



Copple Family YMCA Pool Schedule

Effective January 19–March 5

REC/OPEN SWIM
 YMCA PROGRAMMING
 GROUP EXERCISE CLASS
 LAP SWIM

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--|--|--|--|--|---|--|
| 5:00AM | | | | WATERFIT COMBO 5:30-6:15AM | WATERFIT COMBO 5:30-6:15AM | CLOSED | CLOSED |
| 6:00AM | ADULT LAP SWIM 5:00AM-8:30AM | ADULT LAP SWIM 5:00AM-8:30AM | ADULT LAP SWIM 5:00AM-8:30AM | ADULT LAP SWIM 5:00AM-8:30AM | ADULT LAP SWIM 5:00AM-8:30AM | | |
| 7:00AM | | | | | | ADULT LAP SWIM 7:00-8:30AM | |
| 8:00AM | | | | | | | |
| 9:00AM | REC/OPEN SWIM 8:30-11:00AM LAP SWIM | REC/OPEN SWIM 8:30-11:00AM LAP SWIM | REC/OPEN SWIM 8:30-11:00AM LAP SWIM | REC/OPEN SWIM 8:30-11:00AM LAP SWIM | REC/OPEN SWIM 8:30-11:00AM LAP SWIM | SWIM LESSONS 8:30-11:00AM | ADULT LAP SWIM 8:00-10:00AM |
| 10:00AM | | | | | | | |
| 11:00AM | ADULT LAP SWIM 11:00AM-12:00PM | WATERFIT COMBO 11:00-11:45AM ADULT LAP SWIM 11:00AM-12:00PM | ADULT LAP SWIM 11:00AM-12:00PM | WATERFIT COMBO 11:00-11:45AM ADULT LAP SWIM 11:00AM-12:00PM | ADULT LAP SWIM 11:00AM-12:00PM | LAP SWIM | LAP SWIM |
| 12:00PM | | | | | | | |
| 1:00PM | REC/OPEN SWIM 12:00-8:30PM LAP SWIM | REC/OPEN SWIM 12:00-4:00PM LAP SWIM | REC/OPEN SWIM 12:00-4:00PM LAP SWIM | REC/OPEN SWIM 12:00-8:30PM LAP SWIM | REC/OPEN SWIM 12:00-8:30PM LAP SWIM | REC/OPEN SWIM 11:00AM-5:30PM LAP SWIM | REC/OPEN SWIM 10:00AM-5:30PM LAP SWIM |
| 2:00PM | | | | | | | |
| 3:00PM | | | | | | | |
| 4:00PM | WATERFIT COMBO 4:30-5:15PM | | | WATERFIT COMBO 4:30-5:15PM | | | |
| 5:00PM | WATERFIT COMBO 5:30-6:15PM LAP SWIM | SWIM LESSONS 4:00-7:00PM LAP SWIM | SWIM LESSONS 4:00-7:00PM LAP SWIM | WATERFIT COMBO 5:30-6:15PM LAP SWIM | WATERFIT COMBO 5:30-6:15PM LAP SWIM | | |
| 6:00PM | | | | | | POOL CLOSURES AT 5:30PM SATURDAY & SUNDAY | |
| 7:00PM | REC/OPEN SWIM | REC/OPEN SWIM | REC/OPEN SWIM | | REC/OPEN SWIM 12:00-8:30PM | | |
| 8:00PM | POOL CLOSURES AT 8:30PM MONDAY-FRIDAY | | | | | | |

THINGS TO KNOW

- Click [here](#) for Indoor Pool Guidelines.
- [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.
- Members must be at least 18 years old to use the pool during Adult Water Walking/Fitness.
- Members of all ages are welcome during recreational swim times.
- 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

Towels, pad lock, goggles, Coast Guard approved life jacket, and toys.

UPCOMING YMCA PROGRAMS:

