

## 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.

### YMCA OF SOUTHEAST TEXAS

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FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JUST ADD WATER

Aquatics Schedule  
Summer 2019  
YMCA OF SOUTHEAST TEXAS



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM - 8:30AM	LAP LANE & OPEN SWIM	LAP LANE & OPEN SWIM	LAP LANE & OPEN SWIM	LAP LANE & OPEN SWIM	LAP LANE & OPEN SWIM		
8:30AM	AQUA	AQUA	AQUA	AQUA	AQUA		
9:30AM	POOL CLOSED AQUA (OPEN SWIM AREA)	POOL CLOSED ARTHRITIS (OPEN SWIM AREA)	POOL CLOSED AQUA (OPEN SWIM AREA)	POOL CLOSED ARTHRITIS (OPEN SWIM AREA)	AQUA (OPEN SWIM AREA)	POOL OPENS AT 8:00AM	
	POOL CLOSED SWIM LESSONS (LAP LANE AREA)	POOL CLOSED SWIM LESSONS (LAP LANE AREA)	POOL CLOSED SWIM LESSONS (LAP LANE AREA)	POOL CLOSED SWIM LESSONS (LAP LANE AREA)	OPEN SWIM & MAKE UP LESSONS		
10:30AM	POOL CLOSED SWIM LESSONS (Both Areas)	POOL CLOSED SWIM LESSONS (Both Areas)	POOL CLOSED SWIM LESSONS (Both Areas)	POOL CLOSED SWIM LESSONS (Both Areas)	OPEN SWIM & MAKE UP LESSONS		
11:30AM	SWIM LESSONS (Both Areas)	SWIM LESSONS (Both Areas)	SWIM LESSONS (Both Areas)	SWIM LESSONS (Both Areas)	OPEN SWIM & MAKE UP LESSONS	OPEN SWIM & LAP LANE	
12:15PM - 2:45PM	SUMMER CAMP SWIM TIME & OPEN SWIM	SUMMER CAMP SWIM TIME & OPEN SWIM	SUMMER CAMP SWIM TIME & OPEN SWIM	SUMMER CAMP SWIM TIME & OPEN SWIM	SUMMER CAMP SWIM TIME & OPEN SWIM		
3:00PM - 3:35PM	A/B DISCOVERY (FREE SWIM AREA)	A/B DISCOVERY (FREE SWIM AREA)	A/B DISCOVERY (FREE SWIM AREA)	A/B DISCOVERY (FREE SWIM AREA)	OPEN SWIM & MAKE UP LESSONS		POOL OPEN AT 1:00PM OPEN SWIM & LAP LANE
3:35PM - 4:15PM	FREE SWIM & LAP LANE	FREE SWIM & LAP LANE	FREE SWIM & LAP LANE	FREE SWIM & LAP LANE	FREE SWIM & LAP LANE		
4:30PM	SWIM LESSONS (Both Areas)			SWIM LESSONS (Both Areas)	OPEN SWIM & MAKE UP LESSONS	POOL CLOSURES AT 5:30PM	POOL CLOSURES AT 5:30PM
5:30PM	POOL CLOSED SWIM LESSONS (Both Areas)	SWIM LESSONS (Both Areas)	SWIM LESSONS (Both Areas)	POOL CLOSED SWIM LESSONS (Both Areas)	OPEN SWIM & MAKE UP LESSONS		
6:30PM	AQUA CARDIO (Open Swim Area)			AQUA CARDIO (Open Swim Area)	OPEN SWIM & MAKE UP LESSONS		
7:15PM - 9:30PM	OPEN SWIM & LAP LANE	OPEN SWIM & LAP LANE	OPEN SWIM & LAP LANE	OPEN SWIM & LAP LANE	POOL CLOSURES AT 8:30PM		

**SCHEDULE IS SUBJECT TO CHANGE**

**\*\*\*ATTENTION MEMBERS**

Pool will be closed to Open Swimmers Monday, Tuesday, Wednesday and Thursdays from 9:30AM till 10:30AM and on Monday and Thursday's from 5:30PM till 6:15PM.