



# Gym & Pool Schedule

2012

**Contact Information**  
 Downtown Front Desk  
 402.434.9230

## Open Gym Schedule

### Programs, Adult Only and Gym Schedule

<b>Monday</b>	5:00 am - 7:30 am	Adult Only Basketball
	7:30 am - 11:00 am	Open Gym
	11:00 am - 1:30 pm	Adult Only Basketball
	1:30 pm - 9:30 pm	Open Gym
<b>Tuesday</b>	5:00 am - 11:00 am	Open Gym
	11:00 am - 1:30 pm	Adult Only Basketball
	1:30 pm - 9:30 pm	Open Gym
<b>Wednesday</b>	5:00 am - 7:30 am	Adult Only Basketball
	7:30 am - 11:00 am	Open Gym
	11:00 am - 1:30 pm	Adult Only Basketball
	1:30 pm - 9:30 pm	Open Gym
<b>Thursday</b>	5:00 am - 11:00 am	Open Gym
	11:00 am - 1:30 pm	Adult Only Basketball
	1:30 pm - 5:30 pm	Open Gym
	5:30 pm - 7:00 pm	Marathon Training 1/2 Gym
	7:00 pm - 8:30 pm	Marathon Training Full Gym
<b>Friday</b>	5:00 am - 7:30 am	Adult Only Basketball
	7:30 am - 11:00 am	Open Gym
	11:00 am - 1:30 pm	Adult Only Basketball
	1:30 pm - 9:30 pm	Open Gym
<b>Saturday</b>	7:00 am - 9:30 am	Marathon Training 1/2 Gym
	9:30 am - 7:00 pm	Open Gym
<b>Sunday</b>	7:00 am - 7:00 pm	Open Gym

### Gym Guidelines

- **No profanity**
- **No roughhousing**
- **Please return all checked out equipment to the front desk**
- **Athletic shoes required; please do not wear street shoes on the wood floor**
- **During Adult Only Basketball Times**
  1. **Members must be 19 years or older**
  2. **Full court play is permitted unless there are more than 16 players present.**
  3. **YMCA Members only**

Downtown Y

# Pool Schedule

## Programs & Lap Lane Swim Schedule

### Monday

5:00 am - 1:30 pm	Lap Lanes
1:30 pm - 4:00 pm	Family Swim/Lap Lanes
4:00 pm - 5:00 pm	Water Exercise/Lap Lanes
5:00 pm - 5:30 pm	Lap Lanes
5:30 pm - 6:30 pm	Water Exercise/Lap Lanes
6:30 pm - 8:30 pm	Family Swim/Lap Lanes
8:30 pm - 9:00 pm	Lap Lanes

### Tuesday

5:00 am - 1:30 pm	Lap Lanes
1:30 pm - 4:00 pm	Family Swim/Lap Lanes
4:00 pm - 5:00 pm	Lap Lanes
5:00 pm - 6:30 pm	Swim Lessons/Lap Lanes
6:30 pm - 7:30 pm	Water Exercise/Lap Lanes
7:30 pm - 9:00 pm	Lap Lanes

### Wednesday

5:00 am - 1:30 pm	Lap Lanes
1:30 pm - 4:00 pm	Family Swim/Lap Lanes
4:00 pm - 5:00 pm	Water Exercise/Lap Lanes
5:00 pm - 5:30 pm	Lap Lanes
5:30 pm - 6:30 pm	Water Exercise/Lap Lanes
6:30 pm - 8:30 pm	Family Swim/Lap Lanes
8:30 pm - 9:00 pm	Lap Lanes

### Thursday

5:00 am - 1:30 pm	Lap Lanes
1:30 pm - 4:00 pm	Family Swim/Lap Lanes
4:00 pm - 5:30 pm	Lap Lanes
5:30 pm - 6:30 pm	Water Exercise/Lap Lanes
6:30 pm - 9:00 pm	Lap Lanes

### Friday

5:00 am - 1:30 pm	Lap Lanes
1:30 pm - 4:00 pm	Family Swim/Lap Lanes
4:00 pm - 5:00 pm	Water Exercise/Lap Lanes
5:00 pm - 9:00 pm	Lap Lanes/ Scheduled Rentals

### Saturday

7:00 am - 9:00 am	Lap Lanes
9:00 am - 10:00 am	Water Exercise/Lap Lanes
10:00 am - 1:00 pm	Lap Lanes
1:00 pm - 4:30 pm	Family Swim/Lap Lanes

### Sunday

7:00 am - 1:00 pm	Lap Lanes
1:00 pm - 4:30 pm	Family Swim/Lap Lanes

## Pool Guidelines

- This is a multi-use pool. Please be respectful of all persons and programs using the facility.
- We reserve the right to schedule programs, rentals and special events at any time. Signs will be posted in the pool area to notify members of these schedule changes.
- We have at least one lap lane available all of the time.
- You must wear appropriate swimsuit/trunks. No jeans, cut-offs or t-shirts/tank-tops allowed. This is to protect our filter system.
- 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.

### 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