



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



COPPLE FAMILY YMCA

SWIMMING INDOOR POOL HOURS STARTING MAY 19-MAY 30, 2022

INDOOR POOL SCHEDULE

Features: 5 lap lanes, water slide, aqua track, leisure area, whirlpool
*Schedule may be altered on non school days. Please see holiday schedules in branch.

Day	Pool Usage Schedule	Aqua Track Schedule
Sunday 8:00 - 10:00 am 10:00 - 5:30 pm	Lap Swim/Adult Only Swim Recreational Swim	Adult Exercise Family Time
Monday 5:00 - 8:30 am 8:30 - 11:00 am 11:00 - 12:00 pm 12:00 - 8:30 pm	Lap Swim/Adult Only Swim Recreational Swim Lap Swim/Adult Only Swim Recreational Swim	Adult Exercise Family Time Adult Exercise Family Time
Tuesday 5:00 - 8:30 am 8:30 - 11:00 am 11:00 - 12:00 pm 12:00 - 8:30 pm	Lap Swim/Adult Only Swim Recreational Swim Lap Swim/Adult Only Swim Recreational Swim	Adult Exercise Adult Exercise Adult Exercise Family Time
Wednesday 5:00 - 8:30 am 8:30 - 11:00 am 11:00 - 12:00 pm 12:00 - 8:30 pm	Lap Swim/Adult Only Swim Recreational Swim Lap Swim/Adult Only Swim Recreational Swim	Adult Exercise Adult Exercise Adult Exercise Family Time
Thursday 5:00 - 8:30 am 8:30 - 11:00 am 11:00 - 12:00 pm 12:00 - 8:30 pm	Lap Swim/Adult Only Swim Recreational Swim Lap Swim/Adult Only Swim Recreational Swim	Adult Exercise Adult Exercise Adult Exercise Family Time
Friday 5:00 - 8:30 am 8:30 - 11:00 am 11:00 - 12:00 pm 12:00 - 8:30 pm	Lap Swim/Adult Only Swim Recreational Swim Lap Swim/Adult Only Swim Recreational Swim	Adult Exercise Family Time Adult Exercise Family Time
Saturday 7:00 - 8:30 am 8:30 - 10:00 am 10:00 - 5:30 pm	Lap Swim/Adult Only Swim Adult Only Lap Swim Recreational Swim	Adult Exercise Adult Exercise Family Time

What does it mean on the schedule?

Lap Swim/Adult Only Swim

3 lap lanes available. Members must be at least 15 years old or older to use the pool during adult only swim.

Recreational Swim

Open to members of the Lincoln YMCA and guests. 2 Lap lanes will be available to use for lap swimming during this time.

Adult Exercise

Adults must be at least 15 years of age to use the Aqua Track during this time.

Family Time

Open to all users. Users move with the current on the outside of the track and against the current on the inside of the track. Non-swimmers or anyone in a lifejacket MUST have an adult at least 16 years of age within arms reach of them while using the Aqua Track.

Lap Lane Cone Markers

We use a color coding system for pool users to quickly identify how a lap lane could be used.

- Yellow = Lap Swimming
- Orange = Recreational/Family Swimming
- Green = Water Exercise Class
- Blue = Y Programming

We also have a sign by the Aqua Track to identify if it is Family Time or Adult Time.

WHAT TO BRING

- TOWEL** Towels are not provided in our facility.
- GOGGLES/TOYS** The Y will not have extras to check out at this time.
- COAST GUARD APPROVED LIFEJACKET** The Y will not have lifejackets to check out at this time.

Pool length is 25 yards.
36 Laps (2 lengths = 1 lap) is one mile.
Water Temperature is 82-84 degrees.