



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Northeast Pool Schedule

Winter /Spring 2019

402-434-9262

Effective January 25 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES
5:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	CLOSED	CLOSED
6:00 AM	Water Fit 5:30-6:15	Water Fit 5:30-6:15	Water Fit 5:30-6:15	Water Fit 5:30-6:15	Water Fit 5:30-6:15		
7:00 AM						Lap Swim	
8:00 AM	Water Fit 8:15-9:00	Water Fit 8:15-9:00	Water Fit 8:15-9:00	Aqua Yoga 8:15-9:00	Water Fit 8:15-9:00	Aqua Zumba 8:15-9:00	
9:00 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons* 9-12:00	
10:00 AM	Open Swim 10-11	Open Swim 10-11	Open Swim 10-11	Open Swim 10-11	Open Swim 10-11		Lap Swim
11:00 AM	Arthritis 11-11:30		Arthritis 11-11:30		Arthritis 11-11:30		Open Swim 11-3:30
Noon	Lap Swim		Lap Swim		Lap Swim		
1:00 PM	Open Swim 12-1		Open Swim 12-1		Open Swim 12-1	Boga Yoga* 12:15-1:15	
2:00 PM	Fit for Life 1-1:45pm	Fit for Life 1-1:45pm	Fit for Life 1-1:45pm	Fit for Life 1-1:45pm	Fit for Life 1-1:45pm	Open Swim 1:30-5:30	
3:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
4:00 PM	Open Swim 2-5:30	Open Swim 2-4:30	Open Swim 2-5:30	Open Swim 2-4:30	Open Swim 2-5:30		Water Fit 3:30-4:15
5:00 PM		Swim Lessons*		Swim Lessons*			
6:00 PM	Water Fit 5:45-6:30	Water Fit 5:45-6:30	Aqua Zumba 5:45-6:30	Water Fit 5:45-6:30	Water Fit 5:45-6:30		
7:00 PM	AI CHI 6:30-7:15		Swim Team *		Swim Team Sting Rays*		
8:00 PM	Open Swim 7:30-9:30	Open Swim 7:30-9:30	Open Swim 6:30-8:30	Open Swim 7:30-9:30	Open Swim 7:30-9:30	Pool & Sauna Closed@6:30	Pool & Sauna Closed@6:30
9:00 PM			Open Swim 8:30-9:30				

**LAP LANE AVAILABILITY REPRESENTED IN WHITE** Pool Guidelines: Pool and sauna close one half hour before the entire facility closes daily.

Schedule is subjected to change. \* Programs listed below run during specific dates.

Lifeguard Classes April 12-14th; April 26-28; May 10-12, May 17-19 Friday 7-9; Saturday 12-5; Sunday 10-12

\*BOGA Specialized Training - February 2nd - March 9th \* Ai Chi will not be held 2/4, 3/11, 3/18, 4/8, 5/20, 5/27

\*Swim lessons Sessions January 28th - March 10 and March 25-May 5 2019

\*Dolphin Swim Team Additional Practices January 22, 29; February 19, 21, 26 7-8:30pm

- Swim team are unable to practice at the high schools due to activity conflicts. Extra practices are not listed on the pool schedule. See Additional Practice Sign
- We reserve the right to schedule programs, rentals and special events. Signs will be posted in the pool area to notify members of these schedule changes.
- This is a multi-use pool. Please be respectful of all persons and programs using the facility. Please wear appropriate swimsuit/trunks.
- Be prepared to share lanes. Try to swim with people who have the same ability. Please respect other people's efforts.



# Northeast Gym Schedule

Winter/Spring 2019

402.434.9262

Effective January 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM						Closed	Closed
6:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
7:00 AM	Pickle ball 7 - 10*	Pickle ball 7 - 10*	Pickle ball 7 - 10*	Pickle ball 7 - 10*	Pickle ball 7 - 10*	Pickle ball 7 - 10*	
8:00 AM							
9:00 AM							
10:00 AM		Youth Gym 9:30- 10:15		Youth Gym 9:30- 10:15		ENERGY 10-11pm	Pickle ball
11:00 AM							
NOON	Y Members Drop In Adult Basketball 12:00 - 1:30			Y Members Drop In Adult Basketball 12:00 - 1:30			
1:00 PM						Open Gym	Open Gym
2:00 PM							
3:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
4:00 PM							
5:00 PM	Open Gym	Open Gym	Open Gym	4:30-7:45pm Gymnastics	Open Gym		
6:00 PM	TKD 6:00 - 8:30					TKD 6:00 - 9:30	
7:00 PM		ENERGY 7-8pm	TKD 6:00 - 9:30				
8:00 PM					Open Gym		
9:00 PM						Closed	Closed

## Gym Youth Policies

- No hanging on basketball rims
- No cursing, spitting, fighting, rough play or kicking basketballs/volleyballs. Be respectful of others using the facility
- Youth must be 9 years of age and older to be in the gym without a parent.
- No hard balls (baseballs, softballs, etc.) or weights can be used in the gymnasium unless during a scheduled class.

# ATTENTION ALL POOL USERS



## ADDITIONAL SWIM TEAM PRACTICES

There are dates throughout the year that our Dolphin Swim Team are unable to practice at

DATE	DAY	TIME
December 6, 11, 27	TUESDAY, THURSDAY	6:30PM-8:30PM
January 3	THURSDAY	6:30-8:30 PM
January 15, 22, 29	TUESDAY, THURSDAY	6:30-8:30PM
February 19, 21, 26	TUESDAY, THURSDAY	7 PM - 8:30 PM