

August  
2022



**AQUANATION**  
Newsletter



**Happy**  
**Woman's**  
*month*



**ALL FLOWERS ARE BEAUTIFUL  
IN THEIR OWN WAY, AND  
THAT'S LIKE WOMEN TOO.**

Happy Women's Month to all the wonderful and strong women. You make the world such a better place to live in.





# THE BENEFITS OF AQUA AEROBICS

- 1 Water supports the body, putting less stress on joints & muscles.
- 2 Working out in water helps build strength. Fighting against the push of the water activates muscles.
- 3 Water pressure helps put less strain on the heart by moving blood around the body.
- 4 The impact of gravity is less in water, allowing a greater range of motion.
- 5 Working out in water helps prevent overheating, helping you exercise longer.
- 6 **FUN**



## CLIENT TESTIMONIAL

Nataliia Khyzhniakova

### **What were the physical issues you faced prior to joining Aqua Aerobics?**

I had constant, annoying pain in my back, because I work in kitchen the whole day. My muscles were very stiff. I had headaches everyday because of shoulder pains.

### **How have you benefitted from the Aqua Aerobics classes?**

My backpack reduced by 85%. I started feeling better already on my second week of attending classes. It's been such a relief to me. I also don't have all my headaches anymore. I also feel like my body has toned. Water resistance while doing exercise feels like a gentle massage to me.

### **How has your experience been with Aquanation?**

It's been very well. Instructors are professional and everyone working is there is super friendly and helpful. I love the pool, it's so big and warm. I like the fact everything is under the roof. Changing rooms, bathrooms, pool area and reception are always neat and welcoming.

### **Would you recommend Aquanation to any friends and family?**

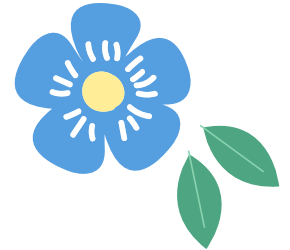
Definitely. I've already brought my mom and my child for lessons. And we are happy clients



If there is magic on this planet,  
it is contained in water.

- Loren Eiseley

We Celebrate  
**YOU**



## WOMEN IN SWIMMING

Having made sure progress in recent years, world record holder, Tatjana Schoenmaker, has transformed herself into South Africa's top women's swimmer. After ranking in multiple medals (as a teenager at the 2015 Africa Games) she went on to reach the podium again at the 2017 World Student Games, reaffirming her talents in the 2018 season- at the age of 20, the breaststroke specialist became the first South African woman to earn a medal at the Commonwealth Games [in 8 years] by securing the 100m and 200m titles at the breaststroke final; breaking the African records over all

The following year she took another deep dive by becoming the first South African woman to earn a medal at the biennial Fina World championships in Gwangju.

Schoenmaker has developed into one of the country's biggest stars in the pool as she continues her rapid rise at international level.



Image Source: jacarandafm.com



# ONE OF THE GREATEST TO EVER DO IT

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**Julie Cassim**  
Head Coach

Congratulations and well done to Head Coach, Julie Cassim of Atlantis Swimming Club, on her significant appointment as Team Manager at the 2022 Birmingham Commonwealth Games.

What a befitting honour, as the South African Swimming Team proves to be fierce competition.

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Atlantis is a Professional Swimming Club that focuses on competitive swimming in the Central Gauteng and Swim South Africa Leagues. Atlantis has more than 90 swimmers currently participating in CGA Galas and CGA Elite Series Open Water League.

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The 2022 Commonwealth Games, officially known as the XXII Commonwealth Games and commonly known as Birmingham 2022, is an international multi-sport event for members of the Commonwealth of Nations that is currently taking place in Birmingham England, from 28 July to 8 August 2022.

One of the youngest cities in Europe, Birmingham is vibrant and richly diverse. It is well known for always offering a warm welcome to visitors from all around the world.



The games are said to demonstrate the very best of Britain to the world, showcasing the region's strengths of: being connected and accessible; young and inclusive; and focus on regeneration and rejuvenation.

Birmingham has a wealth of existing sports venues, arenas and conference halls that are ideal for hosting sport during the games; with 95% of the competition venues already in place.



The only new-build venue, the Sandwell Aquatics Centre, hosts Swimming, Para Swimming, and Diving.





# BIG WINS FOR TEAM SA

For more information visit us at [WWW.SWIMSA.ORG](http://WWW.SWIMSA.ORG)

**COMMONWEALTH GAMES 2022**  
Birmingham (UK) | 28 July - 8 August 2022

DATE: 31 July 2022

**200m BREASTSTROKE**

**CONGRATULATIONS!!!**

KAYLENE CORBETT - BRONZE  
**200m BREASTSTROKE (2:23.67)**

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**COMMONWEALTH GAMES 2022**  
Birmingham (UK) | 28 July - 8 August 2022

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**200m BREASTSTROKE**

**CONGRATULATIONS!!!**

TATJANA SCHOENMAKER - GOLD  
**200m BREASTSTROKE (2:21.92)**

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**COMMONWEALTH GAMES 2022**  
Birmingham (UK) | 28 July - 8 August 2022

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**200m BUTTERFLY**

**CONGRATULATIONS!!!**

CHAD LE CLOS - SILVER  
**200m BUTTERFLY (1:55.89)**

[f](#) [@](#) /SwimmingSouthAfrica

We want to extend a special congratulations to the girls and boys in green, who are making all of us back home extremely proud.

Lets continue to give them the much deserved support as they dominate the 2022 Commonwealth Games.

