



Copple YMCA Indoor Pool Schedule

July 31st – September 7th

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	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	
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	REC/OPEN SWIM 10:00 AM to 5:30PM	REC/OPEN SWIM 10:00AM to 5:30PM
10:00AM	ADULT SWIM 11:00am to 12:00PM	ADULT LAP SWIM 11:00am to 12:00PM	ADULT SWIM 11:00am to 12:00PM	ADULT LAP SWIM 11:00am to 12:00PM	ADULT LAP SWIM 11:00am to 12:00PM		
11:00AM	ADULT SWIM 11:00am to 12:00PM	ADULT LAP SWIM 11:00am to 12:00PM	ADULT SWIM 11:00am to 12:00PM	ADULT LAP SWIM 11:00am to 12:00PM	ADULT LAP SWIM 11:00am to 12:00PM		
12:00PM	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM		
1:00PM	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	AQUA ZUMBA 5:30 to 6:15PM	REC/OPEN SWIM 12:00 to 8:30PM
2:00PM	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM		
3:00PM	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30pm	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM		
4:00PM	WATERFIT COMBO 4:30 to 5:15PM	WATERFIT COMBO 4:30 to 5:15PM	WATERFIT COMBO 4:30 to 5:15PM	WATERFIT COMBO 4:30 to 5:15PM	WATERFIT COMBO 4:30 to 5:15PM		
5:00PM	WATERFIT COMBO 5:30 to 6:15PM	WATERFIT COMBO 5:30 to 6:15PM	WATERFIT COMBO 5:30 to 6:15PM	WATERFIT COMBO 5:30 to 6:15PM	WATERFIT COMBO 5:30 to 6:15PM	POOL CLOSING SATURDAY AND SUNDAY	POOL CLOSING SATURDAY AND SUNDAY
6:00PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM		
7:00PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM		
8:00PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM		

POOL CLOSING 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:


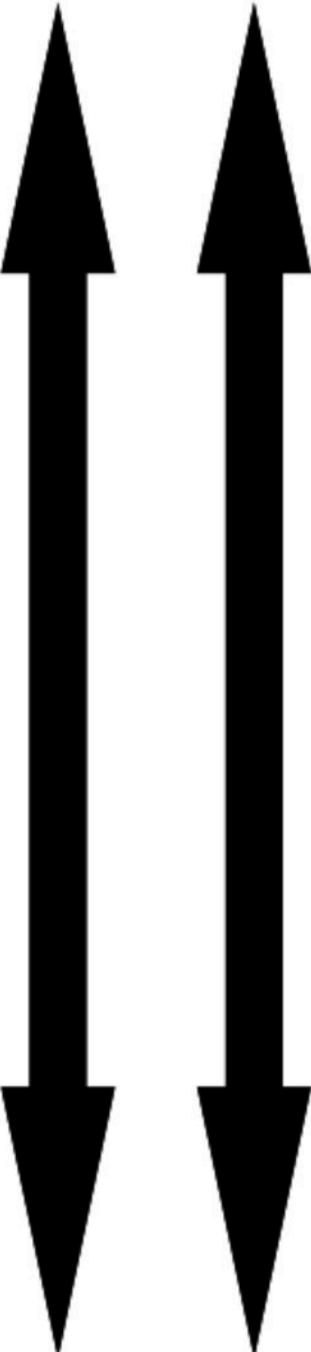
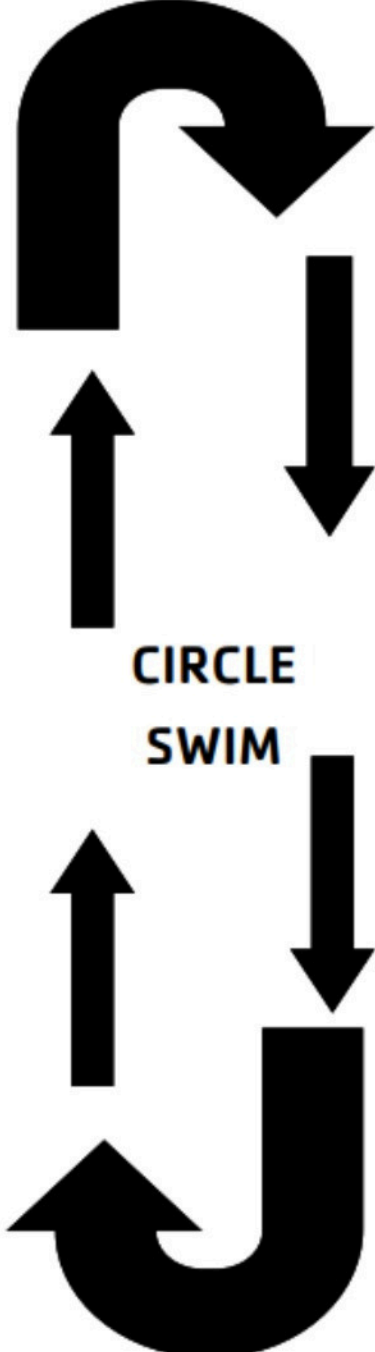
Group Swim Lessons

September 8th – October 12th PM
Registration Date: August 26th / August 28th

Indoor Pool will be closed for yearly maintenance August 18th-22nd.

Copple Family YMCA | 8700 Yankee Woods Dr. | 402-327-0037

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.