



POOL SCHEDULE

TWIN RIVERS YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective 3/3/19

Family Swim Times:

Sunday: 12:30pm-2:00pm

Monday: 7:30am-9:15am
10:15am-12:00pm
4:00pm-5:00pm

Tuesday: 5:00am-9:15am
10:15am-12:00pm
4:00pm-5:00pm

Wednesday: 7:30am-9:15am
10:15am-12:00pm
4:00pm-8:00pm

Thursday: 5:00am-9:15am
10:15am-12:00pm
4:00pm-8:00pm

Friday: 7:30am-9:15am
10:15am-12:00pm
4:00pm-8:00pm

Saturday: 7:30am-9:00am
12:00pm-4:00pm

Lap Lane Availability:

Sunday: 12:30pm-2:00pm (3)
2:00pm-4:30pm (1)

Monday: 7:30am-12:00pm (3)
4:00pm-5:00pm (3)

Tuesday: 5:00am-12:00pm (3)
4:00pm-5:00pm (3)
5:00pm-6:30pm (1)
7:20pm-8:00pm (3)

Wednesday: 7:30am-12:00pm (3)
4:00pm-8:00pm (3)

Thursday: 5:00am-12:00pm (3)
4:00pm-5:00pm (3)
5:00pm-8:00pm (2)

Friday: 7:30am-12:00pm (3)
4:00pm-5:00pm (2)
6:30pm-8:00pm (3)

Saturday: 7:30am-9:00am (3)
9:00am-12:15pm (1)
12:15pm-4:00pm (3)

Slide Times:

Sunday: 12:30pm-2:00pm

Monday: 7:30am-9:15am
10:15am-12:00pm
4:00pm-5:00pm

Tuesday: 5:00am-9:15am
10:15am-12:00pm
4:00pm-5:00pm

Wednesday: 7:30am-9:15am
10:15am-12:00pm
4:00pm-8:00pm

Thursday: 5:00am-9:15am
10:15am-12:00pm
4:00pm-5:00pm

Friday: 7:30am-9:15am
10:15am-12:00pm
4:00pm-5:00pm
6:30pm-8:00pm

Saturday: 7:30am-9:00am
12:15pm-4:00pm

To go past the black line and/or use the big slide, you must have on a green wrist band.

All swimmers under the age of 18 must wear a red wrist band until they have passed a swim test consisting of swimming 25 yards Front Crawl and treading water for 1 minute. They will then be issued a green wrist band.

All children ages 7 and under must have a parent within arms reach in the water with them until they are able to pass the swim test.



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WATER FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15am-10:15am Aqua Restore Dennis	9:15am-10:15am Aqua Restore Dennis	9:15am-10:15am Aqua Restore Dennis	9:15am-10:15am Aqua Restore Dennis	9:15-10:00am Aqua-Zumba Hadeel	
2:00pm-4:30pm Swim Lessons	5:00pm-8:00pm Swim Lessons	5:00pm-8:00pm Swim Lessons		5:00pm-8:00pm Swim Lessons		9:00AM-12:00PM Swim Lessons
	5:00pm-6:30pm Swim Team Renee				5:00pm-6:30pm Swim Team Renee	
	7:00pm-8:00pm Aquacise Tammi		7:00pm-8:00pm Aquacise Tammi			

Aqua Restore

Focuses on restoring movement and joint stability in the aquatic environment.

Aqua Zumba

Blends the fun of Zumba class with the low impact environment of the water to create a fun, high-energy class.

Swim Team:

If you're looking for a chance to test your swimming abilities and get lots of great exercise along the way, join the Y's metro Omaha swim team! Can you comfortably swim one length of a swimming pool, (25 yards)? Our coaches will provide you with careful instruction to make you a better swimmer, and swim meets give you a goal to shoot for. Try out for the swim team and make friends while giving your body one of the best exercises it could have!

TWIN RIVERS YMCA

6100 TWIN RIVERS CIRCLE · VALLEY NE 68064 · (402) 359-9622

YMCA Mission: "To put Christian principles into practice through programs that build healthy spirit, mind, and body for all."