



# Cooper YMCA Outdoor Pool Schedule

Effective July 27th – August 11th

ADULT LAP SWIM
  YMCA PROGRAMMING
  GROUP EXERCISE CLASS
  LAP SWIM
  SAFETY BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	ADULT LAP SWIM 5:00 to 1:00PM	ADULT LAP SWIM 5:00 to 1:00PM	ADULT LAP SWIM 5:00 to 1:00PM	ADULT LAP SWIM 5:00 to 1:00PM	ADULT LAP SWIM 5:00 to 1:00PM	CLOSED	CLOSED
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM	YMCA PROGRAMMING 10:00 to 11:50 AM					ADULT LAP SWIM 7:00 to 12:00PM	ADULT LAP SWIM 8:00 to 12:00PM
11:00AM							
12:00PM						OPEN SWIM	OPEN SWIM
1:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:00PM	OPEN SWIM	OPEN SWIM	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 CLOSATES AT 5:30PM SATURDAY AND SUNDAY	
7:00PM	Adult Swim 7:00 – 8:00pm	Adult Swim 7:00 – 8:00pm	Adult Swim 7:00 – 8:00pm	Adult Swim 7:00 – 8:00pm	Adult Swim 7:00 – 8:00pm		
8:00PM							

## THINGS TO KNOW


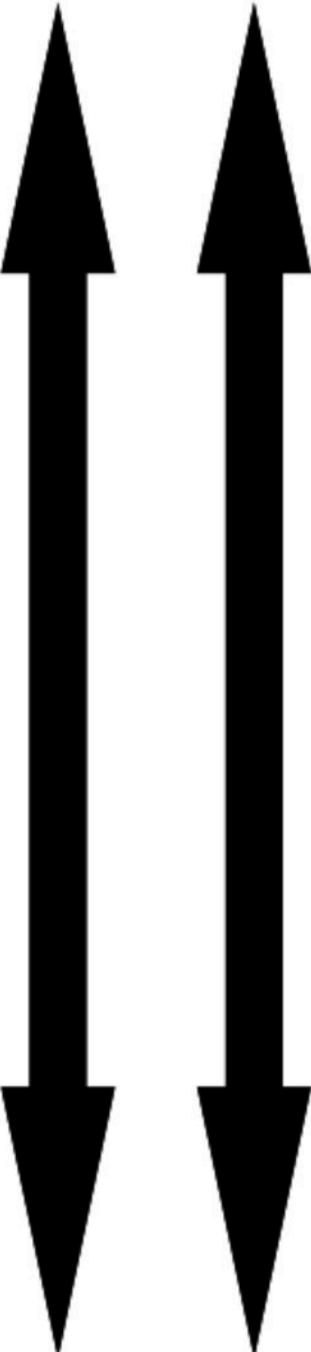
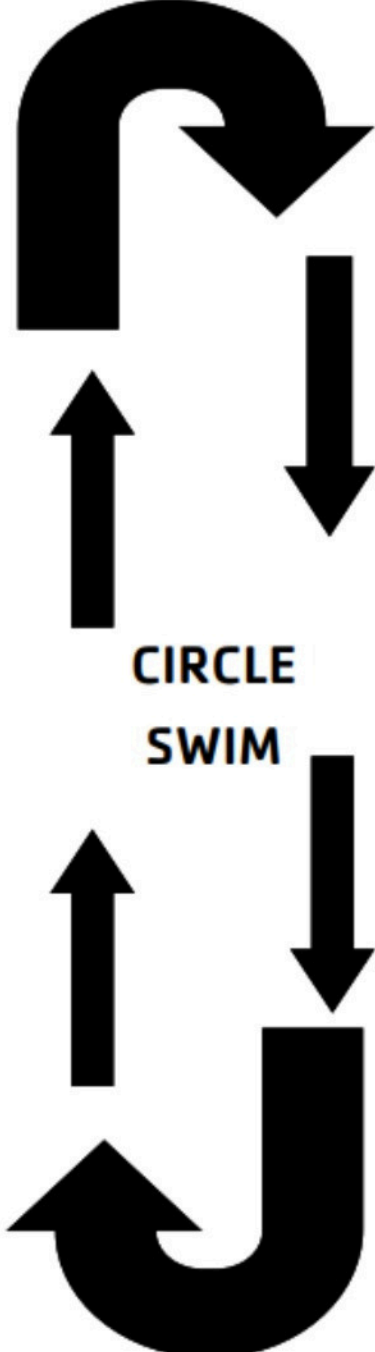
- Click [here](#) for Outdoor Pool Guidelines.
- YMCA Youth Policy applies. No one under the age of nine will be allowed unless accompanied by a parent/guardian.
- Only YMCA of Lincoln Adult and Household Memberships levels may use the Outdoor Pool. Youth Memberships can be upgraded.
- Safety breaks 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.

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

# 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+.
- Outside of Lap Swim only times, there will be one lap lane available with the exception of when YMCA programs are in progress.