

## **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 (7) 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), 407-0148 or Community Education Programmer, Karen Condit [kcondi@neisd.net](mailto:kcondi@neisd.net), 407-0166. It is important to submit concerns directly to Community Education.

## **Fall 2015**

### **Punch Card System for Water Aerobics**

Purchase a punch card that will allow the flexibility to attend the classes that work with your schedule. Punch cards may only be used by the purchaser. All punch card sales are final. No refunds will be issued for the entire or partially used cards. You must bring your punch card with you to each class in order to participate. Be sure to check the expiration date on your card.

Water Aerobic Punch Cards may be purchased:

- At the NEISD Community Education office at 8750 Tesoro between 8:30 a.m. and 4:00 p.m.
- By calling 210-407-0145

Arrangements are then made to either pick up your card in person or have it mailed to your home.

10 Class Punch Card - \$55

20 Class Punch Card - \$109

### **Low/Medium Water Aerobics – Walker Pool**

This aerobic exercise in an indoor pool is less rigorous 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. Water temperature remains constant at 78 to 82 degrees. Purchase a punch card that will allow the flexibility to attend the classes that work with your schedule. Punch cards may only be used by the purchaser. Punch cards issued August through December will expire March 14, 2016. All punch card sales are final. No refunds will be issued for the entire or partially used cards. You must bring your punch card with you to each class in order to participate. Those who register 7 days prior to the first class session will receive their cards in the mail. Others who register later will need to pick up their cards from the Community Education office.

Tuesdays and Thursdays

Beginning Date – September 15, 2015

Ending Date – December 17, 2015

11:40 a.m. – 12:40 p.m. – Instructor, Naomi Phillips

Mondays and Wednesdays

Beginning Date – September 14, 2015

Ending Date – December 16, 2015

8:15 – 9:15 p.m. – Instructor Beth Lopez

## **Deep Water Aerobics – Davis Pool**

This high-intensity, no-impact aerobic workout focuses on cardiovascular conditioning, muscle toning and overall body strength. Bring your own aquatic belt, water weights and gloves. Water temperature remains constant at 78 to 82 degrees. Purchase a punch card that will allow the flexibility to attend the classes that work with your schedule. Punch cards may only be used by the purchaser. Punch cards issued August through December will expire March 14, 2016. All punch card sales are final. No refunds will be issued for the entire or partially used cards. You must bring your punch card with you to each class in order to participate. Those who register 7 days prior to the first class session will receive their cards in the mail. Others who register later will need to pick up their cards from the Community Education office.

Tuesdays and Thursdays

Beginning Date – September 15, 2015

Ending Date – December 17, 2015

10:30 – 11:30 a.m. – Instructor, Miki Collins

Tuesdays and Thursdays

Beginning Date – September 15, 2015

Ending Date – December 17, 2015

8:00 – 9:00 p.m. – Instructor, Beth Lopez