



COOPER YMCA GYM SCHEDULE

ymcalincoln.org

MAIN GYM

SUNDAY

8:00 - 10:00am Open Gym
10:00am - 12:00pm Pickleball/ Open Gym
12:00 - 6:00pm Open Gym

MONDAY

5:00 - 7:00am Open Gym
7:00am - 11:00am Pickleball/Open Gym
11:00am - 9:00pm Open Gym

TUESDAY

5:00am - 9:00pm Open Gym
7:00 - 11:00am Pickleball/Open Gym

WEDNESDAY

5:00 - 7:00am Open Gym
7:00am - 11:00am Pickleball/Open Gym
11:00am - 9:00pm Open Gym

THURSDAY

5:00am - 9:00pm Open Gym
7:00 - 11:00am Pickleball/Open Gym

FRIDAY

5:00 - 7:00am Open Gym
7:00 - 11:00am Pickleball/Open Gym
11:00am - 9:00pm Open Gym

SATURDAY

7:00 - 10:00am Pickleball/Open Gym
10:00am - 6:00pm Open Gym

YOUTH GYM

SUNDAY

8:00am - 6:00pm Open Gym

MONDAY, TUESDAY, WEDNESDAY

5:00am - 10:30am Open Gym
10:30am - 11:15am Preschool
11:15am - 4:30pm Open Gym
4:30pm - 8:30pm Gymnastics
8:30pm - 9:00pm Open Gym

THURSDAY, FRIDAY

5:00am - 10:30am Open Gym
10:30am - 11:15am Preschool
11:15am - 5:00pm Open Gym
5:00pm - 7:00pm Kids Quest
7:00pm - 9:00pm Open Gym

SATURDAY

7:00am - 10:00am Open Gym
10:00am - 1:00pm Gymnastics
1:00pm - 6:00pm Open Gym

THINGS TO KNOW

- Court availability is on a first-come, first-serve basis.
- 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.
- On LPS non-school days, the Youth Gym may be in use for our Out of School Days program.

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

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