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SNCA Mission Statement:

Our mission is to promote, facilitate and coordinate the sustainability and expansion of aquatic resources within the Truckee Meadows.

Contact Us

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Water as Therapy

As we look at the benefits of a new aquatics facility for our area, one of the things that stands out the most is the opportunity for aquatic therapy. Aquatic therapy can provide benefits to people of all ages and physical ability. As shown by United Cerebral Palsy (UCP), the following are some of the unique benefits that being in the water can provide.

Benefits of Aquatic Therapy

- Improves muscle tone and strength.
- Improves endurance.
- Increases cardiovascular function.
- Improves self esteem.
- Reduction in gravitational force provides therapeutic benefits.
- Provides psychological benefits.
- Overall improvement in quality of life.
- Increased circulation, endurance, flexibility, range of motion, balance, and coordination.

Buoyancy

- Acts as support for the spine or extremity that may be weakened due to disease, injury, surgery, or immobilization.
- Makes it possible for people to achieve a position of comfort for exercise not possible on land.
- Flotation devices and "noodles" (pictured above) help individuals with disabilities maintain buoyancy.



Benefits of Shallow Water Walking

- Increased metabolism and strength.
- Reduction of muscles that have atrophied due to injury, illness, or general use.
- Improved balance and coordination.
- Recreation and socialization.
- Water walking requires no swimming ability, which makes it possible for non-swimmers to participate.



Benefits of Deep Water Running

- Reduction in force to joints makes this activity mostly pain free.



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- Mainly used for back rehabilitation programs to develop muscular and cardiovascular endurance.

Benefits of Hydrostatic Pressure

- Helps reduce blood pressure in those with hypertension while exercising in the water due to the effects of hydrostatic pressure.
- Edema of lower extremities is relieved during physical activity in water.
- Aquatic therapy also has been shown to reduce levels of spasticity among individuals undergoing rehabilitation.



Equipment

There are several flotation devices such as bars, noodles, vests, and head floats available for individuals of all abilities for participation in aquatic physical activity.



Cincinnati Children’s Hospital also cites the benefits of aquatic therapy, stating “aquatic therapy provides numerous benefits to patients as it reinforces the abilities and tasks of land-based therapy to create a cohesive program” and that “aquatic therapy encourages stronger morale and self-esteem with the increased opportunity to succeed, enhanced sensory feedback and body awareness.”

SNCA encourages you to consider the multiple uses and benefits an aquatic facility can provide. Physical therapy is an important factor of many people’s lives and aquatic therapy provides the low impact therapy that many need. Whether it may be the option for you or could help someone you know, water therapy should be an option and SNCA wants to ensure our citizens have the beneficial, easy to access therapy pools.

A Note from the President

A thank you to our departing board members and recruitment for three new board members!

SNCA would like to thank three of our retiring board members for their time and dedication over the past several years. Vice-President Barry Breslow, Margie Hemphill and Matt Turville. We would like to thank them for their dedication and time; without their services, SNCA would not be where we are today. All three of these board members will be moving to our advisory board and that will leave three vacant spots on our current board of directors.

Are you interested in serving on the SNCA board? Do you have an unbridled enthusiasm to help get a new aquatics facility built for our area? Then you are just the person we are looking for! Board meetings are held every third Tuesday of the month and usually last a little more than an hour. This is an exciting time at SNCA and we feel that we are close to getting our area’s aquatics back on its feet. If you have a little bit of time to spare and a passion to help SNCA facilitate the construction of a new aquatics facility, then please send in your name. E-mail Mike Ginsburg at mike.ginsburg@snaquatics.org or call 775-834-7824 for more information.