

COPPLE FAMILY YMCA

GYM SCHEDULE



ymcalincoln.org

Gym #1 (YMCA Gym)

* This is a fee based class

SUNDAY

8:00am - 6:00pm Open Gym

MONDAY

5:00am - 8:00am Open Gym
8:00am - 10:00am Open Gym/**Pickleball**
10:00am - 11:00am Open Gym
11:00am - 12:00pm Homeschool Gym*
12:00pm - 2:00pm Open Gym/**Pickleball**
2:00pm - 4:00pm Open Gym
4:00pm - 8:30pm Open Gym/Gymnastics*
8:30pm - 9:00pm Open Gym

TUESDAY

5:00am - 8:00am Open Gym
8:00am - 9:30am Open Gym/**Pickleball**
9:30am - 9:00pm Open Gym

WEDNESDAY

5:00am - 11:00am Open Gym
11:00am - 12:00pm Homeschool Gym*
12:00pm - 2:00pm Open Gym/**Pickleball**
2:00pm - 5:00pm Open Gym
5:00pm - 7:00pm Open Gym/Kids Quest
7:00pm - 9:00pm Volleyball

THURSDAY

5:00am - 8:00am Open Gym
8:00am - 9:30am Open Gym/**Pickleball**
9:30am - 7:00pm Open Gym
7:00pm - 9:00pm Volleyball

FRIDAY

5:00am - 12:00pm Open Gym
12:00pm - 2:00pm Open Gym/**Pickleball**
2:00pm - 5:00pm Open Gym
5:00pm - 7:00pm Open Gym/Kids Quest
7:00pm - 9:00pm Open Gym

SATURDAY

7:00am - 8:00am Open Gym
8:00am - 12:30pm Open Gym/Gymnastics*
12:30pm - 6:00pm Open Gym

Gym #2 (East Gym)

SUNDAY

8:00am - 1:00pm Open Gym/**Pickleball**
1:00pm - 6:00pm Open Gym

MONDAY/WEDNESDAY/FRIDAY

5:00am - 7:00am Open Gym
7:00am - 5:30pm Closed for Moore Middle School Use
5:30pm - 9:00pm Open Gym

TUESDAY/THURSDAY

5:00am - 7:00am Open Gym
7:00am - 5:30pm Closed for Moore Middle School Use
5:30pm - 7:00pm Open Gym
7:00pm - 8:30pm Open Gym/**Pickleball**
8:30pm - 9:00pm 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-FRIDAY

5:00am - 7:00am Open Gym
7:00am - 4:30pm Closed for Middle School use
4:30pm - 9:00pm 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.

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

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