

# Water Exercise Information

North East ISD Community Education is fortunate to be able to offer aquatic classes at the Josh Davis Natatorium. The Natatorium 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 Josh Davis Natatorium 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 Josh Davis Natatorium 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 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 set 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. 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, Landy Rodriguez ([lrodri8@neisd.net](mailto:lrodri8@neisd.net)), (210) 407-0144. It is important to submit concerns directly to Community Education.

# Fall 2019

## 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 July 16, 2019 through December will expire December 12, 2019. 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

10 Class Punch Card- \$65

20 Class Punch Card- \$125

## 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 July 16, 2019 through December will expire December 12, 2019. 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.

Tuesdays and Thursdays (25 Sessions)

~~September 10, 2019—December 12, 2019~~

**(NEW DATES DUE TO CONSTRUCTION: September 24, 2019 – December 19, 2019)**

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

Instructor: Beth Lopez

**\*NO CLASS:** November 21<sup>st</sup>, November 26<sup>th</sup> and November 28<sup>th</sup>

## **Water Exercise- Deep Water- Davis Pool**

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 July 16, 2019 through December will expire December 12, 2019. 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.

### **Monday & Wednesday (26 Sessions)**

September 9, 2019 – December 11, 2019

~~8:30–9:30 P.M.~~ (UPDATED: 8:00-9:00 P.M.)

Instructor: Beth Lopez

**\*NO CLASS:** November 20<sup>th</sup>, November 25<sup>th</sup> and November 27<sup>th</sup>

### **Tuesday & Thursday (25 Sessions)**

September 10, 2019 – December 12, 2019

10:30- 11:30 A.M.

Instructor: Beth Lopez

**\*NO CLASS:** November 21<sup>st</sup>, November 26<sup>th</sup> and November 28<sup>th</sup>

### **Tuesdays and Thursdays (25 Sessions)**

September 10, 2019 – December 12, 2019

~~8:30–9:30 P.M.~~ (UPDATED: 8:00-9:00 P.M.)

Instructor: Loyda Clucus

**\*NO CLASS:** November 21<sup>st</sup>, November 26<sup>th</sup> and November 28<sup>th</sup>

## 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.

