Cooper YMCA Outdoor Pool Schedule

Effective August 13 – September 7

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 9:00AM	ADULT LAP SWIM 5:00 to 9:00AM	ADULT LAP SWIM 5:00 to 9:00AM	ADULT LAP SWIM 5:00 to 9:00AM	ADULT LAP SWIM 5:00 to 9:00AM	CLOSED	CLOSED
6:00AM							
7:00AM						ADULT LAP SWIM 7:00 to 12:00AM	
8:00AM							ADULT LAP SWIM 8:00 to 12:00PM
9:00AM							
10:00AM	LAP/OPEN SWIM 9:00AM to 1:00PM	LAP/OPEN SWIM 9:00AM to 1:00PM	LAP/OPEN SWIM 9:00AM to 1:00PM	LAP/OPEN SWIM 9:00AM to 1:00PM	LAP/OPEN SWIM 9:00AM to 1:00PM		
11:00AM							
12:00PM						OPEN SWIM	OPEN SWIM
1:00PM	CLOSED					OPEN SWIM	OPEN SWIM
2:00PM						OPEN SWIM	OPEN SWIM
3:00PM						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 CLOSES AT 5:30PM SATURDAY AND SUNDAY	
7:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
8:00PM	Pool Closes at 8:15PM						

THINGS TO KNOW

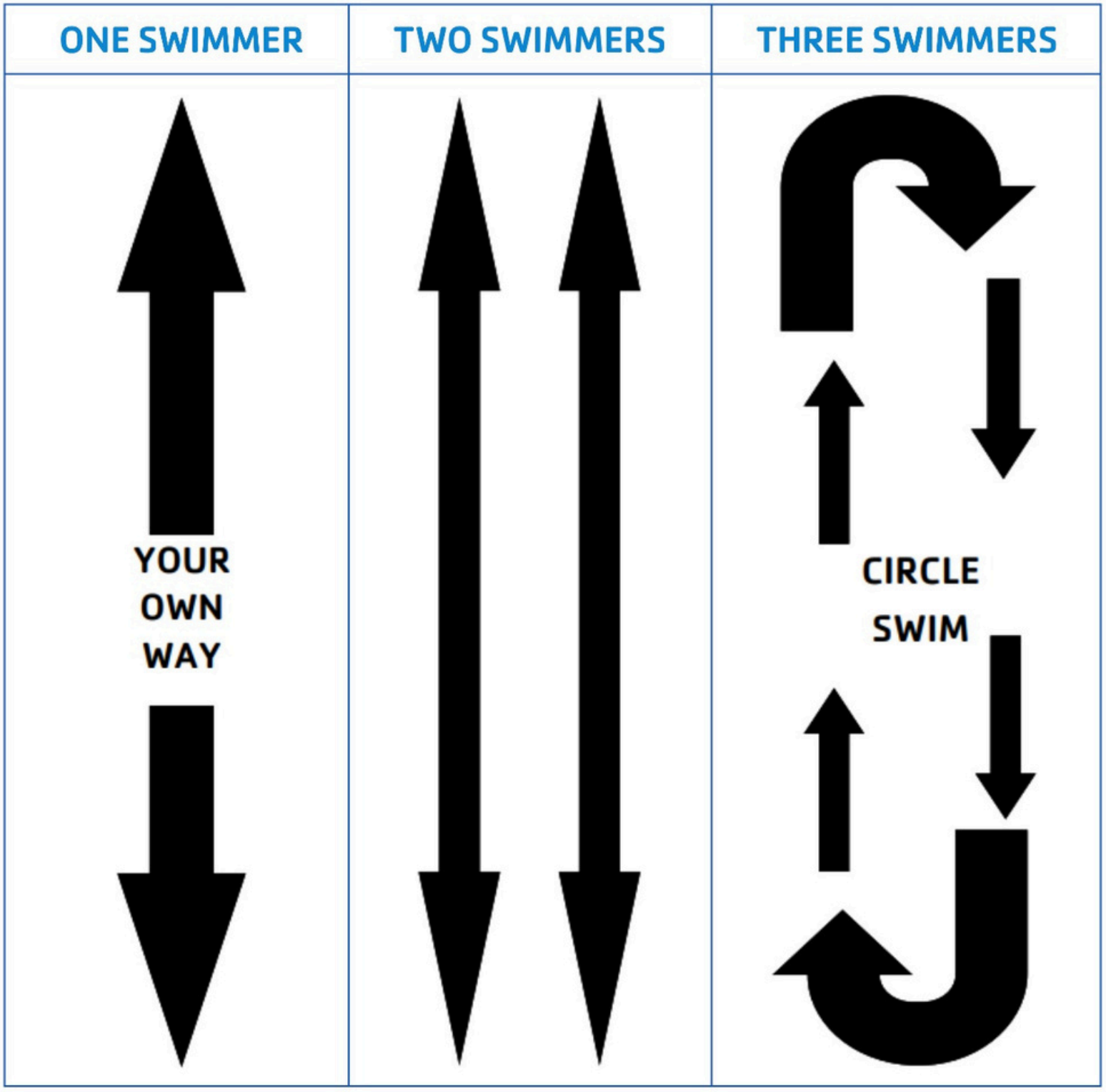
- Click here for Outdoor Pool Guidelines.
- YMCA Youth Policy applies. No one under the age of nine will be allowed unless accompanied by a parent/guardian.
- Only YMCA of Lincoln Adult and Household Memberships levels may use the Outdoor Pool. Youth Memberships can be upgraded.
- Safety breaks are done 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.

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

LAP SWIMMING ETIQUETTE



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.