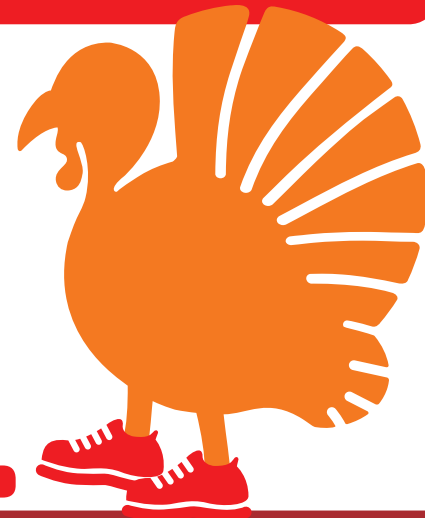




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FACILITY HOURS:
Nov. 23: 5:00 am – 1:00 pm
Nov. 24: 5:00 am – 9:00 pm

WE ARE THANKFUL



Thanksgiving Schedule: Thursday & Friday, November 23-24
SARPY YMCA

THANKSGIVING IS A FREE COMMUNITY DAY: BRING A FRIEND!
Members, refer a new membership to earn a FREE month! Ask for details & a referral form at the Welcome Center.

Nov. 23: POOL HOURS: 5:00 am-12:30 pm
Family Swim: 5:00 am-12:30 pm
Lap Lanes: 5:00 am-12:30 pm
Nov. 24: Family Swim: 10:30 am-8:30 pm
Lap Lanes: 5:00-7:50 am (3 lanes)
10:40 am-8:30 pm (3 lanes)

CHILDWATCH HOURS:
Nov. 23: Closed
Nov. 24: 8:00 am – 1:00 pm

GROUP EXERCISE CLASSES:

...November 23... Cycling: 7:00-8:00 am Bodycombat: 8:15-9:15 am Bodypump: 9:30-10:30 am	...November 24... Aqua Blast: 8:00-8:50 am Aqua Toning: 9:00-9:45 am Aqua Interval: 9:45-10:30 am Supercycle: 8:15-9:30 am Bodypump: 8:15-9:15 am STRONG by Zumba: 9:30-10:30 am Yoga: 10:40-11:40 am
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