

Why Do We Recommend Wearing Aquatic Shoes?

CALA Handout

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Aquatic shoes will give you more stability and traction for an upright posture stance when moving through water. They reduce the effects of impact when jumping in shallow water. They also add resistance in deep or shallow water, therefore helping to build lower body strength.



1. Shoes help prevent accidental slips and falls on the deck and in the pool.
2. Protecting the joints. Although Aquafitness is classed as a low-impact which travels through the ankles, knees, hips and lower back with every step. Instructors should wear aquatic shoe that has more arch support and protection against impact and slipping. These shoes must stand up to more wear and tear and be supportive to the foot and ankle when teaching from the deck.
3. Aqua shoes can help increase traction which translates into increased speed, power and force to generate a higher intensity workout. The added surface area of the shoe will provide more downward resistance which results in greater caloric expenditure. The traction will also help with better posture to improve core strength and balance.



Ryka and AQx Aquafit Shoes are available through CALA the office.

<http://www.calainc.org/Merchandise/merchandise.htm>

Merchandise

Aqua Shoes Merchandise Order Form (excluding RYKA shoes).doc



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Strong underwater traction, with quick-drying materials. Well-cushioned aqua fitness shoe built for in pool and outdoor aqua sports. [More details](#)



The AQx Aquatic Training Shoe "ATS" is great for