

Water Fitness

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.

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 kickboard is used to develop strength, balance and coordination.

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.

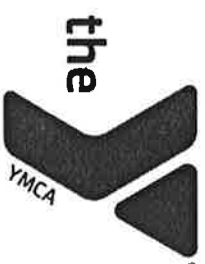
YMCA OF SOUTHEAST TEXAS

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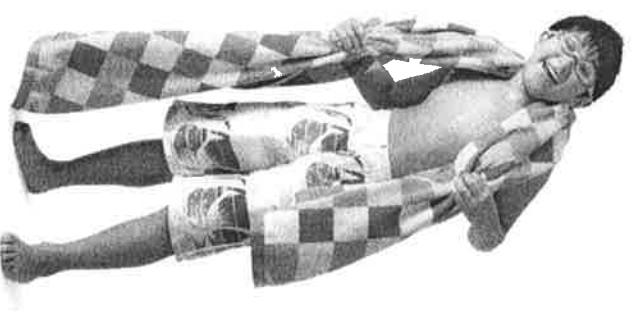
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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST
ADD
WATER

Aquatics Schedule
Summer 2018
YMCA OF SOUTHEAST TEXAS



AQUATICS SCHEDULE – We will attempt to have at least 1 lap lane open at all times.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 AM - 8:30 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
8:30 AM - 9:30 AM	AQUA CARDIO	AQUA CARDIO	AQUA CARDIO	SILVER SPLASH®	AQUA CARDIO
9:30 AM - 10:30 AM	AQUA JOG / SWIM LESSONS	ARTHRITIS CLASS / SWIM LESSONS	AQUA JOG / SWIM LESSONS	ARTHRITIS CLASS / SWIM LESSONS	AQUA JOG / SWIM LESSONS
10:30 AM - 12:15 PM	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	OPEN SWIM / MAKEUP LESSONS
12:15 PM - 2:45 PM	SUMMER CAMP SWIM / OPEN SWIM	SUMMER CAMP SWIM / OPEN SWIM	SUMMER CAMP SWIM / OPEN SWIM	SUMMER CAMP SWIM / OPEN SWIM	SUMMER CAMP SWIM / OPEN SWIM
3:00 PM - 3:35 PM	A/B DISCOVERY	A/B DISCOVERY	A/B DISCOVERY	A/B DISCOVERY	OPEN SWIM / MAKEUP LESSONS
3:35 PM - 4:15 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
4:30 PM - 6:30 PM	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	OPEN SWIM / MAKEUP LESSONS
7:15 PM - 9:30 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	POOL CLOSES AT 8:30 PM

SATURDAYS: Pool opens at 8:00 AM & closes at 5:30 PM

(Lap Swim till 10:00 am) (Open Swim 10:00 am - 5:30 PM)

SUNDAYS: Pool opens at 1:00 PM & closes at 5:30 PM (Open Swim 1:00 PM - 5:30 PM)

When only one lifeguard is on duty, the YMCA pool will close every 90 minutes for a 15 minute safety break.
Research has shown that lifeguards are more vigilant when they have a break from repetitive scanning of the pool.