



Cooper YMCA Indoor Pool Schedule

Effective Jan 26th – April 26th

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 | WATERFIT COMBO 5:30– 6:15AM | | WATERFIT COMBO 5:30– 6:15AM | | CLOSED | CLOSED |
| 6:00AM | ADULT LAP SWIM 5:00– 9:00AM | ADULT LAP SWIM 5:00– 9:00AM | ADULT LAP SWIM 5:00– 9:00AM | ADULT LAP SWIM 5:00– 9:00AM | ADULT LAP SWIM 5:00– 9:00AM | | |
| 7:00AM | | | | | | ADULT LAP SWIM 7:00– 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 | | ADULT LAP SWIM 8:00– 9:00AM |
| 9:00AM | REC/OPEN SWIM 9:00– 12:00PM | REC/OPEN SWIM 9:00– 12:00PM | REC/OPEN SWIM 9:00– 12:00PM | REC/OPEN SWIM 9:00– 12:00PM | REC/OPEN SWIM 9:00– 12:00PM | SWIM LESSONS 9:25AM– 11:40AM | LAP SWIM |
| 10:00AM | | | | | | | |
| 11:00AM | | | | | | | |
| 12:00PM | FIT FOR LIFE 12:00– 1:00pm | FIT FOR LIFE 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 | | REC/OPEN SWIM 9:00– 5:30PM |
| 1:00PM | | | | | | | |
| 2:00PM | REC/OPEN SWIM 1:00– 4:40PM | REC/OPEN SWIM 1:00– 8:30PM | REC/OPEN SWIM 1:00– 4:30PM | REC/OPEN SWIM 1:00– 4:25PM | REC/OPEN SWIM 1:00– 8:30PM | REC/OPEN SWIM 11:40– 5:30PM | LAP SWIM |
| 3:00PM | | | | | | | |
| 4:00PM | SWIM LESSONS 4:40– 6:55PM | | STINGRAY SWIM CLUB 4:30– 5:30PM | SWIM LESSONS 4:25– 6:40PM | STINGRAY SWIM CLUB 4:30– 5:30PM | | |
| 5:00PM | WATERFIT COMBO 5:30– 6:15PM | LAP SWIM | WATERFIT COMBO 5:30– 6:15PM | | WATERFIT COMBO 5:30– 6:15PM | | |
| 6:00PM | | | | | | | |
| 7:00PM | REC/OPEN SWIM 7:00– 8:30PM | LAP SWIM | REC/OPEN SWIM 6:15– 8:30PM | REC/OPEN SWIM 6:40– 8:30PM | REC/OPEN SWIM 6:15– 8:30PM | POOL CLOSING AT 5:30PM SATURDAY AND SUNDAY | |
| 8:00PM | | | | | | | |

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.


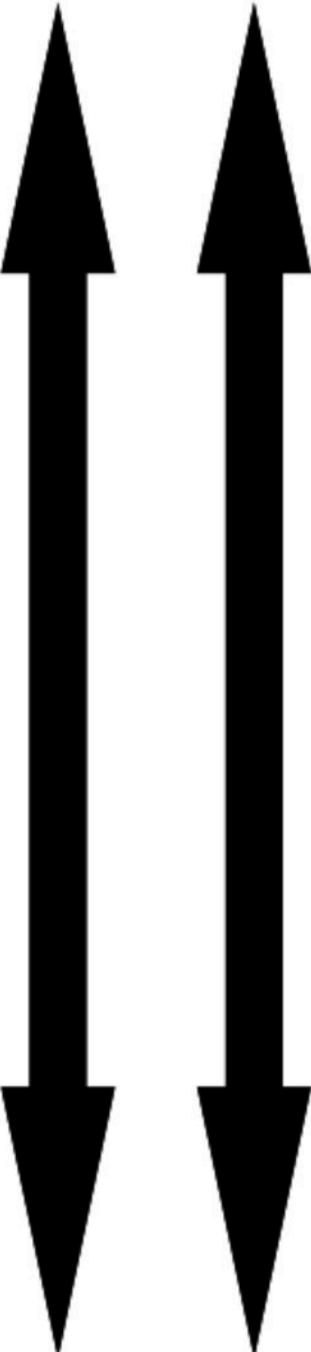
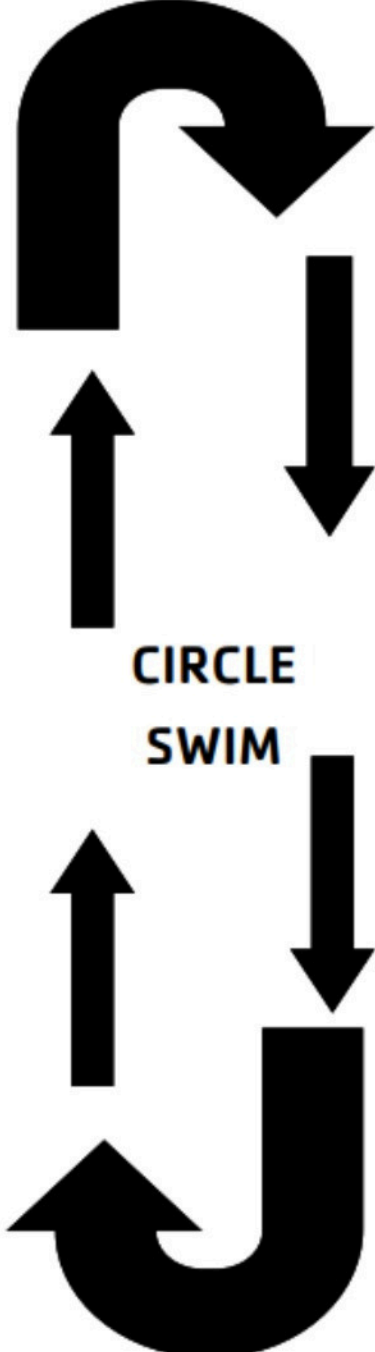
WHAT TO BRING

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

UPCOMING YMCA PROGRAMS:

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

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.