



Copple Family YMCA Indoor Pool Schedule

March 10th – March 17th

REC/OPEN SWIM YMCA PROGRAMMING GROUP EXERCISE CLASS LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:00AM	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	CLOSED	CLOSED					
6:00AM			ADULT LAP SWIM 5:00-9:00AM									
7:00AM			ADULT LAP SWIM 7:00AM-10:00AM			ADULT LAP SWIM 8:00-10:00AM						
8:00AM												
9:00AM	REC/OPEN SWIM 9:00-11:00AM	REC/OPEN SWIM 9:00-11:00AM	LAP SWIM	REC/OPEN SWIM 9:00-11:00AM	LAP SWIM	ADULT LAP SWIM 8:00-10:00AM						
10:00AM												
11:00AM	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		REC/OPEN SWIM 10:00 AM-5:30PM					
12:00PM	REC/OPEN SWIM 12:00-8:30PM	REC/OPEN SWIM 12:00-8:30PM	REC/OPEN SWIM 12:00-8:30PM	REC/OPEN SWIM 12:00-8:30PM	REC/OPEN SWIM 12:00-8:30PM							
1:00PM						LAP SWIM		LAP SWIM	LAP SWIM	LAP SWIM		
2:00PM											LAP SWIM	LAP SWIM
3:00PM							LAP SWIM					
4:00PM	LAP SWIM											
5:00PM		WATERFIT COMBO 5:30-6:15PM	AQUA ZUMBA 5:30-6:15PM									
6:00PM		REC/OPEN SWIM 12:00-8:30PM	REC/OPEN SWIM 12:00PM-8:30PM	REC/OPEN SWIM 12:00-8:30PM								
7:00PM					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

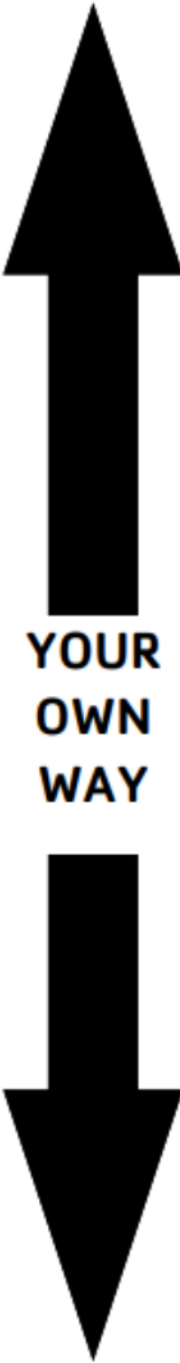

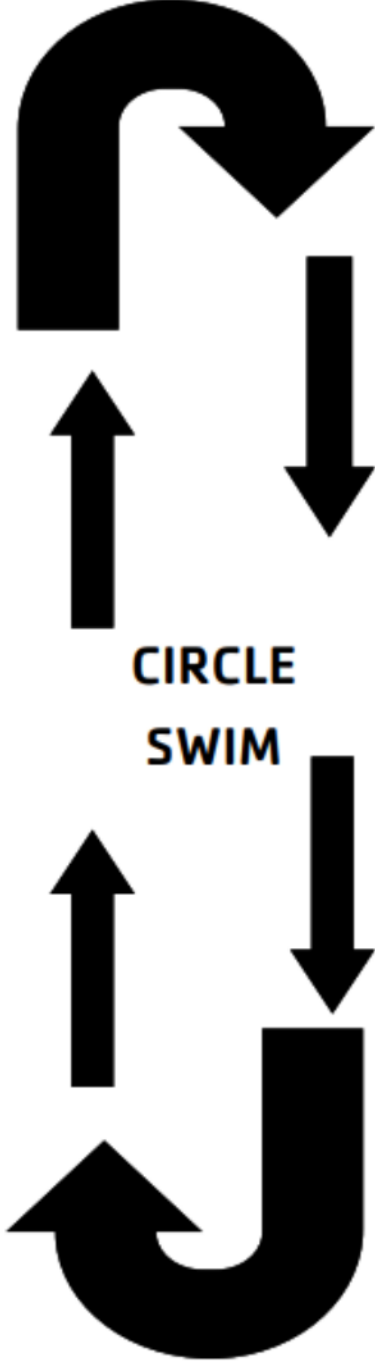
Towels, pad lock, goggles, Coast Guard approved life jackets, and toys.

UPCOMING YMCA PROGRAMS:

Group Swim Lessons
Spring: March 17th-April 27th
Summer 1: April 28th-May 18th

Registration Dates
Summer 1: April 15th/17th

LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p>YOUR OWN WAY</p>		 <p>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.