



# Copple Family Indoor Pool Schedule

402-327-0037

Effective September 12 - November 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	CLOSED	CLOSED
6:00 AM	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim		
7:00 AM	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim		
8:00 AM	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim		
9:00 AM	Rec Swim   Lap Swim	Rec Swim   Lap Swim	Rec Swim   Lap Swim	Rec Swim   Lap Swim	Rec Swim   Lap Swim	Swim Lessons 8:30—11:00am	Adult Lap Swim
10:00 AM							
11:00 AM	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim		
Noon							
1:00 PM	Rec Swim   Lap Swim	Rec Swim   Lap Swim	Rec Swim   Lap Swim	Rec Swim   Lap Swim	Rec Swim   Lap Swim	Rec Swim   Lap Swim	Rec Swim   Lap Swim
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM		Swim Lessons 4:30-7:00pm	Swim Lessons 4:30-7:00pm				
6:00 PM						Pool Closed@5:30	Pool Closed@5:30
7:00 PM		Rec Swim   Lap Swim	Rec Swim   Lap Swim				
8:00 PM							
<b>Pool Closed @ 8:30PM M-F</b>							

**WHAT TO BRING**

TOWELS - Towels are not provided in our facility.  
 COAST GUARD APPROVED LIFEJACKETS - The Y will have limited lifejackets to hand out.

**Adult Swim**

Swimmers must be at least 15 years old or older to use the pool during adult swim.

**Swim Lessons**

Spectators will be allowed to observe from designated areas in the lobby.

**Recreational Swim**

Open to members and guests of the YMCA. 2-3 Lap Lanes will be available to use for lap swimming during this time. Must be 9 years or older to use facility alone.

Times highlighted in Orange are adult swim only

For more information on these activities, please visit our website [www.ymcalincn.org](http://www.ymcalincn.org) the front desk.