

COOPER YMCA

GYM SCHEDULE



ymcalincoln.org

MAIN GYM

MONDAY – FRIDAY

5:00am – 9:00am
9:00am – 11:00am
11:00am – 9:00pm

Pickleball
Open Gym/Pickleball
Open Gym

SATURDAY

7:00am – 10:00am
10:00am – 6:00pm

Open Gym/Pickleball
Open Gym

SUNDAY

8:00am – 10:00am
10:00am – 12:00pm
12:00pm – 6:00pm

Open Gym
Open Gym/Pickleball
Open Gym

YOUTH GYM

MONDAY/FRIDAY

5:00am – 9:00am
9:00am – 11:30am
11:30am – 4:30pm – Mon
4:30pm – 8:30pm – Mon
8:30pm – 9:00pm – Mon
11:30am – 5:00pm – Fri
5:00pm – 7:00pm – Fri
6:00pm – 8:00pm – Fri
8:00pm – 9:00pm – Fri

Open Gym
Preschool
Open Gym
Gymnastics
Open Gym
Open Gym
Kids Quest
Birthday Party
Open Gym

TUESDAY/WEDNESDAY/THURSDAY

5:00am – 9:00am
9:00am – 11:30am
11:30am – 1:00pm
1:00pm – 2:00pm – Tue/Thu
2:00pm – 4:30pm
4:30pm – 8:30pm – Tue
8:30pm – 9:00pm

Open Gym
Preschool
Open Gym
On the Move
Open Gym
Gymnastics
Open Gym

SATURDAY

7:00am – 9:30am
9:30am – 12:30pm
12:30pm – 6:00pm

Open Gym
Gymnastics
Open Gym

SUNDAY

8:00am – 6:00pm

Open Gym

THINGS TO KNOW

- Court availability during open gym times is on a first-come, first-serve basis.
- 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.
- On LPS non-school days, the Youth Gym may be in use for our Out of School Days program.

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

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