



Cooper YMCA Outdoor Pool Schedule

Effective August 11th-September 4

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							
10:00AM	CLOSED					ADULT LAP SWIM 7:00AM-12:00PM	ADULT LAP SWIM 8:00AM-12:00PM
11:00AM							
12:00PM							
1:00PM						OPEN SWIM	OPEN SWIM
2:00PM						OPEN SWIM	OPEN SWIM
3:00PM						OPEN SWIM	OPEN SWIM
4:00PM						OPEN SWIM	OPEN SWIM
5:00PM						OPEN SWIM	OPEN SWIM
6:00PM						OPEN SWIM	OPEN SWIM
7:00PM						ADULT LAP SWIM 7:00 - 8:15PM	
8:00PM							

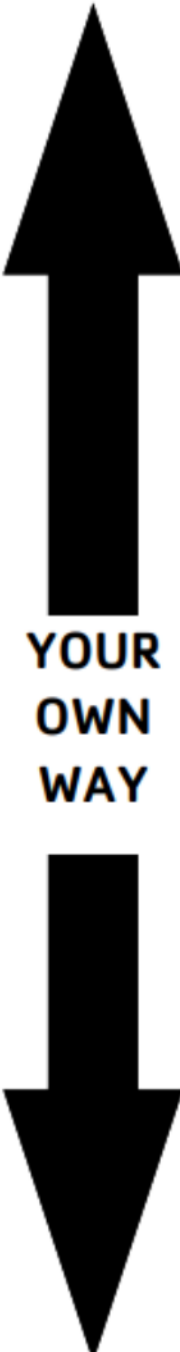

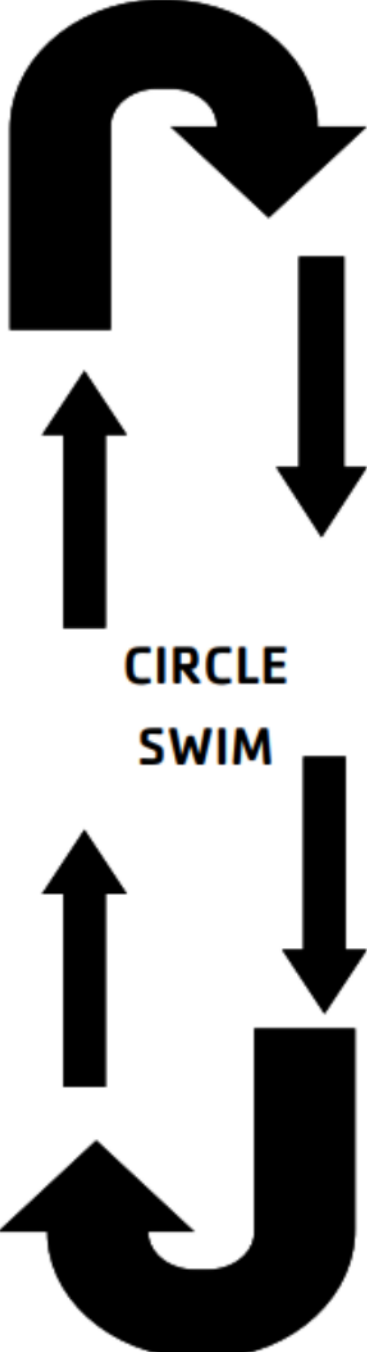
THINGS TO KNOW

- 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 data-bbox="228 947 360 1125">YOUR OWN WAY</p>		 <p data-bbox="1240 961 1406 1087">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.