



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CELEBRATING WITH YOU

Memorial Day Schedule:
Monday, May 28
SARPY YMCA

FACILITY HOURS:
5:00 am - 10:00 pm

**FREE COMMUNITY DAY:
BRING A FRIEND!**

POOL HOURS: 5:00 am-9:30 pm
Family Swim: 5:00-8:00 am,
9:30 am-9:30 pm
Lap Lanes: 5:00-8:00 am (3 lanes)
9:30 am-9:30 pm (3 lanes)

CHILDWATCH HOURS:
8:00 am-1:00 pm

GROUP EXERCISE CLASSES:

Aqua Party! with Mo: 8:00-9:30 am
Cycling with Jeff: 6:30-7:30 am
Transform with Sarah P: 7:30-8:30 am (Preschool)
Super Cycle with Allyssa: 8:00-9:30 am
Circuit with Autumn: 8:30-9:30 am (Gym)
BODYCOMBAT™ with Amanda: 8:30-9:30 am (Aerobic Studio)
BODYPUMP™ with Lexi/Jodi: 9:40-10:40 am (Aerobic Studio)