

Water Exercise Information - Fall 2020

North East ISD Community Education is fortunate to be able to offer water classes at the North East Aquatics Center. 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 Monday - Thursday at the NEISD Sports Park pool. Further, the Aquatics 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 exercise instructors are responsible for setting up and for seeing that the area is restored to its original configuration at the end of class. Lifeguards and custodians are not part of the water exercise function. Water temperature remains constant at 78 to 82 degrees.

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), (210) 407-0148. It is important to submit concerns directly to Community Education.

NEISD Swimming Aquatics Safety Protocol & Procedures Fall 2020/Spring 2021

Josh Davis Natatorium & Bill Walker Pool

Water Exercise Classes - all students must adhere to the following policies. Students not following all safety procedures and safety protocols will be asked to leave the facility.

- Self-screen for symptoms at home before arriving at Aquatic facilities (see below).
- Masks must be worn at all times when not in the water; masks must be worn on deck.
- All class members must follow 6 feet of social distancing in the water and on deck.
- Enter the Davis facility front door through the “Entrance Doors” as marked & sign in at the facility entrance desk.
- Follow social distancing placed stickers to Davis or Walker facility for your specific class.
- Exit Davis deck area through doors marked “Exit”. Exit the Walker facility through the north doors marked “Exit”, always maintaining social distancing.
- Showers and restroom toilets will be accessible.
- Patrons waiting for class to begin must maintain (SD)
- Bring your own water bottle; water fountains will not be accessible
- No cell phones allowed in the facility.
- Follow all safety protocol procedures posted at the facility.
- No spectators allowed.

Any patron, coach, or staff member living with someone who experiences any of the symptoms of Covid-19, whether they have a positive Covid-19 test or not, should isolate for two weeks. If they do not experience any Covid-19 symptoms during that period, they can return to the aquatic facility.

If they experience symptoms, they must self-isolate until the conditions outlined below have been met.

In the case of an individual who was diagnosed with Covid-19, the individual may return to the facility when all three of the following criteria are met:

1. At least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications)
2. The individual has improvement in symptoms (e.g., cough, shortness of breath)
3. At least ten days have passed since the symptoms first appeared

In the case of an individual who has symptoms that could be Covid-19 and does not get evaluated by a medical professional or tested for Covid-19, the individual is considered to have Covid-19, and the individual may not return to the facility until the individuals have completed the three-step criteria above.

If the individual has symptoms that could be Covid-19 and wants to return to the facility before completing the self-isolation period, the individual MUST obtain a medical professional's note clearing the individual for the return based on an alternative diagnosis.

Covid-19 Symptoms for Screening:

Cough

Shortness of Breath

Chills

Repeated shaking with chills

Muscle Pain

Headache

Sore Throat

Loss of taste or smell

Diarrhea/Vomiting

Feverish/100.00 degree temperature or greater

Known close contact with a person who is lab-confirmed to have Covid-19

Fall 2020

Punch Card System for Water Exercise

Purchase a punch card that will allow you the freedom to attend the class that best fits your schedule. Punch cards may only be used by the purchaser. Punch cards issued November through January will expire on January 20, 2021. 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. You may join a class at any time during the semester.

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 Dr. during business hours and by appointment only.

10 Class Punch Card- \$65

20 Class Punch Card- \$125

Water Exercise- Deep Water- Davis Pool

Water temperature remains constant at 78- 82 degrees. This high intensity, no-impact workout, held in the indoor Josh Davis Pool, focuses on cardiovascular health as well as muscle toning and overall body strength. Bring your own aquatic belt, water weights or gloves and two pool noodles. No swimming skills required. Purchase a punch card that will allow you the freedom to attend the class that best fits your schedule. Punch cards may only be used by the purchaser. Punch cards issued November through January will expire on January 20, 2021. 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 Schedule -

Mondays and Wednesdays (12 Sessions)

10:30 - 11:30 A.M.

November 16, 2020 - January 20, 2021

***NO CLASS:** November 23 and 25, December 21, 23, 28, and 30, January 4 and 18

Instructor: Beth Lopez

Water Exercise- Shallow Water- Walker Pool A

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 a noodle or belt/weights to class. Aquatic exercise shoes are highly recommended because you will be in shallow water (4 ft.). No swimming skills required. Purchase a punch card that will allow you the freedom to attend the class that best fits your schedule. Punch cards may only be used by the purchaser. Punch cards issued November through January will expire on January 20, 2021. 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 Schedule -

Mondays and Wednesdays (12 Sessions)

11:45 A.M.- 12:45 P.M.

November 16, 2020 - January 20, 2021

***NO CLASS:** November 23 and 25, December 21, 23, 28, and 30, January 4 and 18

Instructor: Beth Lopez

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.

