



Gym & Pool Schedule

Winter 2012

Contact Information
Cooper Front Desk
(402) 323-6400

Open Gym Schedules Gym

Monday

5:00 am - 12:00 pm
12:00 pm - 1:00 pm
1:00 pm - 10:00 pm
Adult Only Basketball

Tuesday

5:00 am - 12:00 pm
12:00 pm - 1:00 pm
1:00 pm - 2:00 pm
2:00 pm - 4:30 pm
4:30 pm - 6:30 pm
6:30 pm - 9:00 pm
9:00 pm - 10:00 pm
Adult Only Basketball
Home School Gym
15 & Under Basketball
Member Pick Up Basketball

Wednesday

5:00 am - 12:00 pm
12:00 pm - 1:00 pm
1:00 pm - 10:00 pm
Adult Only Basketball

Thursday

5:00 am - 12:00 pm
12:00 pm - 1:00 pm
1:00 pm - 2:00 pm
2:00 pm - 4:30 pm
4:30 pm - 6:30 pm
6:30 pm - 9:00 pm
9:00 pm - 10:00 pm
Adult Only Basketball
Home School Gym
15 & Under Basketball
Member Pick Up Basketball

Friday

5:00 am - 12:00 pm
12:00 pm - 1:00 pm
1:00 pm - 7:00 pm
7:00 pm - 9:00 pm
9:00 pm - 10:00 pm
Adult Only Basketball
Birthday Parties

Saturday

7:00 am - 1:00 pm
1:00 pm - 5:30 pm
5:30 pm - 7:00 pm
Birthday Parties

Sunday

8:00 am - 1:00 pm
1:00 pm - 5:30 pm
5:30 pm - 8:00 pm
Birthday Parties

Adult Only Basketball

Gym is available for adults 19 & over for basketball.
Full court play is allowed.

1/2 Court Times

1/2 the gym is available for Open Gym, other 1/2 is for designated program.

Member Pick Up Basketball

Pick Up basketball is available for Lincoln Y members only.

Youth Gym

Monday

5:00 am - 9:15 am
9:45 am - 11:00 am
11:30 am - 2:00 pm
2:30 pm - 4:30 pm
7:45 pm - 10:00 pm

Tuesday

5:00 am - 11:00 am
11:30 am - 1:00 pm
2:30 pm - 4:30 pm
4:30 pm - 7:30 pm
8:00 pm - 10:00 pm
Supervised Open Gym

Wednesday

5:00 am - 9:50 am
12:00 pm - 4:30 pm
7:45 pm - 10:00 pm

Thursday

5:00 am - 11:00 am
11:30 am - 1:00 pm
2:30 pm - 4:30 pm
4:30 pm - 7:30 pm
8:00 pm - 10:00 pm
Supervised Open Gym

Friday

5:00 am - 4:30 pm
4:30 pm - 8:00 pm
8:00 pm - 10:00 pm
Supervised Open Gym

Saturday

7:00 am - 8:30 am
11:45 am - 7:00 pm

Sunday

8:00 am - 8:00 pm

Supervised Gym Time

Y staff supervise play during this time. If your child is under the age of 8 they must be checked into a supervised program.

Cooper Y

Indoor Pool Schedule

*Begins January 30

Open & Adult Only Swim Schedule

Monday

5:00 am - 12:00 pm
12:00 pm - 1:00 pm **Adult Only Swim**
1:00 pm - 4:00 pm
6:20 pm - 9:40 pm

Tuesday

5:00 am - 4:30 pm
6:45 pm - 9:40 pm

Wednesday

5:00 am - 12:00 pm
12:00 pm - 1:00 pm **Adult Only Swim**
1:00 pm - 4:30 pm
6:45 pm - 9:40 pm

Thursday

5:00 am - 5:00 pm
7:15 pm - 9:40 pm

Friday

5:00 am - 12:00 pm
12:00 pm - 1:00 pm **Adult Only Swim**
1:00 pm - 9:40 pm

Saturday

7:00 am - 9:00 am
11:20 am - 6:40 pm

Sunday

8:00 am - 5:00 pm
5:00 pm - 7:00 pm **Family Swim Night**
7:00 pm - 7:40 pm

Adult Only Swim

Pool users must be 19 and over with one lap lane available.

Family Swim Night

A lifeguard will be available to catch kids off the slide, and host a family game each week.

Lap Lane Availability

At the Cooper Y we have at least 1 lap lane available during the following times:

Monday - Friday 5:00 am - 9:40 pm
Saturday 7:00 am - 6:40 pm
Sunday 8:00 am - 7:40 pm

There are times of the day when more space is available, but no lap lanes will be added.

Lap Lane Use Etiquette

- Be prepared to share lanes.
- Try to swim with people who have the same ability. Please respect other people's efforts.
- Be cautious and courteous. Do not start directly in front of or behind someone approaching the wall for a turn. Give them room and drop behind.
- Let others know you are entering the lane. If necessary, get a swimmer's attention by waving underwater. Those already in the lane always have the right of way.
- With two or more swimmers in a lane, swim a circle pattern. (It's like driving, keep to the right.)
- To pass another swimmer: Touch the person on the foot once only during the lap. If you are touched on the foot, move quickly off to the side of the lane when you reach the wall and allow the person to pass.
- If you are resting or waiting at the end of the lane, move out of the way to allow other swimmers full use of the wall when turning. Do not occupy the lane for socializing; exit after your workout.

Outdoor Pool At Cooper

Open Memorial Day weekend through Labor Day weekend. The outdoor swimming pool is available to those Lincoln YMCA members with a family, adult or senior membership category. Guests, daily fee patrons and youth members will be able to access the indoor pool but will have to upgrade to a family membership in order to use the outdoor pool. For more information please go to our website at ymcalincoln.org.

Cooper

6767 S. 14th Street
Lincoln, NE 68512
(402) 323-6400

Downtown

1039 P Street
Lincoln, NE 68508
(402) 434-9230

Fallbrook

700 Penrose Drive
Lincoln, NE 68521
(402) 323-6444

Northeast

2601 N. 70th Street
Lincoln, NE 68507
(402) 434-9262

Youth Sports

570 Fallbrook Blvd., # 210
Lincoln, NE 68521
(402) 434-9217

Camp Kitaki

570 Fallbrook Blvd., #210
Lincoln, NE 68521
(402) 434-9225