



Cooper YMCA Pool Schedule

Effective November 18 -January 5

REC/OPEN SWIM
 YMCA PROGRAMMING
 GROUP EXERCISE CLASS
 LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES
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		WATERFIT COMBO 5:30-6:15AM		WATERFIT COMBO 5:30-6:15AM			
7:00AM							
8:00AM	WATERFIT COMBO 8:00-8:45AM	WATERFIT COMBO 8:00-8:45AM	WATERFIT COMBO 8:00-8:45AM	WATERFIT COMBO 8:00-8:45AM	WATERFIT COMBO 8:00-8:45AM	ADULT LAP SWIM 7:00-8:45AM	ADULT LAP SWIM 8:00-9:00AM
9:00AM						REC/OPEN SWIM 9:00AM-5:30PM	REC/OPEN SWIM 9:00AM-5:30PM
10:00AM	REC/OPEN SWIM 9:00AM-12:00PM	REC/OPEN SWIM 9:00AM-12:00PM		REC/OPEN SWIM 9:00AM-12:00PM	REC/OPEN SWIM 9:00AM-12:00PM		
11:00AM							
12:00PM	FIT FOR LIFE 12:00-1:00PM	FIT FOR LIFE 12:00-1:00PM			FIT FOR LIFE 12:00-1:00PM	ADULT LAP SWIM 12:00-1:00PM	
1:00PM	ADULT LAP SWIM 12:00-1:00PM	ADULT LAP SWIM 12:00-1:00PM	REC/OPEN SWIM 9:00AM-8:30PM		ADULT LAP SWIM 12:00-1:00PM		
2:00PM							
3:00PM							
4:00PM	REC/OPEN SWIM 1:00-8:30PM	REC/OPEN SWIM 1:00-8:30PM		REC/OPEN SWIM 1:00-8:30PM	REC/OPEN SWIM 1:00-8:30PM		
5:00PM	WATERFIT COMBO 5:30-6:15PM		WATERFIT COMBO 5:30-6:15PM		WATERFIT COMBO 5:30-6:15PM		
6:00PM						POOL CLOSING AT 5:30PM SATURDAY & SUNDAY	
7:00PM							
8:00PM							
	POOL CLOSING AT 8:30PM MONDAY-FRIDAY						

THINGS TO KNOW

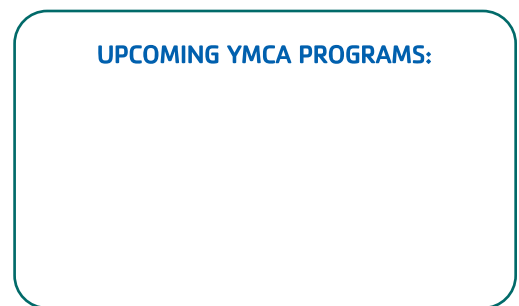
- Click [here](#) for Indoor Pool Guidelines.
- [YMCA Youth Policy](#) applies. In all cases, youth must be 9 years or older to be in any YMCA facility without a guardian. Please review all other Youth Policies for facility access.
- Members of all ages are welcome during recreational swim times.
- All 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 12:00-5:00pm, 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. The pool will be cleared with the exception of patrons over the age of 18 and those who are actively lap swimming. We ask those who exit the pool to completely remove themselves from the water and stay away from the edge of the pool.

WHAT TO BRING

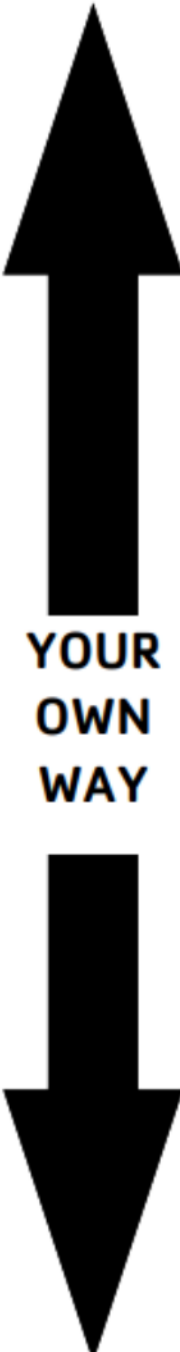

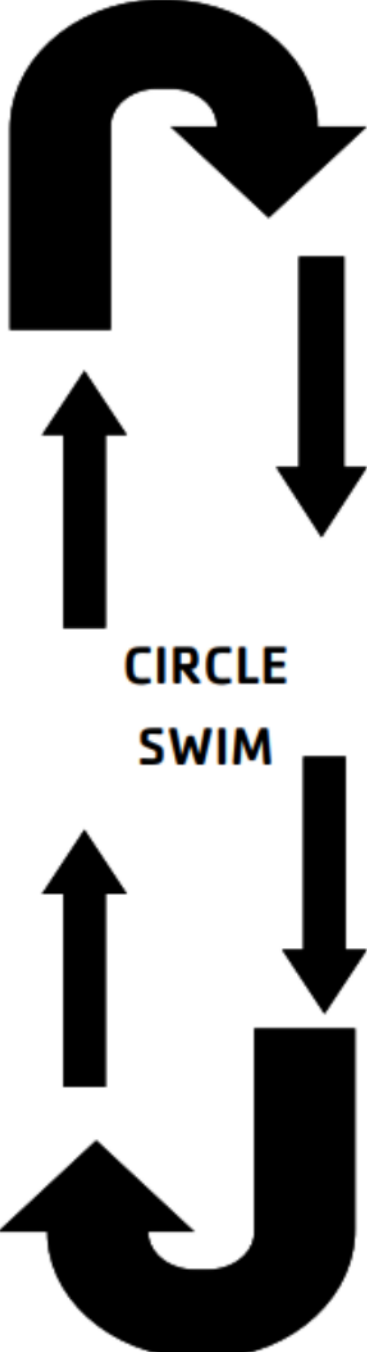
Towels, pad lock, goggles, Coast Guard approved life jackets, and toys.

Cooper YMCA | 6767 S 14th St | 402-323-6400

UPCOMING YMCA PROGRAMS:



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

- 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.