

COPPLE FAMILY YMCA

GYM SCHEDULE

ymcalincoln.org

YMCA Gym #1

SUNDAY

8:00am – 6:00pm Open Gym

MONDAY

5:00am – 12:00pm Open Gym
12:00 – 2:00pm Open Gym/**Pickleball**
2:00 – 4:00pm Open Gym
4:00–7:45pm Open Gym/Gymnastics*
7:45 – 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

5:00am – 12:00pm Open Gym
12:00 – 2:00pm Open Gym/**Pickleball**
2:00 – 4:00pm Open Gym
4:00–7:45pm Open Gym/Gymnastics*
7:45 – 9:00pm Volleyball

THURSDAY

5:00 – 8:00am Open Gym
8:00 – 9:30am Open Gym/**Pickleball**
9:30am – 7:00pm 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 – 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 Day Camp use only
5:30 – 9:00pm Open Gym

TUESDAY/THURSDAY

5:00 – 7:00am Open Gym
7:00am – 5:30pm Closed for Day Camp 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 Open Gym/Day Camp use*
4:30 – 9:00pm Open Gym

SATURDAY

7:00am – 6:00pm Open Gym

*In case of bad weather, Summer Day Camp will utilize a portion of this gym. Please watch for signs indicating usage.

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