



# COPPLE FAMILY YMCA GYM SCHEDULE

ymcalincoln.org

## YMCA Gym #1

### SUNDAY

8:00am - 6:00pm Open Gym

### MONDAY

5:00 - 11:00am Open Gym  
11:00am - 12:00pm Open Gym/Homeschool Gym\*  
12:00 - 2:00pm Open Gym/Pickleball  
4:15 - 8:00pm Open Gym/Gymnastics\*  
8:00 - 9:00pm Open Gym

### TUESDAY

5:00 - 8:00am Open Gym  
8:00 - 9:30am Open Gym/Pickleball  
9:30am - 9:00pm Open Gym

### WEDNESDAY

5:00 - 11:00am Open Gym  
11:00am - 12:00pm Open Gym/Homeschool Gym\*  
12:00 - 2:00pm Open Gym/Pickleball  
2:00 - 7:00pm Open Gym  
7:00 - 9:00pm Volleyball

### THURSDAY

5:00 - 8:00am Open Gym  
8:00 - 9:30am Open Gym/Pickleball  
9:30am - 7:30pm Open Gym  
7:30 - 9:00pm Volleyball

### FRIDAY

5:00 - 8:30am Open Gym  
8:30 - 10:00am Pickleball Lessons\*  
12:00 - 2:00pm Open Gym/Pickleball  
2:00 - 9:00pm Open Gym

### SATURDAY

7:00 - 8:15am Open Gym  
8:15 - 11:45am Open Gym/Gymnastics\*  
11:45am - 6:00pm Open Gym

## Gym #2 (East Gym)

### SUNDAY

8:00am - 1:00pm Open Gym/Pickleball  
1:00 - 6:00pm Open Gym

### MONDAY/WEDNESDAY/FRIDAY

5:00 - 7:00am Open Gym  
7:00am - 5:30pm Closed for school use only  
5:30 - 9:00pm Open Gym

### TUESDAY/THURSDAY

5:00 - 7:00am Open Gym  
7:00am - 5:30pm Closed for school use only  
5:30 - 7:00pm Open Gym  
7:00 - 8:30pm Open Gym/Pickleball  
8:30 - 9:00pm Open Gym

### SATURDAY

7:00am - 6:00pm Open Gym

YMCA Youth Sports clinics may be scheduled in the East Gym periodically. Please watch for signs indicating when the gym will be closed.

## Gym #3 (Big Gym)

### SUNDAY

8:00am - 6:00pm Open Gym

### MONDAY - FRIDAY

5:00 - 7:00am Open Gym  
7:00am - 4:30pm Closed for school use only  
4:30 - 9:00pm Open Gym

### SATURDAY

7:00am - 6:00pm Open Gym

Moore Middle School intramurals will be scheduled periodically on Saturday mornings. Please watch for signs indicating the gym will be closed.

## 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.
- \* This is a fee based class

## 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