

# 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 2016

## Punch Card System for Water Exercise

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 July 25<sup>th</sup> through December will expire December 15, 2016. 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 Aerobic Punch Cards may be purchased

- Online at <https://communityed.neisd.net>
- Online purchases are not available after September 8<sup>th</sup>
- By calling 210-407-0145
- At the NEISD Community Education office at 8750 Tesoro during business hours
- Punch cards purchased before September 8<sup>th</sup> will be mailed. Any punch cards purchased after September 8<sup>th</sup> will need to be picked up at the Community Education office before the first class.

10 Class Punch Card- \$55

20 Class Punch Card- \$109

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

This exercise held in the indoor Walker Pool is low impact, moderate intense 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 the flexibility to attend the classes that work with your schedule. Punch cards may only be used by the purchaser. Punch cards issued July 25<sup>th</sup> through December will expire December 15, 2016. 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

Beginning Date- September 13, 2016

Ending Date- December 15, 2016

NO CLASS NOVEMBER 21<sup>ST</sup>- 25<sup>TH</sup>

Instructors: Nellyvette Gonzalez-Martinez

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

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

This high intensity, no-impact workout, held in the Davis Pool, focuses on cardiovascular conditioning muscle toning and overall body strength. Bring your own aquatic belt, water weights or gloves. No swimming skills required. Water temperature remains constant to 78- 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 July 25<sup>th</sup> through December will expire December 15, 2016. 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.

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Beginning Date- September 13, 2016

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NO CLASS NOVEMBER 21<sup>ST</sup>- 25<sup>TH</sup>

Instructor: Nellyvette Gonzalez-Martinez

10:30- 11:30 A.M.

Monday- Thursday

Beginning Date- September 13, 2016

Ending Date- December 15, 2016

Instructor: Beth Lopez

8:00- 9:00 P.M.