



# Cooper Indoor Pool Schedule

402-323-6400

Effective September 12–November 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES
5:00 AM	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	CLOSED	CLOSED
6:00 AM		Water Fit 5:30—6:15		Water Fit 5:30—6:15			
7:00 AM						Adult Lap Swim	
8:00 AM			Water Fit 8:00–8:45		Water Fit 8:00–8:45	Water Fit 8:00–8:45	
9:00 AM	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim	Rec Swim
10:00 AM						Swim Lessons 9:30—11:40	
11:00 AM							
Noon	Fit for Life 12:00–1:00		Fit for Life 12:00–1:00		Fit for Life 12:00–1:00		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Swim Lessons 4:45–6:55		Stingray Swim Club 4:30—5:30 pm	Swim Lessons 4:30—6:40	Stingray Swim Club 4:30—5:30 pm		
6:00 PM	Water Fit 5:30–6:15				Water Fit 5:30–6:15		
7:00 PM						POOL CLOSED @ 5:30	POOL CLOSED @ 5:30
8:00 PM							

POOL CLOSED @ 8:30PM M-F

**WHAT TO BRING**

- TOWELS - Towels are not provided in our facility.
- GOGGLES/TOYS - The Y will not have extras to hand out at this time.
- COAST GUARD APPROVED LIFEJACKETS - The Y will not have lifejackets to hand out at this time.

**MEMBER TRAFFIC FLOW**

- Members are encouraged to come in their swim suits.
- A safety/cleaning break will be called each hour.

Time highlighted in **YELLOW** are adult swim only 18yrs +

For more information on these activities, please consult the YMCA Program Brochure or visit our website [www.ymcaincoln.org](http://www.ymcaincoln.org)  
[CLICK HERE](#) or can be found at [ymcaincoln.org](http://ymcaincoln.org)

The **ORANGE** line indicates safety breaks. These are done 10 minutes before the hour. Anyone under the age of 18 must clear the pool.

**Swim Lessons**

Spectators will be allowed to observe from designated areas on the pool deck. We also invite guardians and family members to utilize our Main and Youth gyms, main lobby, wellness center, and weight room.

**Lap Swim**

Lap swim only is available 5am to 9am on weekdays, 7am to 9am Saturday, and 8 am to 9 am Sunday. There will be a lap lane available at all times except for during YMCA activities.

**Recreational Swim**

Open to members and guests of the YMCA. 1 Lap lane will be available to use for lap swimming during this time. Must be 9 years or older to use facility alone. Please maintain social distancing when possible.

**-SLIDE AVAILABLE DURING OPEN SWIM 1-3pm & 4pm-6pm**