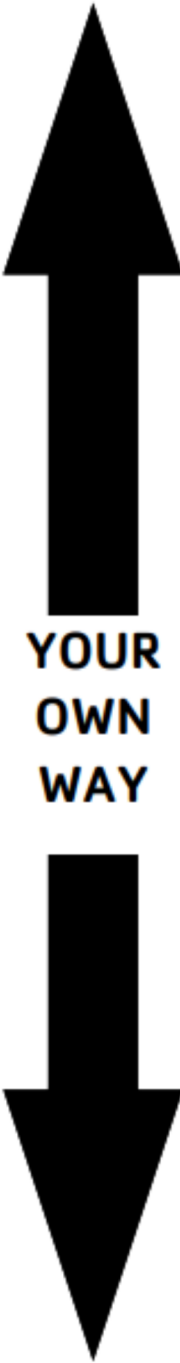
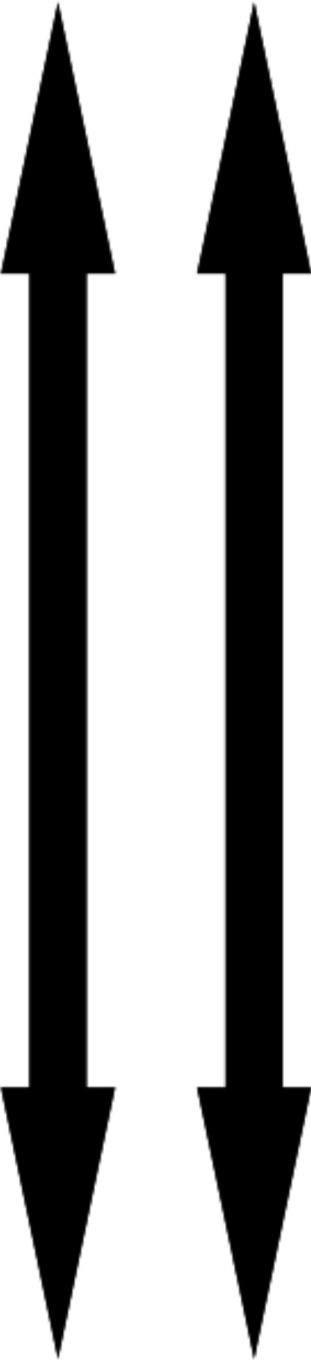
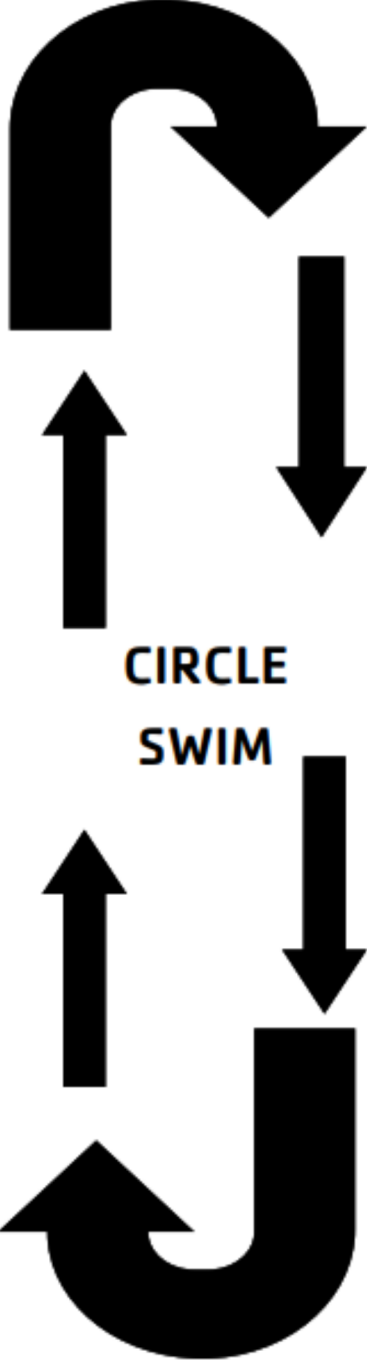
Swim Challenge- February 1st - March 31st

Swim Lessons:

January 23rd- March 5th

March 20th- April 30th

LAP SWIMMING ETIQUETTE

| ONE SWIMMER | TWO SWIMMERS | THREE SWIMMERS |
|---|--|--|
|  <p data-bbox="224 947 360 1123">YOUR OWN WAY</p> |  |  <p data-bbox="1242 961 1404 1087">CIRCLE SWIM</p> |

THINGS TO KNOW

- Please be respectful of your fellow Y Friends.
- We understand our pool at times can be busy, our goal is to meet as many people's needs as possible.
- Try to swim with people who have the same ability and let them know you are entering the lane.
- Be cautious and courteous. Do not start directly in front or behind someone approaching the wall for a turn, give them room.
- With two or more swimmers in a lane, use the circle swim pattern (it's like driving, keep to the right).
- Adult Lap Swim is designated for 18+.
- We use lap lane cones to communicate different activities in the pool. Red – Open/Rec Swim, Yellow – Adult Lap Swim, Green – YMCA Group Exercise Class, Blue – YMCA Programming.