



# Copple Family YMCA Indoor Pool Schedule

## Effective March 18th-April 28th

REC/OPEN SWIM
  YMCA PROGRAMMING
  GROUP EXERCISE CLASS
  LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM						CLOSED	CLOSED
6:00AM	ADULT LAP SWIM 5:00-8:30AM	ADULT LAP SWIM 5:00-8:30AM	WATERFIT COMBO 5:30-6:15AM ADULT LAP SWIM 5:00-8:30AM	ADULT LAP SWIM 5:00-8:30AM	ADULT LAP SWIM 5:00-8:30AM		
7:00AM						ADULT LAP SWIM 7:00-8:15AM	
8:00AM							ADULT LAP SWIM 8:00-10:00AM
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	GROUP SWIM LESSONS 8:15-10:45AM	
10:00AM							
11:00AM	ADULT LAP SWIM 11:00-12:00PM	WATERFIT COMBO 11:00-11:45AM ADULT LAP SWIM 11:00-12:00PM	ADULT LAP SWIM 11:00-12:00PM	WATERFIT COMBO 11:00-11:45AM ADULT LAP SWIM 11:00-12:00PM	WATERFIT COMBO 11:00-11:45AM ADULT LAP SWIM 11:00-12:00PM		
12:00PM							
1:00PM							
2:00PM	REC/OPEN SWIM 12:00-8:30PM LAP SWIM	REC/OPEN SWIM 12:00-4:45PM LAP SWIM	REC/OPEN SWIM 12:00-4:45PM LAP SWIM	REC/OPEN SWIM 12:00-8:30PM LAP SWIM	REC/OPEN SWIM 12:00-8:30PM LAP SWIM	REC/OPEN SWIM 10:45AM-5:30PM LAP SWIM	REC/OPEN SWIM 10:00AM-5:30PM LAP SWIM
3:00PM							
4:00PM							
5:00PM	WATERFIT COMBO 4:30-5:15PM LAP SWIM WATERFIT COMBO 5:30-6:15PM	GROUP SWIM LESSONS 4:45-7:15PM LAP SWIM	GROUP SWIM LESSONS 4:45-7:15PM LAP SWIM	WATERFIT COMBO 4:30-5:15PM LAP SWIM WATERFIT COMBO 5:30-6:15PM	AQUA ZUMBA 5:30-6:15PM LAP SWIM		
6:00PM							
7:00PM	REC/OPEN SWIM 12:00-8:30PM	REC/OPEN SWIM 7:15-8:30PM	REC/OPEN SWIM 7:15-8:30PM	REC/OPEN SWIM 12:00-8:30PM	REC/OPEN SWIM 12:00-8:30PM	POOL CLOSES AT 5:30PM	POOL CLOSES AT 5:30PM
8:00PM	POOL CLOSES 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.
- Safety Checks will be performed on weekends from 10:00-5:00pm, 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.

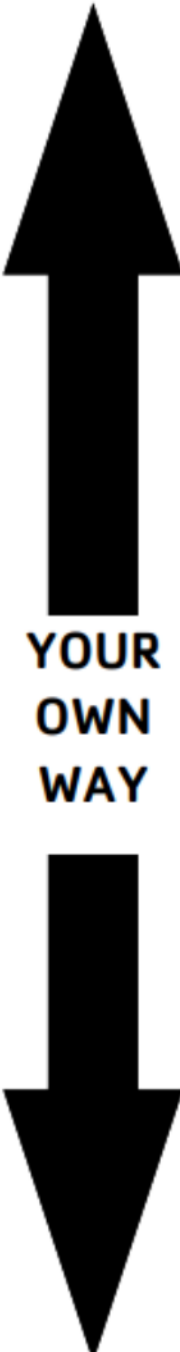

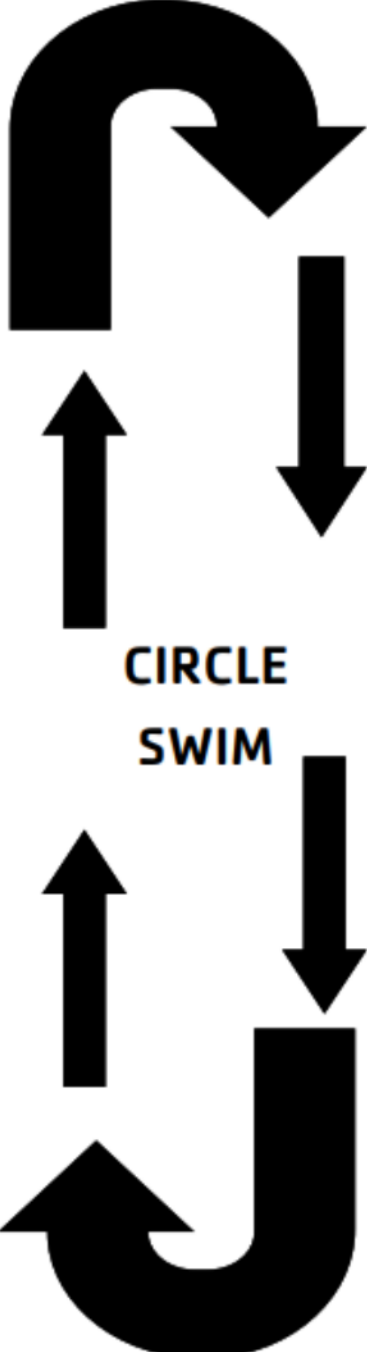
### UPCOMING YMCA PROGRAMS:

SUMMER (PM) Group Lessons

April 29th-May 19th  
Tuesday & Wednesdays

Registration  
April 16th/April 18th

# LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p data-bbox="227 945 357 1123"><b>YOUR OWN WAY</b></p>		 <p data-bbox="1242 955 1404 1081"><b>CIRCLE SWIM</b></p>

## THINGS TO KNOW

- We try to have two lap lanes available at all times for adult swim.
- 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.

