

COPPLE FAMILY YMCA

GYM SCHEDULE



ymcalincoln.org

Gym #1 (YMCA Gym)

SUNDAY

8:00am - 6:00pm

* This is a fee based class

MONDAY

5:00am - 8:00am
8:00am - 10:00am
10:00am - 11:00am
11:00am - 12:00pm
12:00pm - 2:00pm
2:00pm - 4:00pm
4:00pm - 8:00pm
8:00pm - 9:00pm

Open Gym
Open Gym/Pickleball
Open Gym
Open Gym/Homeschool Gym*
Open Gym/Pickleball
Open Gym
Open Gym/Gymnastics*
Open Gym

TUESDAY

5:00am - 8:00am
8:00am - 9:30am
9:30am - 11:00am
11:00am - 12:00pm
12:00pm - 9:00pm

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

WEDNESDAY

5:00am - 11:00am
11:00am - 12:00pm
12:00pm - 2:00pm
2:00pm - 5:00pm
5:00pm - 7:00pm
7:00pm - 9:00pm

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

THURSDAY

5:00am - 8:00am
8:00am - 9:30am
9:30am - 11:00am
11:00am - 12:00pm
12:00pm - 7:00pm
7:00pm - 9:00pm

Open Gym
Open Gym/Pickleball
Open Gym
Open Gym/Homeschool Gym*
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 - 8:00am
8:00am - 12:00pm
12:00pm - 6:00pm

Open Gym
Open Gym/Gymnastics*
Open Gym

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

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.