

# COPPLE FAMILY YMCA

## GYM SCHEDULE



ymcalincoln.org

### Gym #1 (YMCA Gym)

\* This is a fee based class

#### SUNDAY

8:00am - 6:00pm

Open Gym

#### MONDAY

5:00am - 8:00am  
8:00am - 10:00am  
10:00am - 12:00pm  
12:00pm - 2:00pm  
2:00pm - 9:00pm

Open Gym  
Open Gym/**Pickleball**  
Open Gym  
Open Gym/**Pickleball**  
Open Gym

#### TUESDAY

5:00am - 8:00am  
8:00am - 9:30am  
9:30am - 9:00pm

Open Gym  
Open Gym/**Pickleball**  
Open Gym

#### WEDNESDAY

5:00am - 12:00pm  
12:00pm - 2:00pm  
2:00pm - 5:00pm  
5:00pm - 7:00pm  
7:00pm - 9:00pm

Open Gym  
Open Gym/**Pickleball**  
Open Gym  
Open Gym/Kids Quest  
Volleyball

#### THURSDAY

5:00am - 8:00am  
8:00am - 9:30am  
9:30am - 7:00pm

Open Gym  
Open Gym/**Pickleball**  
Open Gym  
Volleyball

#### FRIDAY

5:00am - 12:00pm  
12:00pm - 2:00pm  
2:00pm - 5:00pm  
5:00pm - 7:00pm  
7:00pm - 9:00pm

Open Gym  
Open Gym/**Pickleball**  
Open Gym  
Open Gym/Kids Quest  
Open Gym

#### SATURDAY

7:00am - 6:00pm

Open Gym

### Gym #2 (East Gym)

#### SUNDAY

8:00am - 1:00pm  
1:00pm - 6:00pm

Open Gym/**Pickleball**  
Open Gym

#### MONDAY/WEDNESDAY/FRIDAY

5:00am - 7:00am  
7:00am - 5:30pm  
5:30pm - 9:00pm

Open Gym  
Closed for Middle School use  
Open Gym

#### TUESDAY/THURSDAY

5:00am - 7:30am  
7:30am - 5:30pm  
5:30pm - 7:00pm  
7:00pm - 8:30pm  
8:30pm - 9:00pm

Open Gym  
Closed for Middle School use  
Open Gym  
Open Gym/**Pickleball**  
Open Gym

#### SATURDAY

7:00am - 6:00pm

Open Gym

Moore Middle School and YMCA activities may be scheduled in the East Gym periodically. Please watch the signs indicating when the gym will be closed.

### Gym #3 (Big Gym)

#### SUNDAY

8:00am - 6:00pm

Open Gym

#### MONDAY/WEDNESDAY/FRIDAY

5:00am - 7:30am  
7:30am - 4:30pm  
4:30pm - 9:00pm

Open Gym  
Closed for Middle School use  
Open Gym

#### SATURDAY

7:00am - 6:00pm

Open Gym

Moore Middle School and YMCA activities may be scheduled in the East Gym periodically. Please watch the signs indicating when the gym will be closed.

### THINGS TO KNOW

- Play safely, and be considerate of others. No profanity, fighting, yelling, or unsportsmanlike conduct.
- No hanging on basketball rims or nets.
- Shirts are required at all times.
- Please secure your personal belongings in a locker. The YMCA is not responsible for personal injury or for lost, damaged, or stolen items.
- 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.
- 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

- Gym Equipment - Limited basketballs, volleyballs, and Pickleball equipment will either be available in the gyms or at the Front Desk for check-out
- Water Bottles - Other beverages and food not permitted while using the Gym
- Towels

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