



Cooper YMCA Indoor Pool Schedule

Effective August 10th – September 7th

REC/OPEN SWIM
YMCA PROGRAMMING
GROUP EXERCISE CLASS
LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	
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	CLOSED	
6:00AM	WATERFIT COMBO 5:30 to 6:15AM	WATERFIT COMBO 5:30 to 6:15AM		WATERFIT COMBO 5:30 to 6:15AM				
7:00AM								
8:00AM	WATERFIT COMBO 8:00 to 8:45AM	WATERFIT COMBO 8:00 to 8:45AM	WATERFIT COMBO 8:00 to 8:45AM	WATERFIT COMBO 8:00 to 8:45AM	WATERFIT COMBO 8:00 to 8:45AM	ADULT LAP SWIM 7:00 to 9:00AM	ADULT LAP SWIM 8:00 to 9:00AM	
9:00AM	REC/OPEN SWIM 9:00 to 12:00PM	REC/OPEN SWIM 9:00 to 12:00PM	REC/OPEN SWIM 9:00 to 12:00PM	REC/OPEN SWIM 9:00 to 12:00PM	REC/OPEN SWIM 9:00 to 12:00PM	REC/OPEN SWIM 9:00AM to 5:30PM	REC/OPEN SWIM 9:00AM to 5:30PM	
10:00AM								
11:00AM								
12:00PM	FIT FOR LIFE 12:00 to 1:00pm ADULT LAP SWIM 12:00 to 1:00PM	FIT FOR LIFE 12:00 to 1:00pm ADULT LAP SWIM 12:00 to 1:00PM	FIT FOR LIFE 12:00 to 1:00pm ADULT LAP SWIM 12:00 to 1:00PM	ADULT LAP SWIM 12:00 to 1:00PM	FIT FOR LIFE 12:00 to 1:00pm ADULT LAP SWIM 12:00 to 1:00PM	REC/OPEN SWIM 9:00AM to 5:30PM	REC/OPEN SWIM 9:00AM to 5:30PM	
1:00PM								
2:00PM		REC/OPEN SWIM 9:00AM to 8:30PM						
3:00PM	REC/OPEN SWIM 1:00 to 8:30PM		REC/OPEN SWIM 1:00PM to 8:30PM					
4:00PM				REC/OPEN SWIM 1:00PM to 8:30PM				
5:00PM	WATERFIT COMBO 5:30 to 6:15PM		WATERFIT COMBO 5:30 to 6:15PM		WATERFIT COMBO 5:30 to 6:15PM			
6:00PM								
7:00PM								
8:00PM								

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.


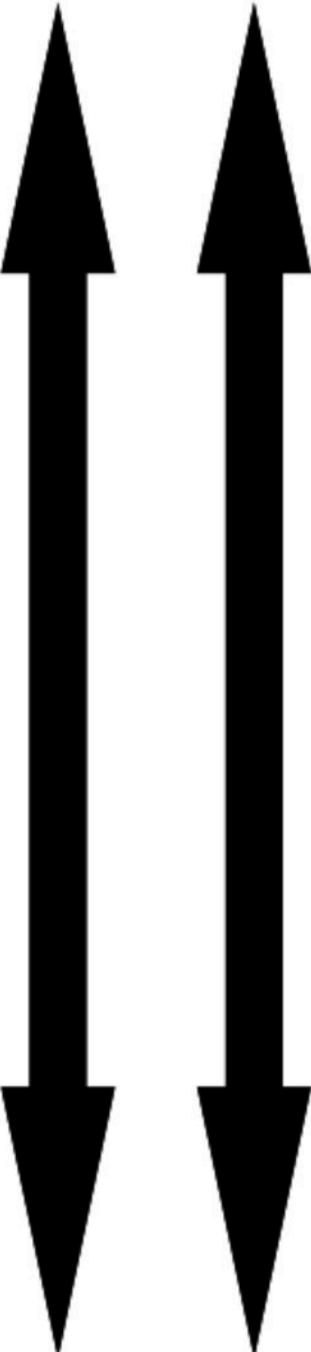
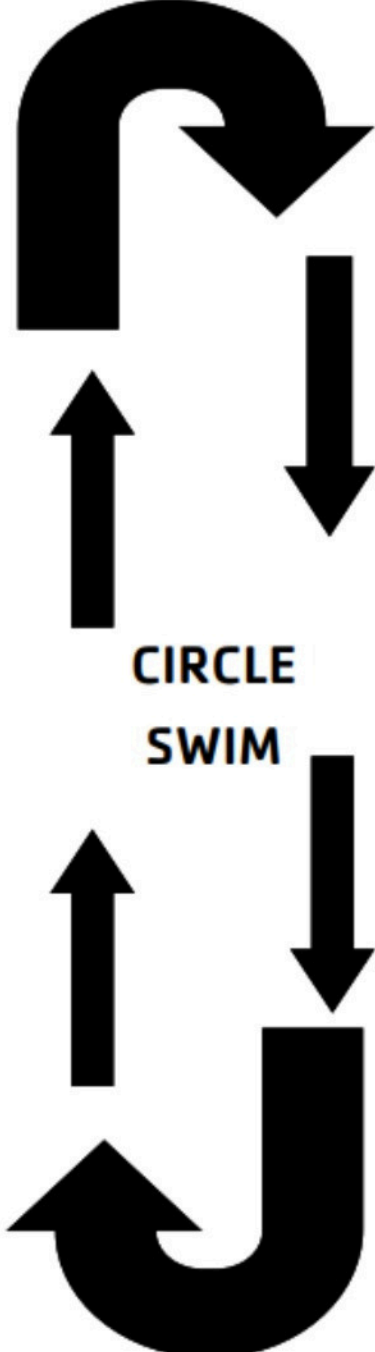
WHAT TO BRING

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

UPCOMING YMCA PROGRAMS:

**Fall Swim Lessons open for registration
August 26th**

LAP SWIMMING ETIQUETTE

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