



# Copple Family YMCA Outdoor Pool Schedule

May 23<sup>rd</sup> - July 3<sup>rd</sup>

ADULT LAP SWIM
  YMCA PROGRAMMING
  GROUP EXERCISE CLASS
  LAP SWIM
  SAFETY BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	ADULT LAP SWIM 5:00 to 8:00AM	ADULT LAP SWIM 5:00 to 8:00AM	ADULT LAP SWIM 5:00 to 8:00AM	ADULT LAP SWIM 5:00 to 8:00AM	ADULT LAP SWIM 5:00 to 9:00AM	CLOSED	CLOSED
6:00AM							
7:00AM							
8:00AM							
9:00AM	Sea Turtles Practice & Day Camp Swim 8:00AM - 12:00PM				Day Camp Swim 9:00AM - 12:00PM	LAP SWIM 7:00 to 12:00PM	LAP SWIM 8:00 to 12:00PM
10:00AM							
11:00AM							
12:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
1:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
4:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
5:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
6:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	POOL CLOSURES AT 5:20PM SATURDAY AND SUNDAY	
7:00PM	POOL CLOSURES AT 6:50PM MONDAY-FRIDAY						
8:00PM					Memorial Day Alert! Monday May 25 <sup>th</sup> Adult Lap Swim 8:00-12:00pm Open Recreation Swim is 12:00-3:30pm		

## THINGS TO KNOW



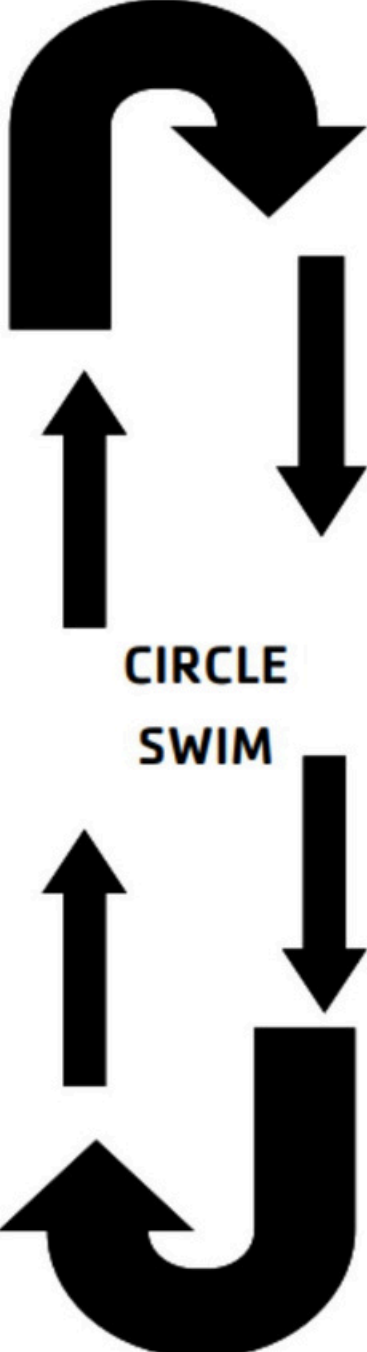
- Click [here](#) for Indoor Pool Guidelines.
- [YMCA Youth Policy](#) applies. No one under the age of nine will be allowed unless accompanied by a parent/guardian.
- Only YMCA of Lincoln Adult and Household Memberships levels may use the Outdoor Pool,
- Safety breaks are done 10 minutes before the hour, Anyone under the age of 18 must clear the pool,
- Adult Lap Swim is only for those 18 years of age and older,
- 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

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

Copple Family YMCA | 8700 Yankee Woods Dr. | 402-323-0037

# LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p data-bbox="227 945 357 1123"><b>YOUR OWN WAY</b></p>		 <p data-bbox="1242 955 1404 1081"><b>CIRCLE SWIM</b></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 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. Orange - Open/Rec Swim, Yellow - Adult Lap Swim, Green - YMCA Group Exercise Class, Blue - YMCA Programming.