Cooper YMCA Indoor Pool Schedule

Effective Sep 14th – Nov 22nd

REC/OPEN SWIM | YMCA PROGRAMMING | GROUP EXERCISE CLASS | LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES
5:00AM	WATERFIT COMBO 5:30- 6:15AM	WATERFIT COMBO 5:30- 6:15AM		WATERFIT COMBO 5:30- 6:15AM		CLOSED	CLOSED
6:00AM	ADULT LAP SWIM 5:00- 9:00AM	ADULT LAP SWIM 5:00- 9:00AM	ADULT LAP SWIM 5:00- 9:00AM	ADULT LAP SWIM 5:00- 9:00AM	ADULT LAP SWIM 5:00- 9:00AM		
7:00AM						ADULT LAP SWIM 7:00- 9:00AM	
8:00AM	WATERFIT COMBO 8:00- 8:45AM	WATERFIT COMBO 8:00- 8:45AM	WATERFIT COMBO 8:00- 8:45AM	WATERFIT COMBO 8:00- 8:45AM	WATERFIT COMBO 8:00- 8:45AM		ADULT LAP SWIM 8:00- 9:00AM
9:00AM	REC/OPEN SWIM 9:00- 12:00PM	REC/OPEN SWIM 9:00- 12:00PM	REC/OPEN SWIM 9:00- 12:00PM	REC/OPEN SWIM 9:00- 12:00PM	REC/OPEN SWIM 9:00- 12:00PM	SWIM LESSONS 9:25AM- 11:40AM	REC/OPEN SWIM 9:00- 5:30PM
10:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		LAP SWIM
11:00AM							
12:00PM	FIT FOR LIFE 12:00- 1:00pm / ADULT LAP SWIM 12:00- 1:00PM	FIT FOR LIFE 12:00- 1:00pm / ADULT LAP SWIM 12:00- 1:00PM	FIT FOR LIFE 12:00- 1:00pm / ADULT LAP SWIM 12:00- 1:00PM	ADULT LAP SWIM 12:00- 1:00PM	FIT FOR LIFE 12:00- 1:00pm / ADULT LAP SWIM 12:00- 1:00PM	REC/OPEN SWIM 11:40- 5:30PM / LAP SWIM	
1:00PM	REC/OPEN SWIM 1:00- 4:40PM	REC/OPEN SWIM 1:00- 8:30PM	REC/OPEN SWIM 1:00- 4:30PM	REC/OPEN SWIM 1:00- 4:25PM	REC/OPEN SWIM 1:00- 8:30PM		
2:00PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
3:00PM							LAP SWIM
4:00PM	SWIM LESSONS 4:40- 6:55PM		STINGRAY SWIM CLUB 4:30- 5:30PM	SWIM LESSONS 4:25- 6:40PM	STINGRAY SWIM CLUB 4:30- 5:30PM		
5:00PM	WATERFIT COMBO 5:30- 6:15PM	LAP SWIM	WATERFIT COMBO 5:30- 6:15PM		WATERFIT COMBO 5:30- 6:15PM		
6:00PM			REC/OPEN SWIM 6:15- 8:30PM / LAP SWIM	REC/OPEN SWIM 6:40- 8:30PM / LAP SWIM	REC/OPEN SWIM 6:15- 8:30PM / LAP SWIM	POOL CLOSES AT 5:30PM SATURDAY AND SUNDAY	
7:00PM	REC/OPEN SWIM 7:00- 8:30PM / LAP SWIM						
8:00PM	POOL CLOSES AT 8:30PM MONDAY-FRIDAY						

