



Copple Family YMCA Indoor Pool Schedule

August 3rd – August 17th

REC/OPEN SWIM
 YMCA PROGRAMMING
 GROUP EXERCISE CLASS
 LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM						CLOSED	CLOSED
6:00AM							
7:00AM	ADULT LAP SWIM 5:00 to 8:30AM	ADULT LAP SWIM 5:00 to 8:30AM	ADULT LAP SWIM 5:00 to 8:30AM	ADULT LAP SWIM 5:00 to 8:30AM	ADULT LAP SWIM 5:00 to 9:00AM	ADULT LAP SWIM 7:00 to 9:00AM	ADULT LAP SWIM 8:00am to 10:00am
8:00AM							
9:00AM	REC/OPEN SWIM 9:00 to 11:00AM	REC/OPEN SWIM 9:00 to 11:00AM	REC/OPEN SWIM 9:00 to 11:00AM	REC/OPEN SWIM 9:00 to 11:00AM	REC/OPEN SWIM 9:00 to 11:00AM		
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	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	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 9:00 AM to 5:30PM	REC/OPEN SWIM 10:00AM to 5:30PM
2:00PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
3:00PM							
4:00PM	WATERFIT COMBO 4:30 to 5:15PM			WATERFIT COMBO 4:30 to 5:15PM			
5:00PM	WATERFIT COMBO 5:30 to 6:15PM	REC/OPEN SWIM 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM	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 12:00 to 8:30PM	REC/OPEN SWIM 12:00 to 8:30PM		
8:00PM							

POOL CLOSING AT 8:30PM MONDAY-FRIDAY

POOL CLOSING 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.

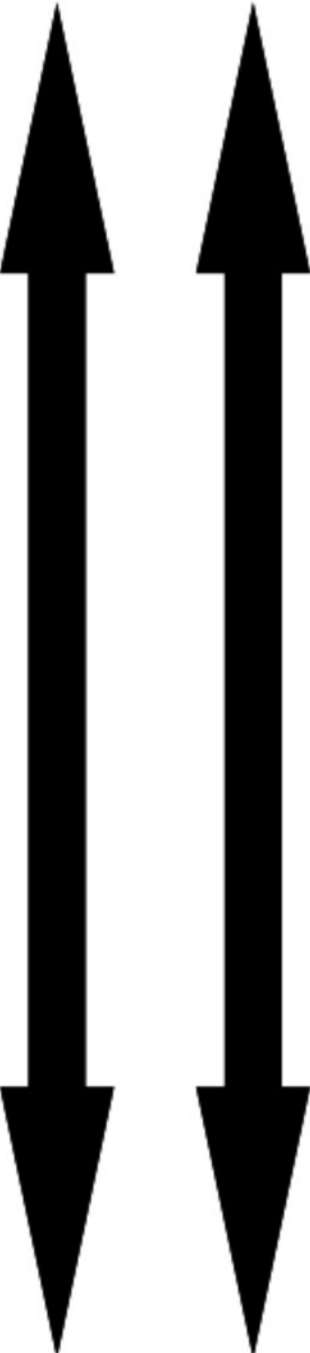
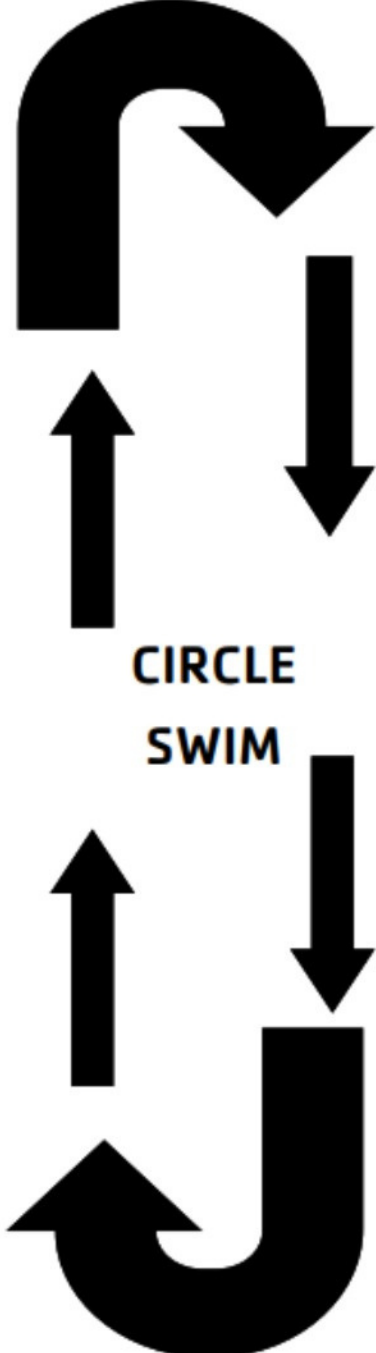
UPCOMING YMCA PROGRAMS:

AM, PM, and Saturday Lessons all summer long! Register online or at the front desk!

Sea Turtles Swim Team May 26th – July 17th

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

LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 YOUR OWN WAY		 CIRCLE SWIM

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 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+.
- 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.