



# Copple Family YMCA Outdoor Pool Schedule

August 19th - Sep 1st

ADULT LAP SWIM
  YMCA PROGRAMMING
  GROUP EXERCISE CLASS
  OPEN SWIM
  SAFETY BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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	CLOSED	
6:00AM								
7:00AM								
8:00AM								
9:00AM						<b>OUTDOOR POOL CLOSED 9:00AM-4:00PM</b>	ADULT LAP SWIM 7:00AM-12:00PM	ADULT LAP SWIM 8:00AM-12:00PM
10:00AM								
11:00AM								
12:00PM	OPEN SWIM	OPEN SWIM						
1:00PM	OPEN SWIM	OPEN SWIM						
2:00PM	OPEN SWIM	OPEN SWIM						
3:00PM	OPEN SWIM	OPEN SWIM						
4:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		OPEN SWIM	
5:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		OPEN SWIM	OPEN SWIM
6:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		<b>POOL CLOSES AT 5:20PM SATURDAY &amp; SUNDAY</b>	
7:00PM	<b>POOL CLOSES FOR OPEN SWIM AT 6:50PM MONDAY-FRIDAY</b>							
8:00PM	<b>ADULT LAP SWIM 7:00PM-8:15PM</b>							

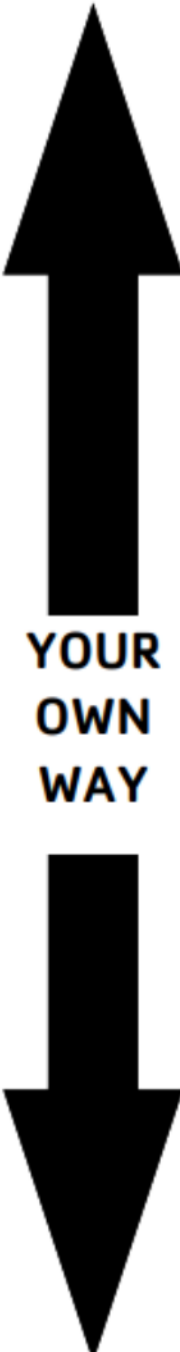

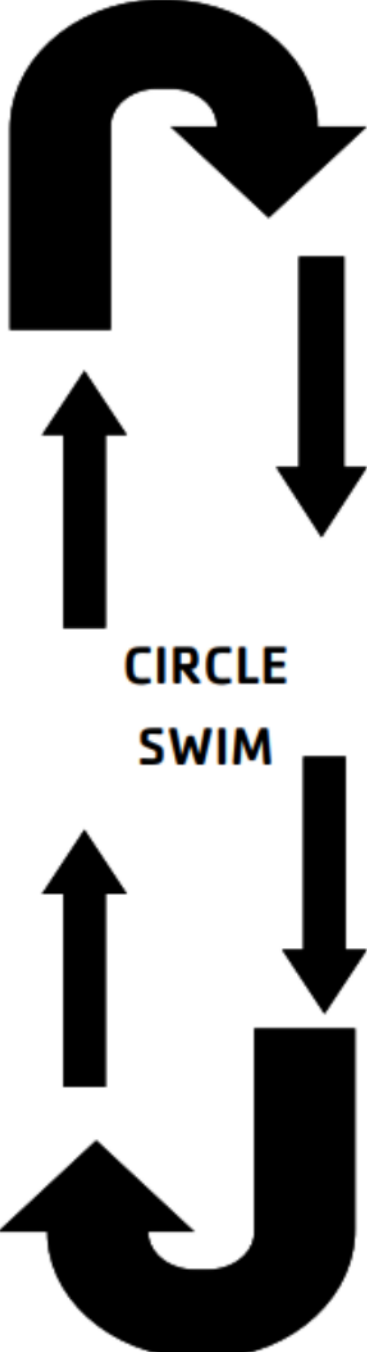
## THINGS TO KNOW

- Click [here](#) for Outdoor Pool Guidelines.
- YMCA Youth Policy applies. No one under the age of nine will be allowed unless accompanied by a parent/guardian.
- Only YMCA of Lincoln Adult and Household Membership levels may use the Outdoor Pool.
- Safety breaks are done 10 minutes before the hour. Anyone under the age of 18 must clear the pool.
- Adult Lap Swim is only for those 14 years of age and older.
- 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

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

# 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+.
- We use lap lane cones to communicate different activities in the pool. Orange – Open/Rec Swim, Yellow – Adult Lap Swim, Green – YMCA Group Exercise Class, Blue – YMCA Programming.