

In The Gym

Monday***	5:30 am— 6:00pm 6:00pm-10:00 pm	General Use 5 on 5 Bball
Tuesday*	5:30 am—6:00pm 6:00 pm-10:00pm	General Use Volleyball
Wednesday*	5:30 am—9:00am 9:00 am-Noon Noon-5:15pm 5:15pm-8:15pm 8:15pm-10:00pm	General Use Pickleball League General Use Youth Basketball General Use
Thursday*	5:30 am— 6:00pm 6:00pm-10:00pm	General Use Volleyball
Friday***	5:30 am—9:00 am 9:00 am-11:00 am 11:00am-9:00 pm	General Use Daytime/Playtime General Use
Saturday	7:00am-8:00pm	General Use
Sunday	1:00 pm- 8:00 pm	General Use

- *Friday, March 15th, Teen Night Rec Closes @ 8:00pm
- *Gym closed Mon, 6:00pm-10:00pm for 5 on 5 Bball
- *Gym closed Wednesdays, 5:15pm-8:15pm for Youth Bball
- *Friday, March 8th, Skate Night, Gym Closed 6:30-8:30pm
- *Reserve Pickleball Courts: Mon 8:00am-Noon, Fri 11:30-2:30pm
- *Reserve Tennis Courts: Mon 8:30pm-9:30pm, Tue/Thu 6:00am-3:00pm

March Events

- 6th Youth B-ball Wednesday Gym closed 5:15-8:15pm
- 8th Family Skate Night 6:30pm-8:30pm
- 12th Tue Night Recreational & Rec. Comp Vball
- 14th Elementary/Madison No School
- 14th Thu Night Competative & Rec Comp Vball
- 15th Teen Night
- 15th Elementary/Madison No School
- 15th Lifeguard Training (March 15, 16 & 17)
- 18th No School
- 23rd PRFS Light up the Night 5K & Kid Mile
- 29th Lifeguard Training (March 29,30 & 31)

March



CHILDCARE:

Mon-Thu: 8:30—11am
Mon, Tue & Thu:
5:30-7:30 pm

Pickleball League

Wednesdays

9:00am-Noon

\$3

Join anytime!!



In The Pool

Monday*	5:30am-9:00pm	General Use
Tuesday**	5:30am-9:00pm	General Use
Wednesday*	5:30am-9:00pm	General Use
Thursday**	5:30am-9:00pm	General Use
Friday**	5:30am-9:00pm	General Use
Saturday*	7:00am –8:00pm	General Use
Sunday	1:00pm—8:00 pm	General Use

*Greater Nebraska Swim Team will be practicing from 4:00pm-6:00pm Mon, Tue, Thu and Fridays through March 21st . Pool space will be limited. No lap lanes available at this time.

*Saturdays 8:30-9:30am Special Olympics will be practicing in the shallow-deep area.

*Tri-101 Tue/Thu 7:30-8:30pm
Tri-Masters Wed/Fri 5:30-6:30am
Pool space will be limited.

Please anticipate limited pool space during water fitness classes and swimming lessons. Pool space, lap lanes, and slide availability may be restricted based on programming needs. South side of pool is reserved during scheduled fitness classes.

Waterslide Hours

Mon-Fri: 7:15-9 pm
Sat: 11– 8 pm
Sun: 1-8 pm

Fitness Classes

Cycle-Lean – Indoor cycle program designed to help you reach your fitness goals.

Day	Time
Mon/Wed/Fri	5:35 am
Mon/Wed/Fri	9:00 am (through March)
3 days a week: \$25/month	
2 days a week: \$15/month	
Instructor: Trudy Merritt/Jan Wright	

Dance 2 Fit – Combines simple dance with aerobic exercise and promotes a healthy life-style, creating an uplifting experience anyone at any fitness level can enjoy. This is a 90 minute class.

Day	Time	Fee
Mon/Wed	5:30 pm	\$15/month
Instructor: Jenn Pettit		

Zumba Strength - (High Intensity Interval Training) Kick it up a notch with this fast-paced, high intensity workout!

Day	Time	Fee
Tues/Thurs	5:30 pm– 6:15pm	\$15/month
Instructor: Stephanie DenBesten		

Personal Training– Certified trainer Jara can help you pave the way to better health. She offers a health assessment, workouts, progress reports and take home workout/challenges. Limited Sessions sign up now!!

Day	Time
Wed	4:15pm-5:15pm
\$25/30 min session w/ Rec Membership	
\$30/30min session w/o Rec Membership	
Instructor: Jara Goeden	

YOGA – Would you like to be toned, flexible and have a strong body? Yoga is your class for stretching, strengthening, and improving your flexibility. Expect laughter!

Day	Time
Mon/Wed/Sat	9:00 am
3 days a week: \$20/month	
2 days a week: \$15/month	
1 day a week: \$10/month	
Instructor: Tynell Jarvis	

SilverSneakers®Classic– Toning & flexibility are the object of this class where you can sit or stand for support. Good for all ages but especially helpful for our wonderful senior citizens.

Day	Time	Fee
Mon/Wed/Fri	10:00 am	\$20/month
Free with Humana Gold or AARP Medicare Supplement		
Instructor: Paula Smalley		

BodyXtreme Strength & Conditioning–Each class will offer a variety of exercises to trim you up, slim you down and get you stronger. Bring a friend and get ready to sweat!!

Day	Time	Fee
Mon/Tue	4:15 pm-5:15pm	\$15/month
Instructor: Jara Goeden		

*First class is FREE or \$5 walk-in fee/class or monthly fee.
Try one TODAY!

(*excludes private instructor classes)

Please contact instructor for more information.

Water Classes

Aquacise Fitness - A variety of stretching and moving exercises. Especially good for seniors.

Day	Time
Mon/Wed/Fri	8:00 am
<i>*Contact Kay Bodeen for information and pricing at 308-532-8163.</i>	

Splash –Make a splash in this moderately intense class. Great for seniors or all ages interested in a fun class that emphasizes range of motion and flexibility.

Day	Time	Fee
Mon/Tues/Thurs	10:00 am	\$20/month
Instructor: Peg Brogden		

Aqua Blast–This class is appropriate for all age ranges who are comfortable in the deep water with support. Designed for anyone seeking to improve their cardiovascular fitness.

Day	Time	Fee
Mon/Wed/Fri	6:30 pm	\$20/month
Instructor: Stephanie Dorr		

Immerse–High to very high intensity water training. Deep water included with little or minimal support.

Day	Time	Fee
Tue/Thu	6:30 pm	\$15/month
Instructor: Trudy Merritt		