



*We build strong kids, strong families, strong communities.*

### TWIN RIVERS YMCA

6100 Twin Rivers Circle, Valley, NE

(402) 359-9622

Summer 2010 (times subject to change)

	Adult Lap		Open/Family	Swimming Lessons	Water Fitness Classes
<b>Monday</b> 7:30am – 9:00pm	7:30 am-9:00 am 3 lanes 9:00 am-11:45 am 1 lane 11:45 am-5:15 pm 3 lanes	5:15 pm-8:00 pm 1 lane 8:00 pm-9:00 pm 3 lanes	7:30 am – 8:55 am 12:00 pm – 5:15 pm 8:00 pm – 9:00 pm	9:00 am-11:45 am 5:20 pm-8:00 pm	9:00 am-9:45 am Aquacise 7:00 pm-8:00 pm Aquacise
<b>Tuesday</b> 5:30am – 9:00pm	5:30 am-9:00 am 3 lanes 9:00 am-11:45 am 1 lane 11:45 am-5:15 pm 3 lanes	5:15 pm-8:00 pm 1 lane 8:00 pm-9:00 pm 3 lanes	5:30 am – 8:55 am 12:00 pm – 5:15 pm 8:00 pm – 9:00 pm	9:00 am-11:45 am 5:20 pm-8:00 pm	
<b>Wednesday</b> 7:30am – 9:00pm	7:30 am – 9:00 am 3 lanes 9:00 am – 11:45 am 1lane 11:45 am – 9:00 pm 3 lanes		7:30 am – 8:55 am 12:00 pm – 5:15 pm 8:00 pm – 9:00 pm	9:00 am – 11:45 am	9:00 am-9:45 am Aquacise 7:00 pm-8:00 pm Aquacise
<b>Thursday</b> 5:30am – 9:00pm	5:30 am – 9:00 am 3 lanes 9:00 am – 11:45 am 1 lane 11:45 am – 9:00 pm 3 lanes		5:30 am – 8:55 am 12:00 pm – 5:15 pm 8:00 pm – 9:00 pm	9:00 am – 11:45 am	
<b>Friday</b> 7:30am – 9:00pm	7:30am – 9:00pm 3 lanes		7:30 am – 9:00 pm	9:00 am – 11:45 am (make-up lessons)	
<b>Saturday</b> 7:00am – 9:00pm	7:00 am – 8:45 am 3 lanes 8:45 am – 12:00 am 1 lane 12:00 am – 5:30 pm 3 lanes		7:00 am – 8:55 am 12:00 pm – 5:30 pm	9:00 am – 11:45 am	
<b>Sunday</b> 12:30am – 5:00pm	12:30 pm – 5:00 pm 3 lanes		12:30 pm – 5:00 pm		