

# Information

North East ISD Community Education is fortunate to be able to offer aquatic classes at the North East Aquatic Center. The Center is open from 5:30 A.M. to 9:30 P.M. with a variety of programs to provide opportunities for students to develop knowledge, skills and performance as well as to maintain a healthy and active lifestyle.

The Aquatics Center is home to seven high school swimming and diving teams, a 400 member United States Swimming Club Team, United States Masters Swimming and a United States Diving Club Team. Water practices are also held for the North East Aquatic Team. District, area and state meets are held on a regular basis. Lap swimming for adults is offered each weekday along with public open swim opportunities in the evening. Further, the Aquatic Center hosts many high school swimming and diving competitions, club swim meets and various pool rentals throughout the year. Community Education shares use of the aquatic facility pools at no charge and enjoys a solid working relationship with the Aquatics Coordinator, Pool Manager and their staff. Classes are scheduled using available dates and times that are compatible with regular school programming, instruction, swim meets and extra-curricular activities. Like a classroom, water aerobics instructors are responsible for set up and for seeing that the area is restored to its original configuration at the end of class. Life guards and custodians are not part of the water aerobics function. Water temperature remains constant at 78 to 82 degrees. Fans are controlled using computer generated information with regard to atmospheric conditions. Side panels are raised and lowered periodically to control temperature and humidity.

Class participants are not to enter the water until the teacher is in attendance and should exit the water at the end of class. The pool facility is not responsible for storing or handling instructor or student equipment.

It is the sincere desire of North East Community Education to serve patrons with a quality program. Should a concern arise, the Community Education staff remains ready to listen. Any issue should be submitted to the Community Education Coordinator, Carrie Smith ([csmith4@neisd.net](mailto:csmith4@neisd.net)), 210-407-0148, or to the Community Education Programmer, Tessa Gonzalez ([tgonza4@neisd.net](mailto:tgonza4@neisd.net)), 210-407-0166. It is important to submit concerns directly to Community Education.

# Fall 2017

## Punch Card System for Water Exercise

Purchase a punch card that will allow you the flexibility to attend the classes that work with your schedule. Punch cards may only be used by the purchaser. Punch cards issued July 18 through December will expire December 14, 2017. All punch card sales are final. No refunds will be issued for entire or partially used cards. You must bring your punch card with you to each class in order to participate.

Water Exercise Punch Cards may be purchased

- Online at <https://communityed.neisd.net>
- By calling 210-407-0145
- At the NEISD Community Education office at 8750 Tesoro during business hours

10 Class Punch Card- \$65

20 Class Punch Card- \$125

## **Water Exercise- Shallow Water- Walker Pool**

This exercise held in the indoor Walker Pool is low impact, moderate intensity and lots of fun. Tone up with this well-balanced workout that blends water exercise and strength training. Bring either noodle or belt/weights to class. Aquatic exercise shoes are highly recommended because you will be in shallow water (3-4 ft). Water temperature remains constant to 78- 82 degrees. Purchase a punch card that will allow you the flexibility to attend the classes that work with your schedule. Punch cards issued July 18 through December will expire December 14, 2017. All punch card sales are final. No refunds will be issued for entire or partially used cards. You must bring your punch card with you to each class in order to participate.

### **Shallow Water Exercise Equipment**

Water Exercise shoes: highly recommended to protect skin and reduce impact injuries. Prices vary, must have holes on the bottom to allow water to go through.

Resistance equipment: Noodles-- solid, not hollow. Dumb bells for aquatic exercise or Aqua Gloves.



### **Shallow Water Exercise Schedule**

Tuesdays & Thursdays

Beginning Date- September 12, 2017

Ending Date- December 14, 2017

NO CLASS November 21 and 23

Instructor: Natalia Hernandez

11:40 A.M- 12:40 P.M.

## Water Exercise- Deep Water- Walker Pool

Water temperature remains constant to 78- 82 degrees. This high intensity, no-impact workout, held in the indoor Walker Pool, focuses on cardiovascular conditioning muscle toning and overall body strength. Bring your own aquatic belt, water weights or gloves. No swimming skills required. Purchase a punch card that will allow you the flexibility to attend the classes that work with your schedule. Punch cards issued July 18 through December will expire December 14, 2017. All punch card sales are final. No refunds will be issued for entire or partially used cards. You must bring your punch card with you to each class in order to participate.

### Deep Water Exercise Equipment

Flotation belt: Easily buckles in front, freeing arms for proper motion. Prices may vary. May also be called Aqua Jogger Belt.



Resistance equipment: Aqua Bells for aquatic exercise. They come in a variety of types and shapes. Beginners are recommended to choose the minimum resistance or begin with Aqua Gloves.



## **Deep Water Exercise Schedule**

Mondays and Wednesdays

Beginning Date- September 11, 2017

Ending Date- December 13, 2017

NO CLASS October 9 and November 20-23

Instructor: Beth Lopez

8:15- 9:15 P.M.

Tuesdays and Thursdays

Beginning Date- September 12, 2017

Ending Date- December 14, 2017

NO CLASS October 9 and November 20-23

Instructor: Beth Lopez

8:30- 9:30 P.M.

Tuesdays and Thursdays

Beginning Date- September 12, 2017

Ending Date- December 14, 2017

NO CLASS November 21 and 23

Instructor: Natalia Hernandez

10:30- 11:30 A.M.