



COOPER YMCA GYM SCHEDULE

ymcalincoln.org

MAIN GYM

SUNDAY

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

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

YOUTH GYM

SUNDAY

8:00am - 6:00pm Open Gym

MONDAY/TUESDAY/WEDNESDAY/THURSDAY

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

FRIDAY

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

SATURDAY

7:00am - 6:00pm Open Gym

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