

## Water Fitness Class Descriptions

**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.



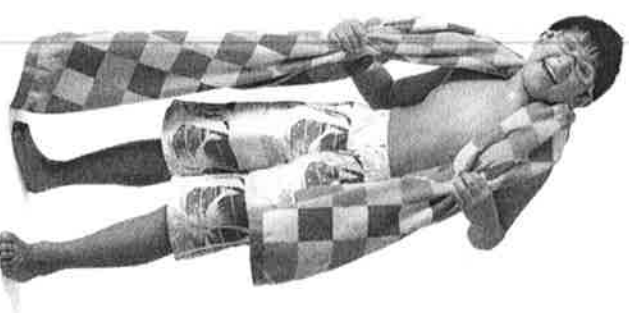
FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUST ADD WATER

Aquatics Schedule  
Winter 2019  
YMCA OF SOUTHEAST TEXAS

### YMCA OF SOUTHEAST TEXAS

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## AQUATICS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 AM - 8:30 AM	OPEN / LAP SWIM	OPEN /LAP SWIM	OPEN /LAP SWIM	OPEN /LAP SWIM	OPEN /LAP 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 / OPEN SWIM	ARTHRITIS CLASS / OPEN SWIM	AQUA JOG / OPEN SWIM	ARTHRITIS CLASS / OPEN SWIM	AQUA JOG / OPEN SWIM
10:30 AM - 5:30 PM	OPEN /LAP SWIM	OPEN /LAP SWIM	OPEN /LAP SWIM	OPEN /LAP SWIM	OPEN /LAP SWIM
5:30 PM - 6:30 PM	AQUA CARDIO	OPEN /LAP SWIM	OPEN /LAP SWIM	AQUA CARDIO	OPEN /LAP SWIM
6:30 PM - 9:30 PM	OPEN /LAP SWIM	OPEN /LAP SWIM	OPEN /LAP SWIM	OPEN /LAP SWIM	POOL CLOSES AT 8:30 PM
9:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	

SATURDAY	
8:00 AM - 10:00 AM	LAP SWIM
10:00 AM - 5:30 PM	OPEN SWIM / LAP SWIM
5:30 PM	CLOSED

SUNDAY	
1:00PM - 5:30 PM	OPEN SWIM / LAP SWIM
5:30 PM	CLOSED

**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.**