



Cooper YMCA Pool Schedule

Effective September 11–November 19

REC/OPEN SWIM YMCA PROGRAMMING GROUP EXERCISE CLASS LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES
5:00AM	ADULT LAP SWIM 5:00–9:00AM	ADULT LAP SWIM 5:00–9:00AM	ADULT LAP SWIM 5:00–9:00AM	ADULT LAP SWIM 5:00–9:00AM	ADULT LAP SWIM 5:00–9:00AM		CLOSED
6:00AM		WATERFIT COMBO 5:30–6:15AM		WATERFIT COMBO 5:30–6:15AM			
7:00AM						ADULT LAP SWIM 7:00–8:45AM	
8:00AM	WATERFIT COMBO 8:00–8:45AM	WATERFIT COMBO 8:00–8:45AM		WATERFIT COMBO 8:00–8:45AM	WATERFIT COMBO 8:00–8:45AM		ADULT LAP SWIM 8:00–9:00AM
9:00AM						SWIM LESSONS 9:15–11:45AM	
10:00AM	REC/OPEN SWIM 9:00AM–12:00PM	REC/OPEN SWIM 9:00AM–12:00PM	REC/OPEN SWIM 9:00AM–12:00PM	REC/OPEN SWIM 9:00AM–12:00PM	REC/OPEN SWIM 9:00AM–12:00PM		REC/OPEN SWIM 9:00AM–5:30PM
11:00AM							
12:00PM	FIT FOR LIFE 12:00–1:00PM		FIT FOR LIFE 12:00–1:00PM		FIT FOR LIFE 12:00–1:00PM		
1:00PM						REC/OPEN SWIM 11:45AM–5:30PM	
2:00PM	REC/OPEN SWIM 1:00–4:30PM		REC/OPEN SWIM 1:00–4:30PM	REC/OPEN SWIM 1:00–4:15PM	REC/OPEN SWIM 1:00–4:30PM		
3:00PM							
4:00PM	SWIM LESSONS 4:30–6:55PM	REC/OPEN SWIM 1:00–8:30PM	STINGRAYS 4:30–5:30PM	SWIM LESSONS 4:15–6:40PM	STINGRAYS 4:30–5:30PM		
5:00PM	WATERFIT COMBO 5:30–6:15PM				WATERFIT COMBO 5:30–6:15PM		
6:00PM			REC/OPEN SWIM 5:30–8:30PM		REC/OPEN SWIM 5:30–8:30PM		
7:00PM	REC/OPEN SWIM 6:55–8:30PM			REC/OPEN SWIM 6:40–8:30PM			
8:00PM							

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.
- Safety Checks will be performed on weekends from 12:00–5:00pm, Out of School Days, and during times of increased patron load. Safety Checks are 10 minute intervals that take place at the end of the hour.

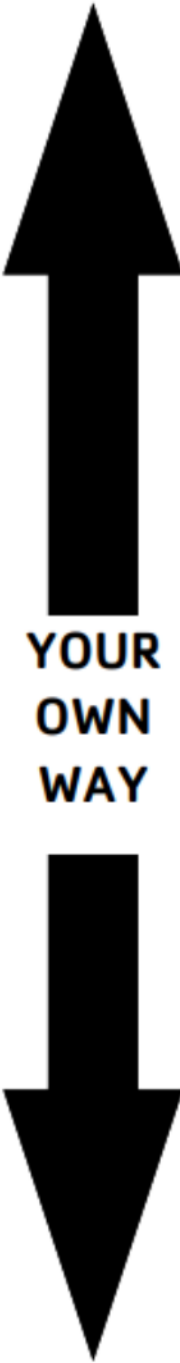

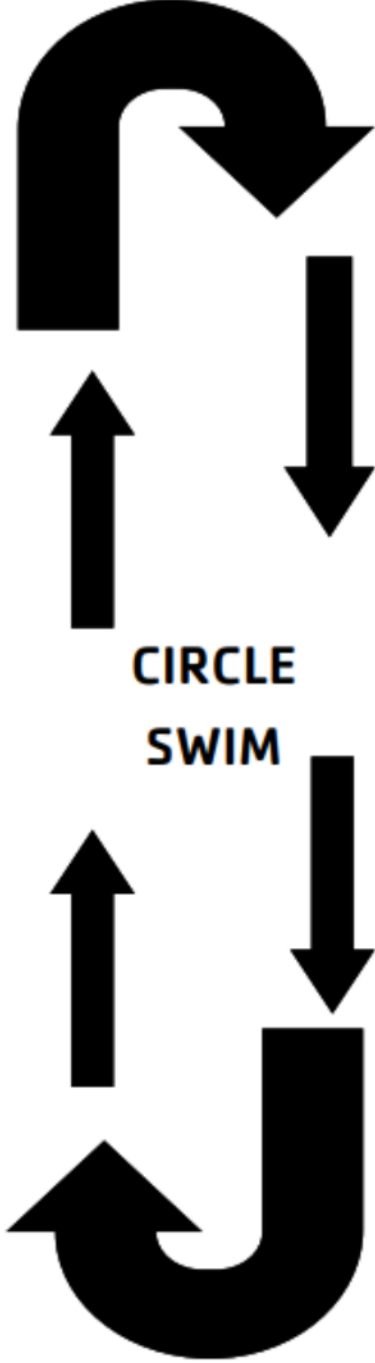
WHAT TO BRING

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

UPCOMING YMCA PROGRAMS:

Cooper YMCA | 6767 S 14th St | 402-323-6400

LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p>YOUR OWN WAY</p>		 <p>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+.
- Outside of Lap Swim only times, there will be one lap lane available with the exception of when YMCA programs are in progress.