

# Gym



Monday** 2/26 Adult Basketball Begins 6-8 pm	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* ends 2/10	10:00 am-12:00 pm 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)  
Call 535-6772 to reserve.

## February Events

1st 1st/2nd grade Basketball Deadline  
9th NPPS No School  
9th No Daytime Playtime  
12th NPPS No School  
14th Valentine's Day  
19th President's Day Hours: 12pm-6pm  
20th NP Swim Team last practice  
26th Adult Basketball begins



TEAM TENNIS  
WED: 6PM-8PM  
SAT: 10AM-12PM  
GYM CLOSED

# FEBRUARY



**NORTH PLATTE AYSO SOCCER  
REGISTER @**

**HTTP://WWW.NORTHPLATTESOCCER.COM  
JAN 8-FEB19**

**COED VOLLEYBALL  
REGISTRATION OPEN  
\$150/TEAM  
DEADLINE 2/26/24**



**ADULT BASKETBALL  
MON EVENINGS 6-8 PM  
BEGINS 2/26  
\$150/TEAM**



**CENTRAL NEBRASKA  
YOUTH  
TRACK & FIELD MEET  
REGISTRATION OPEN  
MEET: SAT, MAY 4TH**



**Daddy Daughter Date Night**

March 15th

6:30pm-8:30 pm

\$45/couple

\$5 add individual

\$7 Spa (hair & nails)



# 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.  
Last day of swim team 2/20/24.

\*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](http://www.ci.north-platte.ne.us/recreation) Platte River Fitness Series: Facebook at [platteriverfitness](#) Website at [www.platteriverfitness.com](http://www.platteriverfitness.com)

## JAZZERCISE

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

Please contact Lisa Troshinski @ 308-530-5544  
or go to : Jazzercise.com

The Rec Center Fitness Punch Card cannot be  
used for Jazzercise.

JAZZERCISE OFFERS ONE FREE WEEK OF  
CLASSES.

**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	

**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	

**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	

## 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.

**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 flexibil-  
ity.

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

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

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

**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 in-  
tense class. Great for seniors or all ages inter-  
ested 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	