THINGS TO KNOW

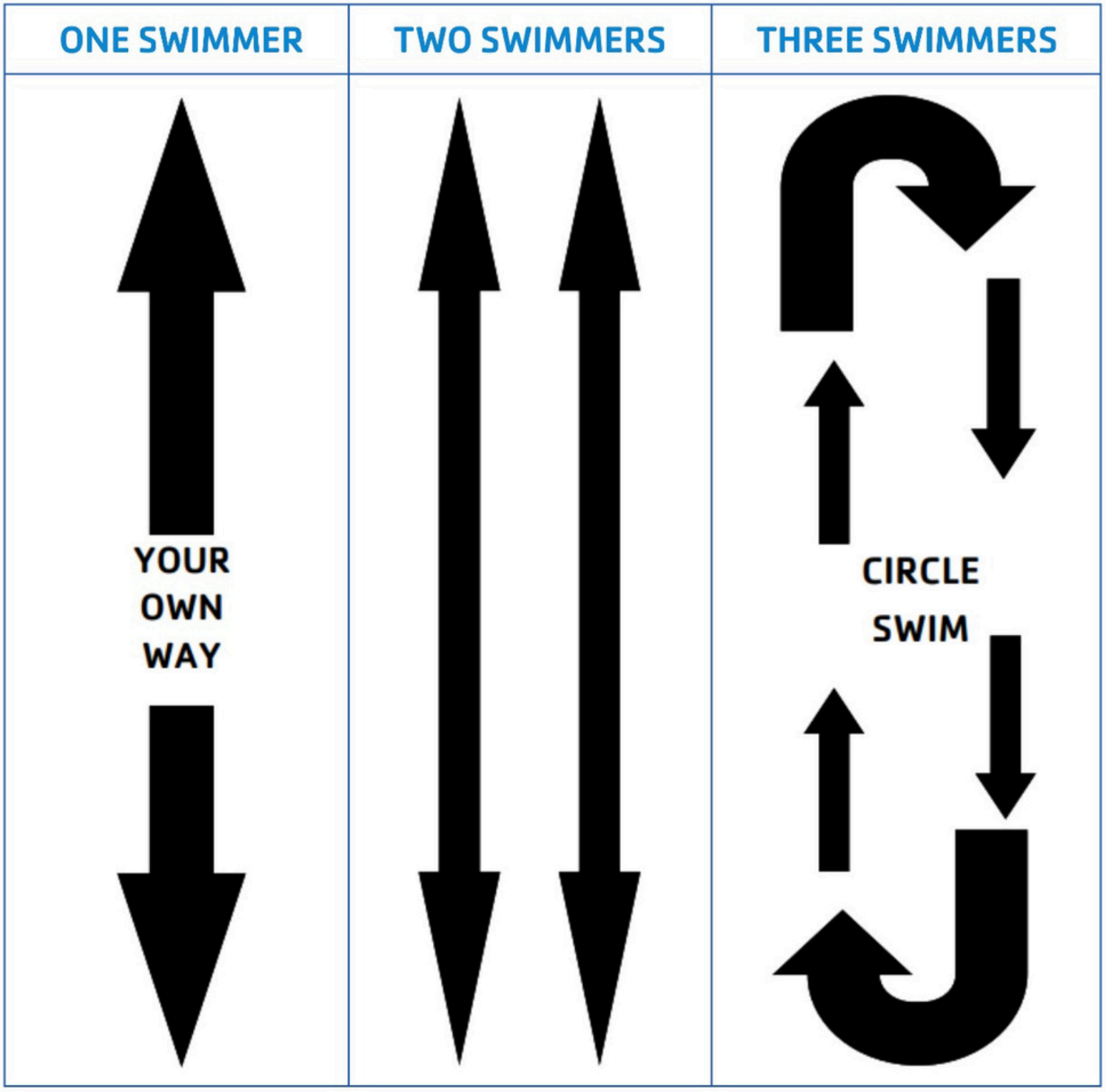
- Click here for Indoor Pool Guidelines.
- YMCA Youth Policy applies. In all cases, youth must be 9 years or older to be in any YMCA facility without a guardian. Please review all other Youth Policies for facility access.
- Members must be at least 18 years old to use the pool during Adult Water Walking/Fitness.
- 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:

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.