



# Copple Family YMCA Outdoor Pool Schedule

Effective May 27th–July 28<sup>th</sup>

<span style="background-color: #00728f; color: white; padding: 2px 5px;">ADULT LAP SWIM</span>	<span style="background-color: #ff9933; color: white; padding: 2px 5px;">YMCA PROGRAMMING</span>	<span style="background-color: #00b09b; color: white; padding: 2px 5px;">GROUP EXERCISE CLASS</span>	<span style="border: 1px solid #00728f; padding: 2px 5px;">LAP SWIM</span>	<span style="background-color: #ffcc00; color: white; padding: 2px 5px;">SAFETY BREAK</span>
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	ADULT LAP SWIM 5:00 to 8:15am	ADULT LAP SWIM 5:00 to 8:15am	ADULT LAP SWIM 5:00 to 8:15am	ADULT LAP SWIM 5:00 to 8:15am	ADULT LAP SWIM 5:00 to 8:15am	CLOSED	CLOSED
6:00AM							
7:00AM							
8:00AM	Sea Turtles Swim Team 8:15–9:15am  Summer Day Camp 9:15–12:00P					LAP SWIM 7:00 to 12:00PM	LAP SWIM 8:00 to 12:00PM
9:00AM							
10:00AM							
11:00AM							
12:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
1:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
2:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
3:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
4:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
5:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
6:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	POOL CLOSING AT 5:30PM SATURDAY AND SUNDAY	
7:00PM	POOL CLOSING AT 6:50PM MONDAY–FRIDAY Sea Turtles Swim Team 7:00–8:15pm						
8:00PM							

## THINGS TO KNOW


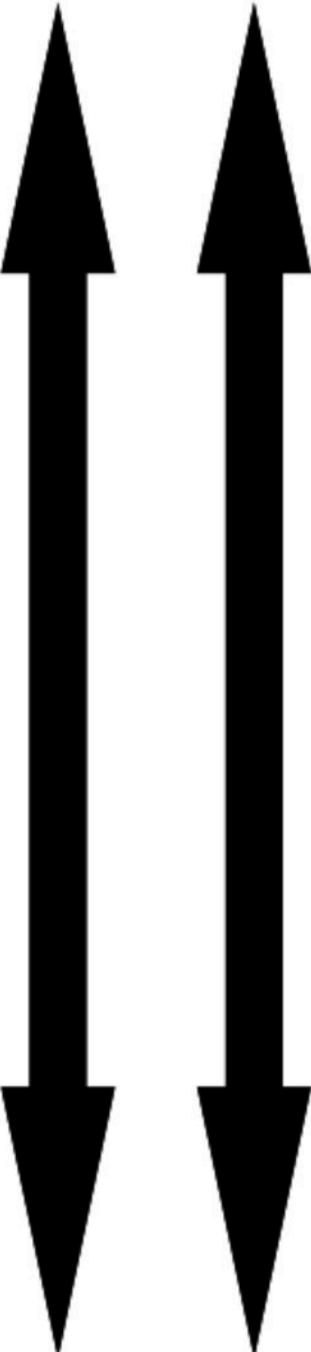
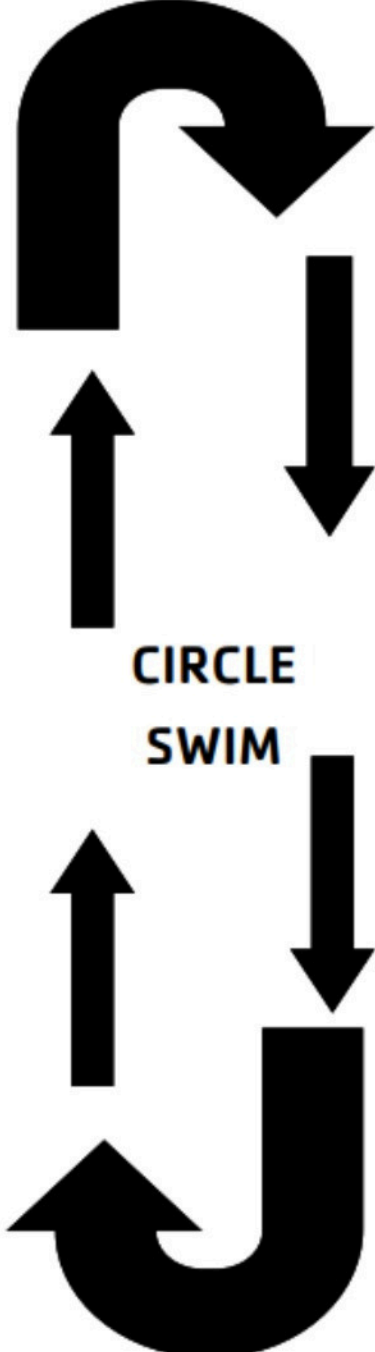
- Click [here](#) for Indoor Pool Guidelines.
- [YMCA Youth Policy](#) applies. No one under the age of nine will be allowed unless accompanied by a parent/guardian.
- Only YMCA of Lincoln Adult and Household Memberships levels may use the Outdoor Pool,
- Safety breaks are done 10 minutes before the hour, Anyone under the age of 18 must clear the pool,
- Adult Lap Swim is only for those 18 years of age and older,
- 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.

## WHAT TO BRING

- Towels, goggles, Coast Guard approved life jackets, and toys.

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

# LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p><b>YOUR OWN WAY</b></p>		 <p><b>CIRCLE SWIM</b></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 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. Orange - Open/Rec Swim, Yellow - Adult Lap Swim, Green - YMCA Group Exercise Class, Blue - YMCA Programming.