

Gym

Monday*	6:00 am-8:00 am 8:00 am-1:00 pm 1:00pm-8:00pm	General Use Pickleball Open General Use
Tuesday*	6:00 am-12:00 pm 12:00 pm-3:00 pm 3:00 pm-8:00 pm	General Use Pickleball Open General Use
Wednesday*	6:00 am-8:00 am 8:00 am-1:00 pm 1:00 pm-6:00 pm 6:00 pm-8:00 pm	General Use Pickleball Open General Use Team Tennis
Thursday*	6:00 am-1:00 pm 1:00 pm-3:00 pm 3:00 pm-8:00 pm	General Use Pickleball Open General Use
Friday*	6:00 am-9:00 am 9:00 am-11:00 am 11:30 am-8:00 pm	General Use Daytime/Playtime General Use
Saturday* begins 1/20	Open-12:00pm 12:00 pm-3:45 pm 3:45 pm-Close	Team Tennis General Use Youth Soccer
Sunday	1:00 pm-7:00 pm	General Use

Reservable:

Tennis Courts: M/W/F 6am-8am & Tue/Thu 6am-3pm
Racquetball and Wallyball reservations available Sun-Sat
Pickleball reservations Friday from 12pm-3pm (\$3/player)

January Events

1st New Year's Day/Rec Closed
1st PRFS 1/1-2/29 Virtual Challenge
5th No Daytime/Playtime
8th School Resumes
13th Youth Soccer Deadline
15th **MLK Jr. Day/ Rec Hours 12-6**
15th NPPS No School
20th Indoor Youth Soccer 3:45pm-Close
25th NPPS Swim Meet/Pool Closed 1-8
29th Winter Session SL Begin M/W
30th Winter Session SL Begin T/TH



TEAM TENNIS
WED: 6PM-8PM
SAT OPEN-12PM
GYM CLOSED

January



Nebraskaland Youth
Basketball League
1st & 2nd Grade
Sign up now!
\$50



Youth Soccer
Ages:4-8

Sign up now!
Space limited

\$45/child



Jan. 1- Feb 29
Virtual Challenge

Pool

Monday*	6:00 am-4:00 pm 4:00 pm-6:00 pm 6:00 pm-8:00 pm	General Use Swim Team General Use
Tuesday**	6:00 am-4:00 pm 4:00 pm-6:00 pm 6:00 pm-8:00 pm	General Use Swim Team General Use
Wednesday*	6:00 am-4:00 pm 4:00 pm-6:00 pm 6:00 pm-8:00 pm	General Use Swim Team General Use
Thursday**	6:00 am-4:00 pm 4:00 pm-6:00 pm 6:00 pm-8:00 pm	General Use Swim Team General Use
Friday*	6:00 am-4:00 pm 4:00 pm-6:00 pm 6:00 pm-8:00 pm	General Use Swim Team General Use
Saturday*	10:00 am-7:00 pm	General Use
Sunday	1:00 pm-7:00 pm	General Use

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.

***Pool will be closed for NP Swim Team from 4pm-6pm.**

***Lap lanes reserved Tue/Thu until 6:30am for Masters Swim Team.**

***Special Olympics will be practicing on south side of pool Saturday mornings from 10:30-11:30am.**

Waterslide Hours

Mon:
4-6:15pm & 7-8pm
Tue-Fri:
4:00pm-8:00pm
Sat: 1:00pm-7:00pm
Sun: 1:00pm-7:00pm

NOTICE: The Rec Center hours, programs, leagues, swim lessons and events are subject to change. Please follow our Facebook page to stay up-to-date.

Stay up-to-date on current events: Facebook at [North Platte Rec Center](#) and [North Platte Rec Center Sports](#) Website at www.ci.north-platte.ne.us/recreation Platte River Fitness Series: Facebook at [platteriverfitness](#) Website at www.platteriverfitness.com



FITNESS CLASSES

All classes free first time.

Fitness Punch Cards:

12 for \$30 or 30 for \$65
Fitness card covers classes. General use of facility requires daily fee or membership.

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
Mon/Wed/Fri	10:00 am
Free with Humana Gold or AARP Medicare Supplement	
Instructor: Paula Smalley/Kay Eyestone	

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

Day	Time
Tues/Thurs	6:00pm– 6:45pm
Instructor: Stefani DenBesten	

Gentle Yoga-This class includes both chair yoga and traditional yoga with an emphasis on stretching and flexibility.

Day	Time
Mon/Thu	1:00 pm
Instructor: Peg Brogden	

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

Day	Time
Mon/Wed	9:00 am
Instructor: Tynell Jarvis	

Beginner Strength-Working on proper form and technique. Can be modified to any level of fitness.

Day	Time
Tue/Thu	9:00 am
Instructor: Kelli Martin	

Strength Circuit-Focuses on compound movements mixed with occasional HIIT moves.

Day	Time
Tue/Thu	5:15 pm
Instructor: Kelli Martin	

Burn It-Get your heart pumping with some cardio mixed with high impact moves.

Day	Time
Saturday	9:00 am
Instructor: Kelli Martin	

Cycle Lean– Indoor cycle program designed to help you reach your fitness goals.
*Class subject to change. Will post on FB.

Day	Time
Mon/Wed/Fri	5:30 am
Instructor: Dixie Smeltzer	

JAZZERCISE

M-F 8-9AM
M-TH 4:15 PM*
M/W 5:45PM
SAT 10 AM*
SUNDAY 4:30 PM

*Times listed above will be effective beginning Jan. 8th.

Jan 2nd & 4th 5:30 AM Classes

Please contact Lisa Troshinski @ 308-530-5544
or go to : Jazzercise.com
The Rec Center Fitness Punch Card cannot be used for Jazzercise.

Masters Swim Team - Interval style workouts designed for fitness swimmers and triathletes.

Day	Time
Tue/Thu	5:30 am-6:30am
Oct. 3rd through April's Triathlon \$250 + Membership or Daily Fee	

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

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

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
Mon/Tues/Thurs	9:00 am
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
Mon/Wed/Fri	6:15 pm
Instructor: Stephanie Dorr	