



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## SARPY COMMUNITY YMCA

### Family Recreational Pool

Sunday	12:00pm—3:00pm
Mon—Fri	5:00am-8:00am
Mon/Weds	10:00am-6:00pm 7:45pm-9:30pm
Tues/Thurs	10:00am—5:30pm 8:00pm—9:30pm
Fri	10:00am—9:30pm
Sat	7:00am— 8:45pm 11:00am—4:30pm

All times are subject to change at any time.

*During times other than those listed, the pool is closed for YMCA swim lessons, swim team, or water exercise classes.*

### Lap Pool

Sunday	12:00pm—3:30pm	3 lanes
Mon-Fri	5:00am—8:00am	3 lanes
Mon	10:00am-4:30pm 8:30pm-9:30pm	3 lanes 3 lanes
Weds	10:00am—5:00pm 6:45pm—9:30pm	3 lanes 3 lanes
Tues/Thurs	10:00am-5:00pm 8:00pm-9:30pm	3 lanes 3 lanes
Fri	10:00am—4:30pm 6:00pm—9:30pm	3 lanes 3 lanes
Sat**	7:00am-8:00am 11:00am-4:30pm	3 lanes 3 lanes

If your child is under 8 please follow these guidelines:



- An adult (18 or older) in swim attire must remain in the same area of the pool at all times with children under 8.
- Ratio of 1 adult per 3 children under the age of 5. Adult must remain within arms distance of children.
- A swim test must be taken by all youth under the age of 18 in order to go past the rope or use the slide. In addition patrons must be 4 feet tall to use the slide.

\*\*Sat Sept 25th—Lap Swim will be 1:30-4:30pm due to swim team practice.



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# FALL AQUA FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM classes</b>					
8:00-8:45 Aquacise Lisa	8:00-8:45 Aquacise Barb	8:00-8:45 Aquacise Lisa	8:00-8:45 Aquacise Barb	8:00 – 8:45 Aquacise Lisa	8:00-8:45 Hydrofit Rhonda
9:00—9:45 Deep Water Kathy	9:00-9:45 Silver Splash Pam	9:00—9:45 Deep Water Kathy	9:00-9:45 Silver Splash Pam	9:00- 9:45 Deep Water Kathy	
<b>PM classes</b>					
5:15-6:00 Shallow Water Interval Rhonda		5:15-6:00 Water Interval Erin			 <p><b>CHECK IT OUT</b> We have free Y-Care for Members during all Aqua Fitness Classes</p>
6:00-6:45 Aquacise Barb		6:00-6:45 Aquacise Pam			
6:45-7:45 Youth Splash and Dash		6:45-7:45 Youth Splash and Dash			



## Members FREE

Non-Member Session price for 7 weeks

\$59.00/1 day

\$118.00/ 2 days

\$177.00/ 3 days

Choose which class and your session starts the week you sign up.

Sarpy YMCA ~ 1111 E First St. ~ Papillion, NE 68046 ~ August 30, 2010