



# Copple YMCA Indoor Pool Schedule

January 5th-25th

REC/OPEN SWIM

YMCA PROGRAMMING

GROUP EXERCISE CLASS

LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM							
6:00AM							
7:00AM	ADULT LAP SWIM 5:00 to 9:00AM	CLOSED	CLOSED				
8:00AM							
9:00AM	REC/OPEN SWIM 9:00 to 11:00AM	ADULT LAP SWIM	ADULT LAP SWIM 8:00am 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	ADULT SWIM 11:00am to 12:00PM	WATERFIT COMBO 11:00 to 11:45	ADULT SWIM 11:00am to 12:00PM	
12:00PM							
1:00PM	REC/OPEN SWIM 12:00 to 8:30pm	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 10:00AM to 5:30PM
2:00PM							
3:00PM		REC/OPEN SWIM 12:00 to 5pm		REC/OPEN SWIM 12:00 to 5pm			LAP SWIM
4:00PM	WATERFIT COMBO 4:30 to 5:15PM	LAP SWIM	Swim Lessons 5p-7:10p	LAP SWIM	WATERFIT COMBO 4:30 to 5:15PM		LAP SWIM
5:00PM	WATERFIT COMBO 5:30 to 6:15PM	LAP SWIM	Swim Lessons 5p-7:10p	LAP SWIM	WATERFIT COMBO 5:30 to 6:15PM	AQUA ZUMBA 5:30 to 6:15PM	
6:00PM							
7:00PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 7:10p-8:30pm		REC/OPEN SWIM 7:10p-8:30pm	REC/OPEN SWIM 12:00 8:30PM	REC/OPEN SWIM 12:00 8:30PM	
8:00PM							
POOL CLOSES AT 8:30PM MONDAY-FRIDAY							
POOL CLOSES AT 5:30PM SATURDAY AND SUNDAY							

## 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.

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

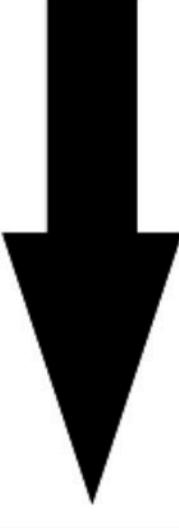
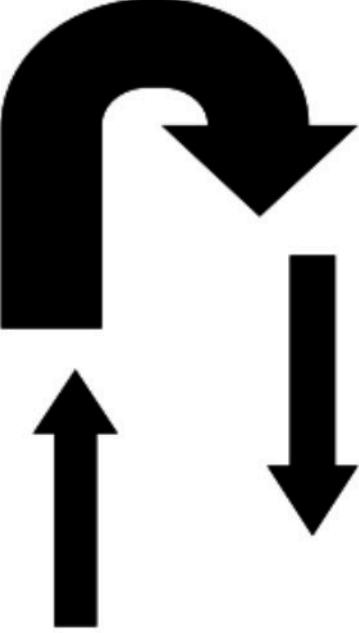
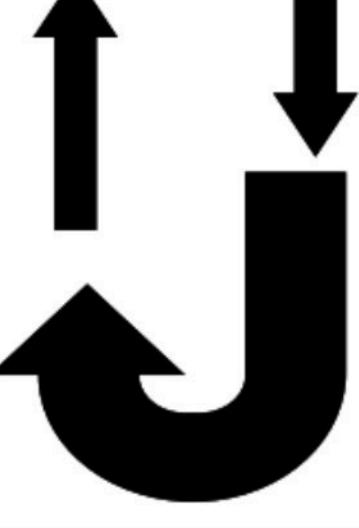
## UPCOMING YMCA PROGRAMS:

**Winter Swim Lessons Session: January 27th- March 7th**

**Y Member Registration: January 6th**

**Community Member Registration: January 8th**

# LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <b>YOUR OWN WAY</b> 	 	 <b>CIRCLE SWIM</b> 

## THINGS TO KNOW

- We try to have three 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 you 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 Programming.