



Copple Family YMCA Indoor Pool Schedule

July 15th – July 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 7:00AM-10:00AM	ADULT LAP SWIM 8:00-10:00AM
8:00AM							
9:00AM	GROUP SWIM LESSONS 8:30-10:45AM LAP SWIM	GROUP SWIM LESSONS 8:30-10:45AM LAP SWIM	GROUP SWIM LESSONS 8:30-10:45AM LAP SWIM	GROUP SWIM LESSONS 8:30-10:45AM LAP SWIM	REC/OPEN SWIM 8:30-11:00AM LAP SWIM		
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 10:00AM-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	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	AQUA ZUMBA 5:30-6:15PM LAP SWIM		
6:00PM	WATERFIT COMBO 5:30-6:15PM			WATERFIT COMBO 5:30-6:15PM			
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:

Group Swim Lesson's

Morning's

July 22nd-August 1st

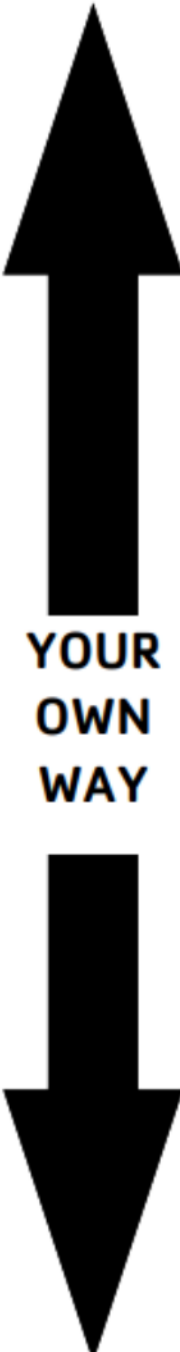

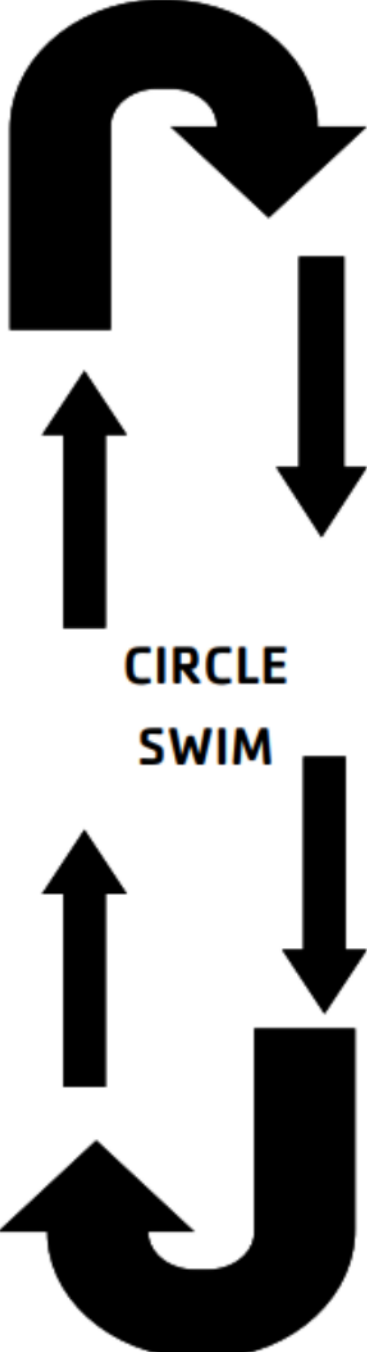
Registration Dates: July 9th/July 11th

Fall A

September 9-October 13th

Registration Dates: October 1/ October 3rd

LAP SWIMMING ETIQUETTE

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

