



Cooper YMCA Indoor Pool Schedule

Effective Nov 17th – Jan 5th

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	WATERFIT COMBO 5:30 – 6:15AM ADULT LAP SWIM 5:00 – 9:00AM		WATERFIT COMBO 5:30 – 6:15AM ADULT LAP SWIM 5:00 – 9:00AM		ADULT LAP SWIM 5:00 – 9:00AM		WATERFIT COMBO 5:30 – 6:15AM ADULT LAP SWIM 5:00 – 9:00AM		ADULT LAP SWIM 5:00 – 9:00AM		CLOSED		CLOSED	
6:00AM														
7:00AM											ADULT LAP SWIM 7:00 – 9:00AM		ADULT LAP SWIM 8:00 – 9:00AM	
8:00AM	WATERFIT COMBO 8:00 – 8:45AM		WATERFIT COMBO 8:00 – 8:45AM		WATERFIT COMBO 8:00 – 8:45AM		WATERFIT COMBO 8:00 – 8:45AM		WATERFIT COMBO 8:00 – 8:45AM					
9:00AM	REC/OPEN SWIM 9:00 – 12:00PM	LAP SWIM	REC/OPEN SWIM 9:00 – 12:00PM	LAP SWIM	REC/OPEN SWIM 9:00 – 12:00PM	LAP SWIM	REC/OPEN SWIM 9:00 – 12:00PM	LAP SWIM	REC/OPEN SWIM 9:00 – 12:00PM	LAP SWIM	REC/OPEN SWIM 9:00 – 5:30PM		REC/OPEN SWIM 9:00 – 5:30PM	
10:00AM														
11:00AM														
12:00PM	FIT FOR LIFE 12:00 – 1:00pm	ADULT LAP SWIM 12:00 – 1:00PM	FIT FOR LIFE 12:00 – 1:00pm	ADULT LAP SWIM 12:00 – 1:00PM	FIT FOR LIFE 12:00 – 1:00pm	ADULT LAP SWIM 12:00 – 1:00PM	ADULT LAP SWIM 12:00 – 1:00PM		FIT FOR LIFE 12:00 – 1:00pm	ADULT LAP SWIM 12:00 – 1:00PM				
1:00PM	LAP SWIM		LAP SWIM		LAP SWIM		LAP SWIM		LAP SWIM					
2:00PM														
3:00PM														
4:00PM	REC/OPEN SWIM 1:00 – 8:30PM		REC/OPEN SWIM 1:00 – 8:30PM		REC/OPEN SWIM 1:00 – 8:30PM		REC/OPEN SWIM 1:00 – 8:30PM		REC/OPEN SWIM 1:00 – 8:30PM					
5:00PM	WATERFIT COMBO 5:30 – 6:15PM	LAP SWIM	LAP SWIM	LAP SWIM	WATERFIT COMBO 5:30 – 6:15PM	LAP SWIM	LAP SWIM	WATERFIT COMBO 5:30 – 6:15PM	LAP SWIM	POOL CLOSSES AT 5:30PM SATURDAY AND SUNDAY				
6:00PM														
7:00PM														
8:00PM														
	POOL CLOSSES 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.

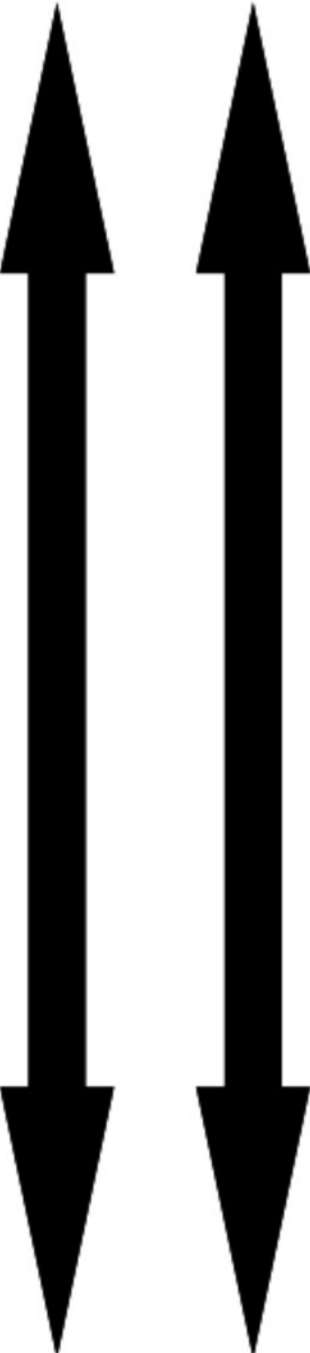
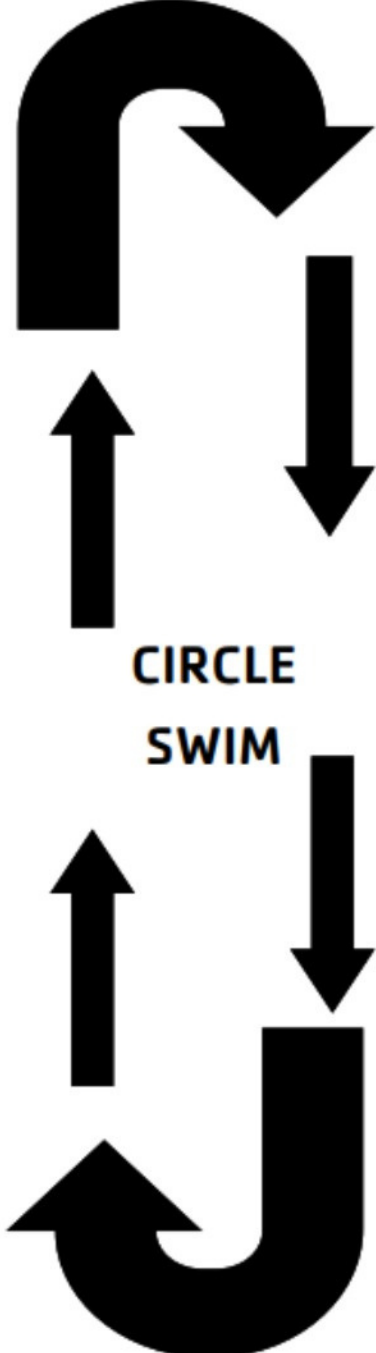
UPCOMING YMCA PROGRAMS:

Thanksgiving Pool Hours
7am to 10:30am

Winter/Spring Swim Sessions open for registration in December!

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

LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 YOUR OWN WAY		 CIRCLE SWIM

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.