

In The Gym

Monday* *10:00am-Noon Reserve PickleBall	5:30am-10:00am 10:00am-Noon (1/2 Gym) Noon-6:30pm 6:30pm-10:00pm	General Use Daytime/Playtime General Use 5 On 5 BBall
Tuesday*	5:30am-6:30pm 6:30pm-10:00pm	General Use Volleyball
Wednesday	5:30am-9:00 pm 9:00am-11:00am 11:00am-10:00pm	General Use Pickleball League General Use
Thursday*	5:30am-6:30pm 6:30pm-10:00pm	General Use Volleyball
Friday	5:30am-9:00am 9:00am-11:00am 11:00am-8:00pm	General Use Daytime/Playtime General Use
Saturday**	7:00am-8:00pm	General Use
Sunday	1:00pm- 8:00pm	General Use

*Reserved Pickleball Courts Mon 9:00-12:00, Fri 11:30-2:30

*Reserved Tennis Courts Tue/Thu 6:00am-3:00pm

March



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

GNST will be practicing from 4:00-6:00pm Mon, Tue, Thu, & Fri. Lap lanes will be limited.

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

March Events

- 2nd 5 on 5 Basketball Begins Monday Evenings**
- 2nd Coed Volleyball Deadline**
- 8th Daylight Savings Time Begins**
- 13th Family Skate Night 6:30-8:30pm**
- 20th GNST Last Day Swim**
- 20th Lifeguard Training 4:00pm-10:00pm**
- 21st Lifeguard Training 8:00am-8:00pm**
- 22nd Lifeguard Training 8:00am-8:00pm**
- 28th PRFS Light up the Night 5K & Kids Mile**



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.

(Check Fitness Schedule)

Waterslide Hours:

Mon-Fri: 4-6:30pm

7:15-9pm

Sat: 11– 8pm

Sun: 1-8pm

CHILDCARE:

Mon-Thu: 8:30—11am

Mon, Tue & Thu: 5:30-7:30pm



Aquatic Classes	Days	Time	# per week	Cost	Instructor
Aquablast	M/W/F	6:30-7:15pm	3	\$20	Stephanie Dorr
Splash	M/Tu/Thu	10:00-10:45am	3	\$20	Peg Brogden
Immerse	Tu/Thu	6:30-7:15 pm	2-ends 4/30	\$15	Trudy Merritt
Tri-101	Tu/Thu	7:30-8:30pm	2-ends4/23	\$100 + membership	Trudy Merritt
Tri-Masters	Tu/Thu	5:30-6:30am	2-ends 4/23	\$100 + membership	Trudy Merritt

Class	Days	Time	Frequency	Cost	Instructor
Personal Training	Wednesdays	4:15 pm-5:15pm	30 minute sessions	\$25/membership \$30/Without	Jara Goeden



Class	Days	Time	# per week	Cost	Instructor
Yoga by Tynell	M/W/S	9:00-9:45 am	1 2 3	\$10 \$15 \$20	Tynell Jarvis
Silver Sneakers	M/W/F	10:00-10:45 am	3	\$20	Paula Smalley
Zumba Strength	Tu/Thu	5:30-6:15 pm	2	\$15	Steph Den Besten
Gentle Yoga	M/Th	1:00-1:45 pm	2	\$15	Peg Brogden



Class	Days	Time	# per week	Cost	Instructor
Zumba Toning	Wednesdays Sessions II: 3/11-4/29	5:30-6:30pm	1	\$20/Sessions	Steph Den Besten



Cycling Classes	Days	Time	# per week	Cost	Instructor
Hour Of Power	M/W/F	5:30-6:30 am	2 3	\$15 \$25	Trudy Merritt/Jan Wright
Core Training	Tu/Th: 3/12-4/7	5:30-6:10pm	2	\$15/4 Weeks	Trudy Merritt

Class	Days	Time	# per week	Cost	Instructor
Aquacise Fitness	Mon/Wed/Fri	8:00am	3	Call 532-8163	Kay Bodeen