



COOPER YMCA GYM SCHEDULE

ymcalincoln.org

MAIN GYM

SUNDAY

8:00 - 10:00am	Open Gym
10:00am - 12:00pm	Pickleball
12:00 - 6:00pm	Open Gym

MONDAY

5:00 - 7:00am	Open Gym
7:00am - 11:00am	Pickleball
11:00am - 9:00pm	Open Gym

TUESDAY

5:00am - 9:00pm	Open Gym
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WEDNESDAY

5:00 - 7:00am	Open Gym
7:00am - 11:00am	Pickleball
11:00am - 9:00pm	Open Gym

THURSDAY

5:00am - 9:00pm	Open Gym
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FRIDAY

5:00 - 7:00am	Open Gym
7:00 - 11:00am	Pickleball
11:00am - 9:00pm	Open Gym

SATURDAY

7:00 - 10:00am	Pickleball
10:00am - 6:00pm	Open Gym

YOUTH GYM

SUNDAY

8:00am - 6:00pm	Open Gym
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MONDAY/TUESDAY/WEDNESDAY/THURSDAY

5:00 - 9:30am	Open Gym
9:30 - 10:00am	Preschool
10:00am - 4:45pm	Open Gym
4:45 - 8:30pm	Gymnastics
8:30 - 9:00pm	Open Gym

FRIDAY

5:00 - 9:30am	Open Gym
9:30 - 10:00am	Preschool
10:00am - 9:00pm	Open Gym

SATURDAY

7:00am - 6:00pm	Open Gym
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THINGS TO KNOW

- Play safely, and be considerate of others. No profanity, fighting, yelling, or unsportsmanlike conduct.
- No hanging on basketball rims or nets.
- Shirts are required at all times.
- Please secure your personal belongings in a locker. The YMCA is not responsible for personal injury or for lost, damaged, or stolen items.
- YMCA Youth Policy applies. In all cases, youth must be 9 years or older to be in any YMCA facility without a guardian. Please review all other Youth Policies for facility access.
- All schedules are subject to change. The YMCA reserves the right to schedule programs, rentals, and special events, and will make every effort to notify members of any schedule changes.

WHAT TO BRING

- Gym Equipment – Limited basketballs, volleyballs, and Pickleball equipment will either be available in the gyms or at the Front Desk for check-out
- Water Bottles – Other beverages and food not permitted while using the Gym
- Towels