people in the swimming pool area can be heard throughout the video.]

[Text on screen, Kaye Stephenson, Principal Aquatics Manager]

[Head and shoulder video of Kaye standing at the side of a swimming pool. Kaye speaks very enthusiastically about the options available and video clips are shown to illustrate the activities.]

[Kaye Stephenson]

I mean it's something new, exciting, nothing that's been done in the county before. You're going to get a great workout. We've got aqua cycle, which are the spinning bikes in the water.

[Video clip showing the Aqua cycle activity where nine people, in three rows of three people, are in the swimming pool with their shoulders, arms and heads above the water line. They are sat pedalling with both hands holding the handlebars of the 'exercise bikes' which are underwater.]

We've got aqua jump, which are little trampolines, little trampettes that stick down in the water and a lot of people have been saying they like the social aspect of coming to the pools.

[Video clip showing the Aquajump activity. A row of three people are in the swimming pool with their shoulders, arms and heads above the water line. They are moving their arms as if marching. The camera pans underwater to show the people on small trampolines, about a metre square, fixed to the bottom of the swimming pool. They are moving their legs and bouncing slightly, whilst switching their feet from the front to the back of the trampoline.]

This will definitely have it. You've got a chance to have a real splash about and get your friends wet as well.

[Video clip showing people sat on aquacycles energetically splashing their hands down into the water as if swimming.]

You can do moves that you wouldn't normally do on a dry side class because of the buoyancy of the water, it allows you to move in certain ways.

[Video clip showing nine people sat on aquacycles pedalling. They are using the resistance of the water and moving their outstretched forearms in the water from front, to out sideways, to back, as if swimming. This clip is followed by a video clip showing them following the instructor's actions and pedalling the aquacycles.]

[Video clip showing an underwater view of people sat on aquacycles pedalling, and a close up of the pedalling action.]

You've also got, you know, it takes the pressure off your joints and it relieves that and we've got the added bonus of the hydrostatic pressure. As you move in the water you automatically get like a massage, so imagine you're on the bikes and you're pedalling away, the water's pushing against your muscles giving you a massage and helping to reduce cellulite - which I think is a major selling point.

The specialist equipment we provide, the bikes are all made of aluminium and rust free and very lightweight.

[Video clip showing the tutors feet using the sturdy looking trampoline at the side of the pool, followed by a clip showing people in the water following the actions. An underwater view of people using the trampolines, crouching slightly and doing the 'switching foot' actions.]

The trampolines have suckers on so they stick to the floor, so all you would have to do to come to the class is wear whatever you feel comfortable in. Whether it be shorts and a t-shirt, your gym kit with a vest top and leggings or even your swimming costume and we'll supply you with the correct footwear.

[Video still with a text overlay on the left and an image on the right of a smiling lady in blue T-shirt and shorts, sitting on an Aquacycle in thigh deep swimming pool water, leaning forward and holding the handlebar grips as she faces towards the camera.

The background is the blue swimming pool water which has been faded to black in the corners at the top right and left of the image.

The white text overlay reads, in a large text size;]

Try a workout

In the water

[In a medium text size.]

Try it, love it, thrive.

[In a small text size.]

MakeASplash

www.durham.gov.uk/swimming

[Facebook icon] Thrive Active Durham Leisure

[Text bottom right] Brought to you by

[logo bottom right] Lottery Funded / Sport England.

[Logo bottom right] Durham County Council

[Logo top right] thrive for a better you

[Video ends]