



# POOL SCHEDULE

## TWIN RIVERS YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Effective 1/5/20

### Family Swim Times:

Sunday: 12:30-2:00pm

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

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

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

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

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

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

### Lap Lane Availability:

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

Monday: 7:30-9:15am (3)  
9:15-10:15am (2)  
10:15-12:00pm (3)  
4:00-5:00pm (3)  
5:00-8:00 (0)

Tuesday: 5:00-9:15am (3)  
9:15-10:15am (2)  
10:15-12:00pm (3)  
4:00-8:00pm (3)

Wednesday: 7:30-9:15am (3)  
9:15-10:15am (2)  
10:15-12:00pm (3)  
4:00-8:00pm (3)

Thursday: 5:00-9:15am (3)  
9:15-10:15am (2)  
10:15-12:00pm (3)  
4:00-5:00pm (3)  
5:00-6:30pm (0)  
6:30-8:00pm (1)

Friday: 7:30-9:15am (3)  
9:15-10:15am (2)  
10:15-12:00pm (3)  
4:00-5:30pm (3)  
5:30-7:30pm (0)  
7:30-8:00pm (3)

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

### Slide Times:

Sunday: 12:30-2:00pm

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

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

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

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

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

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

All swimmers under the age of 16 must stay behind the black line 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. To go past the black line and/or use the big slide, you **must** have on 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 <b>Aqua Restore</b> Dennis	9:15am-10:15am <b>Aqua Restore</b> Dennis	9:15am-10:15am <b>Aqua Restore</b> Dennis	9:15am-10:15am <b>Aqua Restore</b> Dennis	9:15-10:00am <b>Aqua-Zumba</b> Hadeel	
2:00pm-4:30pm <b>Swim Lessons</b>	5:00pm-8:00pm <b>Swim Lessons</b>			5:00pm-8:00pm <b>Swim Lessons</b>		9:00AM-12:00PM <b>Swim Lessons</b>
	5:30pm-7:00pm <b>Swim Team</b> Jeremy				5:30pm-7:00pm <b>Swim Team</b> Renee	
	7:00pm-8:00pm <b>Aquacise</b> Tammi		7:00pm-8:00pm <b>Aquacise</b> 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

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