

Gym

Monday	6:00 am-8:00 am 8:00 am-1:00 pm 1:00pm-5:45pm 6:00 pm- 8:00 pm	General Use Pickleball Open General Use Adult Basketball
Tuesday	6:00 am-12:00 pm 12:00 pm-3:00 pm 3:00 pm-6:00 pm 6:00 pm-8:00 pm	General Use Pickleball Open General Use Volleyball League
Wednesday*	6:00 am-8:00 am 8:00 am-1:00 pm 1:00 pm-8:00 pm	General Use Pickleball Open General Use
Thursday	6:00 am-12:00 pm 12:00 pm-3:00 pm 3:00 pm-6:00 pm 6:00 pm-8:00 pm	General Use Pickleball Open General Use Volleyball League
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	10:00 pm-7:00 pm	General Use
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.

APRIL EVENTS

- 1st NPPS No School
- 2nd NPPS No School
- 2nd Youth Summer Sign up Event 3:45-6pm
- 2nd **AYSO Games Begin**
- 13th **PRFS 5K Hero Race**
- 15th NPPS No School
- 25th **Last Day of Masters Swim Team**
- 26th **Last Daytime Playtime of Season**
- 26th **PRFS Kids Tri-Nebraska Triathlon**
- 27th **PRFS Adult/Relay Tri-Nebraska**

APRIL



Waterslide Hours

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



Tri-Nebraska Triathlon
Kids Tri 4/26
Pool/Gym closes @ 3pm
Adult/Relay Tri 4/27
Pool open following Tri
Gym opens approx 1pm



Coming May 18th @ Cody Park
Spring Fling from 10-4

Pool

Monday	6:00 am-8:00 pm	General Use
Tuesday*	6:00 am-8:00 pm	General Use
Wednesday	6:00 am-8:00 pm	General Use
Thursday*	6:00 am-8:00 pm	General Use
Friday	6:00 am-8:00 pm	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.

*Lap lanes reserved Tue/Thu until 6:30am for Masters Swim Team.
Last practice 4/25...see you next season!

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

Swim Lessons are open for registration.



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

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.

\$69/month

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	