

Water Fitness Class Descriptions

Aqua Agility - This shallow end class offers some cardio, but concentrates more on agility, range of motion, balance and strengthening and stretching the muscles.

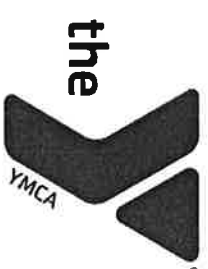
Aqua Cardio - This shallow end class focuses on giving the participants a good cardiovascular workout. This class has a lot of movement and directional changes and is kept at a high intensity.

Aqua Jog - This deep end class offers a no-impact workout that offers great resistance training. Swimming ability is required.

Arthritis Class - This low key shallow end class focuses on range of motion from head to toe. No equipment is needed in this class.

Aqua Aerobics - A shallow end low impact class. This class gets your heart pumping while you have fun in the water.

Silver Splash® - Activate your aqua urge for variety! Silver Splash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special Silver Sneakers keyboard is used to develop strength, balance and coordination.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

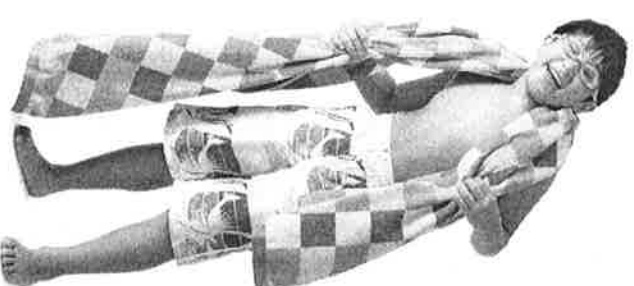
JUST ADD WATER

Aquatics Schedule
YMCA OF SOUTHEAST TEXAS

YMCA OF SOUTHEAST TEXAS

6760 Ninth Ave
Port Arthur, TX 77642
409.962.6644
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www.ymcasetx.org



AQUATICS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday		
5:00 AM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN AT 8:00 AM	OPEN AT 1 PM		
5:00 AM - 6:45 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM				
6:45 AM - 7:45 AM	AQUA AGILITY		AQUA AGILITY		AQUA AEROBICS				
8:00 AM - 8:30 AM	OPEN SWIM		OPEN SWIM		OPEN SWIM				
8:30 AM - 9:30 AM	AQUA CARDIO	SILVER SPLASH®	AQUA CARDIO	SILVER SPLASH®	AQUA CARDIO	OPEN SWIM	OPEN SWIM		
9:30 AM - 10:30 AM	AQUA JOG	ARTHRITIS CLASS	AQUA JOG	ARTHRITIS CLASS	AQUA JOG				
10:30 AM - 12:30 PM	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	OPEN				
12:45 PM - 2:45 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM					
3:00 PM - 4:00 PM	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM				
4:00 PM - 5:15 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM					
5:30 PM - 6:15 PM	AQUA CARDIO/JOG	AQUA CARDIO	AQUA CARDIO	AQUA CARDIO/JOG					
6:15 PM - 8:00 PM	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS					
8:15 PM - 9:30 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	CLOSED			CLOSED AT 5:30 PM	CLOSED AT 5:30 PM
9:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	AT 8:30 PM				

When only one lifeguard is on duty, the YMCA pool will close for 15 minutes each hour for a safety break. Research has shown that lifeguards are more vigilant when they have a break from repetitive scanning of the pool.

Safety Breaks: 7:45am-8:00am / 12:30pm-12:45pm / 2:45pm-3:00pm / 5:15pm-5:30pm / 8:00pm-8:15pm.

YMCA AQUATIC STANDARDS

Inflatable Device Restriction: No air inflated devices of any type (water wings, toys, balls, rafts, suits etc.) may be used at any time as a means to support a non-swimmer. Only age and size appropriate, U.S. Coast Guard approved lifejackets may be used with parental supervision.

Weather Conditions: If lightning, thunder or severe weather is in the pool vicinity, guards must wait a minimum of 30 Minutes after there is no visible or audible sign of lightning/thunder before opening the pool to swimmers.

Swim Testing: Anyone under the age of 18 must be skill tested daily by a lifeguard (Swimmer must be able to swim the length of the pool unassisted by person or floatation device).

Ages: Every child under the age of 6 must be accompanied within arms distance in the water at all times by someone 18 yrs or older. Every child under the age of 8 must be accompanied at the pool by someone 18 yrs or older.