



COPPLE FAMILY YMCA GYM SCHEDULE

ymcalincoln.org

YMCA Gym #1

SUNDAY

8:00am - 6:00pm Open Gym

MONDAY

5:00 - 8:00am Open Gym
8:00 - 11:00am Open Gym/Pickleball
11:00am - 12:00pm Open Gym
12:00 - 2:00pm Open Gym/Pickleball
2:00 - 4:00pm Open Gym
4:00 - 7:30pm Open Gym/Gymnastics*
7:30 - 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 - 7:30pm Open Gym/Gymnastics*
7:30 - 9:00pm Volleyball

THURSDAY

5:00 - 8:00am Open Gym
8:00 - 9:30am Open Gym/Pickleball
9:30am - 7:00pm Open Gym
7:00 - 9:00pm Volleyball

FRIDAY

5:00am - 12:00pm Open Gym
12:00 - 2:00pm Open Gym/Pickleball
2:00 - 9:00pm Open Gym

SATURDAY

7:00am - 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 Summer Day Camp use
5:30 - 9:00pm Open Gym

TUESDAY/THURSDAY

5:00 - 7:00am Open Gym
7:00am - 5:30pm Closed for Summer Day Camp use
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 and Moore Middle School activities 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

5:00am - 9:00pm Open Gym

SATURDAY

7:00am - 6:00pm Open Gym

Moore Middle School/YMCA activities may be scheduled in the Big Gym periodically. Please watch for signs indicating when the gym will be closed.

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