

# SOME AQUAFITNESS RESOURCE OPTIONS...

## 1. SPRA Saskatchewan Parks & Recreation

[www.spra.sk.ca](http://www.spra.sk.ca)

## 2. Other Training organizations

- AEA – Aquatic Exercise Association
- AFLCA – SPRA's counterpart in AB
- CALA – Canadian Aquafitness Leaders Alliance Inc
- Can-Fit-Pro
- Canadian Society for Exercise Physiology
- FitTour
- IDEA
- Speedo's WaterArt
- WaterWays Fitness



[www.aeawave.com](http://www.aeawave.com)  
[www.provincialfitnessunit.ca](http://www.provincialfitnessunit.ca)  
[www.calainc.org](http://www.calainc.org)  
[www.canfitpro.com](http://www.canfitpro.com)  
[www.csep.ca](http://www.csep.ca)  
[www.fitour.com](http://www.fitour.com)  
[www.ideafit.com](http://www.ideafit.com)  
[www.waterart.org](http://www.waterart.org)  
[www.waterwaysfitness.com](http://www.waterwaysfitness.com)

## 3. Equipment site samples...

- Aqua Jogger site
- Aqua Gear
- Aqua Sport
- AQx Sports
- Bodyline Activewear
- Fitter1st
- Lynda Huey's Aquatic Sports Therapy
- H2O Wear
- Hydro-Fit
- Ryka Shoes
- WaterGym

[www.aquajogger.com](http://www.aquajogger.com)  
[www.aqua-gear.net](http://www.aqua-gear.net)  
[www.aquasport.ca](http://www.aquasport.ca)  
[www.aqxsports.com](http://www.aqxsports.com)  
[www.bodylineactivewear.com](http://www.bodylineactivewear.com)  
[www.fitter1.com](http://www.fitter1.com)  
[www.lahuey.com](http://www.lahuey.com)  
[www.h2owear.com](http://www.h2owear.com)  
[www.hydrofit.com](http://www.hydrofit.com)  
[www.ryka.com](http://www.ryka.com)  
[www.waterym.com](http://www.waterym.com)

## 4. Other related websites...

- Excellent overall fitness research info
- Alberta Fitness magazine
- Arthritis Society
- Canadian Fitness magazine
- Centre for Active Living
- Interactive Anatomy & Physiology
- SK In-Motion
- SK Heart & Stroke Foundation
- Support for Fibromyalgia

[www.drlenkravitz.com](http://www.drlenkravitz.com)  
[www.impactmagazine.ca](http://www.impactmagazine.ca)  
[www.arthritis.ca](http://www.arthritis.ca)  
[www.fitnet.ca](http://www.fitnet.ca)  
[www.centre4activeliving.ca](http://www.centre4activeliving.ca)  
[www.getbodysmart.com](http://www.getbodysmart.com)  
[www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca)  
[www.heartandstroke.sk.ca](http://www.heartandstroke.sk.ca)  
[www.fibrohugs.org](http://www.fibrohugs.org)

*...not an exhaustive list however should get you started!*