

# the arena clinic

## Aqua-Natal Programme

**IN THE ARENA'S MEDICAL HYDROTHERAPY POOL.**

### **Congratulations on your pregnancy!**

Our Aqua-Natal Programme is designed to maintain healthy fitness levels throughout this amazing time.

During Aqua-Natal classes you will prepare your body for labour and experience the joy and fun of water based exercises.

### **Benefits of Aqua-Natal Classes**

- helps prepare for labour,
- increases body awareness,
- promotes pelvic floor awareness,
- improves core stability,
- reduces back pain,
- improves co-ordination and balance,
- improves breath awareness and control,
- increases circulation,
- reduces fluid retention,
- promotes healthy weight gain,
- improves bowel function,
- improves sleep quality,
- enhanced well- being,
- provides social support with other expectant mothers.

**Maximum  
4 per class**





**Mardyke Arena**

UNIVERSITY COLLEGE CORK

## Who can take part?

1. All expectant mothers, who are over a minimum of 20 weeks pregnant and can continue until their due date.
2. The participants do not need to be able to swim but must be confident in water.
3. The participants must have discussed joining the program with their GP and have a signed clearance form provided from the arena clinic.

## Aqua-Natal exercises

- stretching,
- gentle strengthening,
- balance exercises,
- core stability,
- pelvic movement awareness,
- Kegel muscles strengthening - pelvic floor exercises,



**All exercises are safe and within a comfortable range of movement.**



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For more information, please contact **the arena clinic** on  
**021 490 4760** or email **arenaclinic@ucc.ie**

