



Copple YMCA Indoor Pool Schedule

Effective April 28th – May 18th

REC/OPEN SWIM
YMCA PROGRAMMING
GROUP EXERCISE CLASS
LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	ADULT LAP SWIM 5:00 to 9:00AM	ADULT LAP SWIM 5:00 to 9:00AM	WATERFIT COMBO 5:30 to 6:15PM ADULT LAP SWIM 5:00 to 9:00AM	ADULT LAP SWIM 5:00 to 9:00AM	ADULT LAP SWIM 5:00 to 9:00AM	CLOSED	CLOSED
6:00AM							
7:00AM						ADULT LAP SWIM 7:00 to 10:00am	ADULT LAP SWIM 8:00 to 10:00AM
8:00AM							
9:00AM	REC/OPEN SWIM 9:00 to 11:00AM	REC/OPEN SWIM 9:00 to 11:00AM	REC/OPEN SWIM 9:00 to 11:00AM	REC/OPEN SWIM 9:00 to 11:00AM	REC/OPEN SWIM 9:00 to 11:00AM	ADULT LAP SWIM 7:00 to 10:00am	ADULT LAP SWIM 8:00 to 10:00AM
10:00AM							
11:00AM	ADULT LAP SWIM 11:00 to 12:00PM	WATERFIT COMBO 11:00 to 11:45AM ADULT LAP SWIM 11:00 to 12:00PM	ADULT LAP SWIM 11:00 to 12:00PM	WATERFIT COMBO 11:00 to 11:45AM ADULT LAP SWIM 11:00 to 12:00PM	WATERFIT COMBO 11:00 to 11:45AM ADULT LAP SWIM 11:00 to 12:00PM		
12:00PM							
1:00PM	REC/OPEN SWIM 12:00 to 8:30pm LAP SWIM	REC/OPEN SWIM 12:00 to 4:30pm LAP SWIM	REC/OPEN SWIM 12:00 to 4:30pm LAP SWIM	REC/OPEN SWIM 12:00 to 8:30PM LAP SWIM	REC/OPEN SWIM 12:00 to 8:30PM LAP SWIM	REC/OPEN SWIM 10:00AM to 5:30PM LAP SWIM	REC/OPEN SWIM 10:00AM to 5:30PM LAP SWIM
2:00PM							
3:00PM							
4:00PM	WATERFIT COMBO 4:30 to 5:15PM			WATERFIT COMBO 4:30 to 5:15PM			
5:00PM	WATERFIT COMBO 5:30 to 6:15PM LAP SWIM	SWIM LESSONS 4:30 to 7:10PM LAP SWIM	SWIM LESSONS 4:30 to 7:10PM LAP SWIM	WATERFIT COMBO 5:30 to 6:15PM LAP SWIM	AQUA ZUMBA 5:30 to 6:15PM LAP SWIM	POOL CLOSING AT 5:30PM SATURDAY AND SUNDAY	
6:00PM							
7:00PM							
8:00PM							
	POOL CLOSING AT 8:30PM MONDAY-FRIDAY						

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 12:00pm-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:


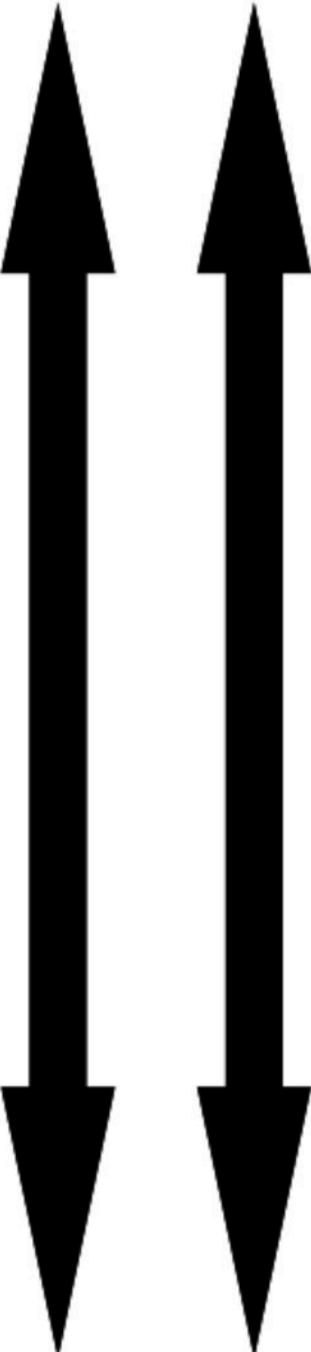
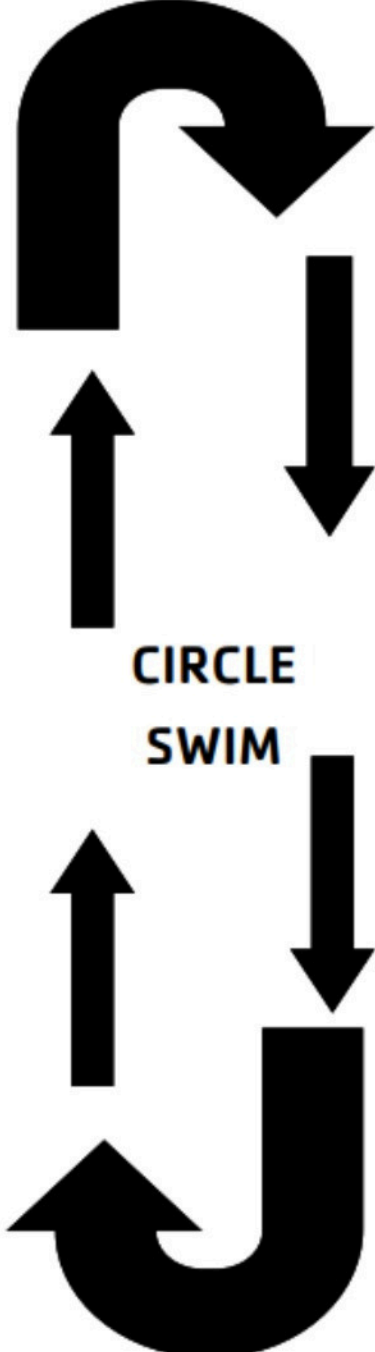
Group Swim Lessons

Summer 2: May 26-June 15 (Am M-Th)
 Summer 2: May 26-June 15(PM Tu & W)
 Summer Saturdays: May 31-July 19

Registration Dates
 Summer 1: April 15th/17th
 Summer 2: May 13th/May 15th
 Summer Saturday May 13/May 15

Copple Family YMCA | 8700 Yankee Woods Dr. | 402-323-0037

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 your 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 diving, 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 Progamming.