



Copple Family YMCA Indoor Pool Schedule

Sep 9th- Nov 17th

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 5:00-9:00AM	ADULT LAP SWIM 5:00-9:00AM	WATERFIT COMBO 5:30-6:15AM ADULT LAP SWIM 5:00-9:00AM	ADULT LAP SWIM 5:00-9:00AM	ADULT LAP SWIM 5:00-9:00AM		
7:00AM						ADULT LAP SWIM 7:00AM-8:15AM	
8:00AM							ADULT LAP SWIM 8:00-10:00AM
9:00AM	REC/OPEN SWIM 9:00-11:00AM	REC/OPEN SWIM 9:00-11:00AM	REC/OPEN SWIM 9:00-11:00AM	REC/OPEN SWIM 9:00-11:00AM	REC/OPEN SWIM 9:00-11:00AM	GROUP SWIM LESSON'S 8:15AM-10:40AM	
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	REC/OPEN SWIM 12:00-4:45PM	REC/OPEN SWIM 12:00-4:45PM	REC/OPEN SWIM 12:00-8:30PM	REC/OPEN SWIM 12:00-8:30PM	REC/OPEN SWIM 10:45AM-5:30PM	REC/OPEN SWIM 10:00AM-5:30PM
3:00PM							
4:00PM							
5:00PM	WATERFIT COMBO 4:30-5:15PM	GROUP SWIM LESSON'S 4:45PM-7:10PM	GROUP SWIM LESSON'S 4:45PM-7:10PM	WATERFIT COMBO 4:30-5:15PM	AQUA ZUMBA 5:30-6:15PM		
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 7:10-8:30PM	REC/OPEN SWIM 7:10-8:30PM	REC/OPEN SWIM 12:00-8:30PM	REC/OPEN SWIM 12:00-8:30PM	POOL CLOSING AT 5:30PM	POOL CLOSING AT 5:30PM
8:00PM	POOL CLOSING 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:

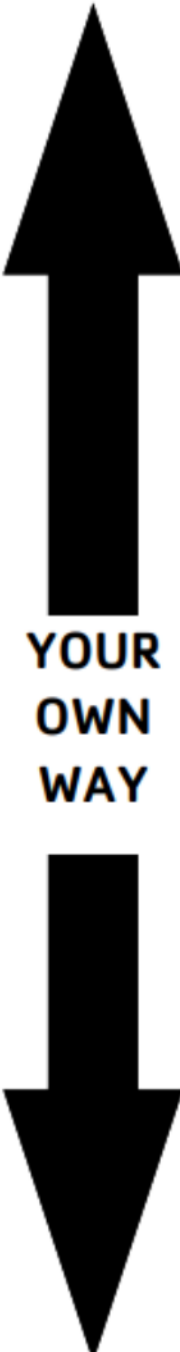

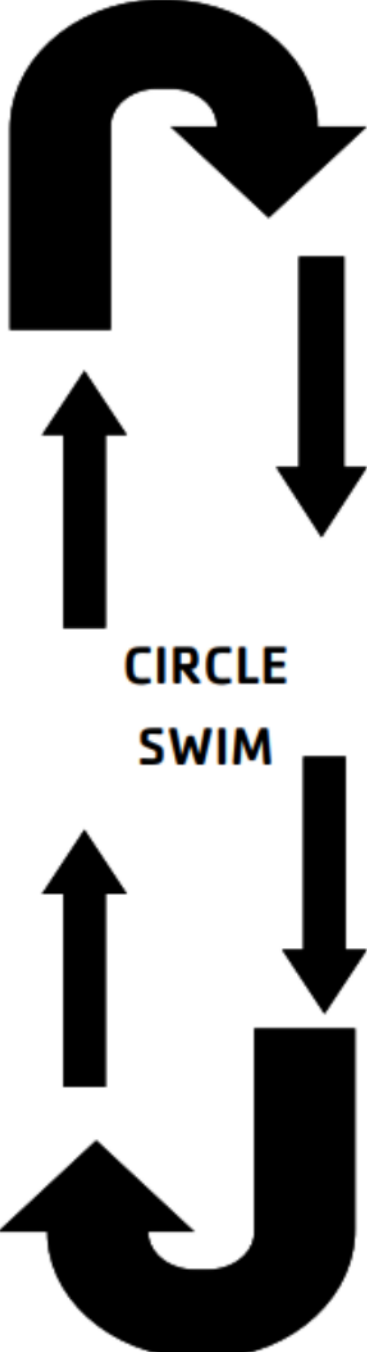
Group Swim Lesson's

Fall B

October 14- November 17th

Registration: October 1/ October 3

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.

