



Copple YMCA Indoor Pool Schedule

September 8th – November 16th

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		CLOSED		
6:00AM															
7:00AM											ADULT LAP SWIM 7:00am to 8:45am		ADULT LAP SWIM 8:00 to 10:00AM		
8:00AM															
9:00AM	REC/OPEN SWIM 9:00 to 11:00AM	ADULT LAP SWIM 11:00am to 12:00PM	REC/OPEN SWIM 9:00 to 11:00AM	ADULT LAP SWIM 11:00am to 12:00PM	REC/OPEN SWIM 9:00 to 11:00AM	ADULT LAP SWIM 11:00am to 12:00PM	REC/OPEN SWIM 9:00 to 11:00AM	ADULT LAP SWIM 11:00am to 12:00PM	REC/OPEN SWIM 9:00 to 11:00AM	ADULT LAP SWIM 11:00am to 12:00PM	Group Swim Lessons 8:45am- 11:10am	ADULT LAP SWIM 8:00 to 10:00AM			
10:00AM															
11:00AM	ADULT SWIM 11:00am to 12:00PM		WATERFIT COMBO 11:00 to 11:45		ADULT SWIM 11:00am to 12:00PM		WATERFIT COMBO 11:00 to 11:45		ADULT SWIM 11:00am to 12:00PM					WATERFIT COMBO 11:00 to 11:45	ADULT SWIM 11:00am to 12:00PM
12:00PM	REC/OPEN SWIM 12:00 to 8:30pm LAP SWIM		REC/OPEN SWIM 12:00 to 4:45pm LAP SWIM		REC/OPEN SWIM 12:00 to 4:45pm 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 11:10 AM to 5:30PM LAP SWIM	
1:00PM											REC/OPEN SWIM 10:00AM to 5:30PM LAP SWIM				
2:00PM															
3:00PM															
4:00PM	WATERFIT COMBO 4:30 to 5:15PM	Group Swim Lessons 4:45-7:10pm LAP SWIM	Group Swim Lessons 4:45-7:10pm LAP SWIM	Group Swim Lessons 4:45-7:10pm LAP SWIM	WATERFIT COMBO 4:30 to 5:15PM	LAP SWIM	AQUA ZUMBA 5:30 to 6:15PM	LAP SWIM							
5:00PM	WATERFIT COMBO 5:30 to 6:15PM														
6:00PM	REC/OPEN SWIM 12:00 to 8:30PM														
7:00PM	REC/OPEN SWIM 7:10-8:30pm								REC/OPEN SWIM 7:10-8:30pm	REC/OPEN SWIM 12:00 8:30PM	REC/OPEN SWIM 12:00 8:30PM				
8:00PM	POOL CLOSATES 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.


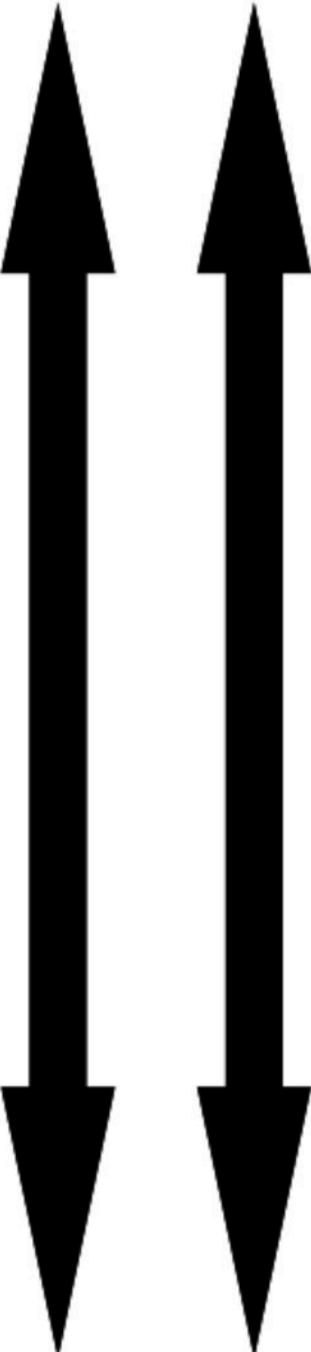
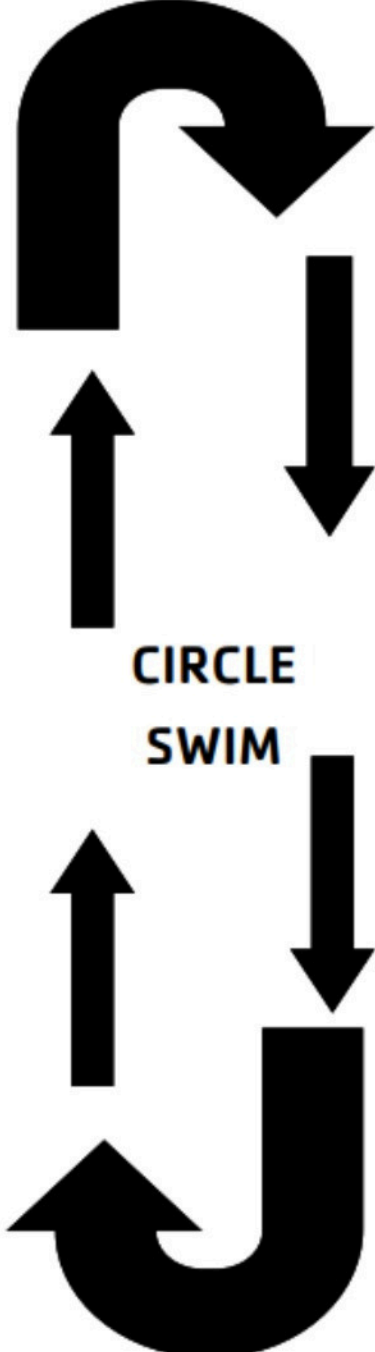
UPCOMING YMCA PROGRAMS:

Fall B
October 13- November 16th

Registration Sep 30/ Oct 2nd

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.