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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COPPLE FAMILY YMCA

## OPEN GYMNASIUM HOURS FOR JANUARY 26 - MAY 18

### YMCA Gym #1

#### Sunday

8:00 am - 11:00 am  
11:00am - 8:00 pm

Net Time  
Open Gym

#### Monday

5:00 am - 9:00 am  
9:00 am - 10:30 am  
10:30 am - 11:00 am  
11:00 am - 12:00 pm  
12:00 pm - 4:30 pm  
4:30 pm - 7:00 pm  
7:00 pm - 8:00 pm  
8:00 pm - 10:00 pm

Open Gym  
Open Gym/Child Watch  
Open Gym/Preschool  
Open Gym/Home School Gym\*  
Open Gym  
Open Gym/Gymnastics\*  
Open Gym/Martial Arts  
Open Gym

#### Tuesday

5:00 am - 7:00 am  
7:45 am - 9:30 am  
9:30 am - 10:45 am  
10:45 am - 11:15 am  
11:15 am - 4:30 pm  
4:30 pm - 5:30 pm  
5:30 pm - 6:30 pm  
6:30 pm - 7:30 pm  
7:30 pm - 10:00 pm

Open Gym  
Pickleball  
Open Gym/Child Watch  
Open Gym/Preschool  
Open Gym  
Open Gym/Child Watch  
Open Gym/Game Time  
Open Gym/Child Watch  
Open Gym

#### Wednesday

5:00 am - 8:00 am  
8:00 am - 10:00 am  
10:00 am - 11:00 am  
11:00 am - 12:00 pm  
12:00 pm - 4:30 pm  
4:30 pm - 7:30 pm  
7:30 pm - 10:00 pm

Open Gym  
Pickleball Class\*  
Open Gym/Child Watch  
Open Gym/Home School Gym\*  
Open Gym  
Open Gym/Child Watch  
Open Gym

#### Thursday

5:00 am - 7:00 am  
7:45 am - 9:30 am  
9:30 am - 10:45 am  
10:45 am - 11:15 am  
11:15 am - 4:30 pm  
4:30 pm - 5:30 pm  
5:30 pm - 6:30 pm  
6:30 pm - 7:30 pm  
7:30 pm - 10:00 pm

Open Gym  
Pickleball  
Open Gym/Child Watch  
Open Gym/Preschool  
Open Gym  
Open Gym/Child Watch  
Open Gym/Game Time  
Open Gym/Child Watch  
Open Gym

#### Friday

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

Open Gym  
Open Gym/Child Watch  
Open Gym/Preschool\*  
Open Gym  
Open Gym/Child Watch  
Open Gym

#### Saturday

7:00 am - 8:00 am  
8:00 am - 12:00 pm  
12:00 pm - 7:00 pm

Open Gym  
Open Gym/Gymnastics\*  
Open Gym

### Gym #2 (East Gym)

#### Sunday

8:00 am - 2:00 pm  
2:00 pm - 8:00 pm

Open Gym  
Net Time

#### Monday, Wednesday & Friday

5:00 am - 7:30 am  
7:30 am - 5:30 pm  
5:30 pm - 10:00 pm

Open Gym  
*Closed for School Use Only*  
Open Gym

#### Tuesday & Thursday

5:00 am - 7:30 am  
7:30 am - 5:30 pm  
5:30 pm - 6:00 pm  
6:00 pm - 7:00 pm  
7:00 pm - 10:00 pm

Open Gym  
*Closed for School Use Only*  
Open Gym  
Open Gym/Speed & Agility\*  
Net Time

#### Saturday

7:00 am - 2:00 pm  
2:00 pm - 7:00 pm

Open Gym  
Net Time

### Gym #3 (Big Gym)

#### Sunday

8:00 am - 9:00 am  
9:00 am - 8:00 pm

Gym Walking  
Open Gym

#### Monday - Friday

5:00 am - 7:30 am  
7:30 am - 5:00 pm  
5:00 pm - 10:00 pm

Gym Walking  
*Closed for School Use Only*  
Open Gym

#### Saturday

7:00 am - 8:00 am  
8:00 am - 7:00 pm

Gym Walking  
Open Gym

### What does it mean on the schedule?

#### Sharing Space

There will be times gyms will not be available due to school functions and activities. We will post signage on the gym doors prior to the events to notify members.

#### 1/2 Court Times

When scheduled is marked with home school gym, gymnastics, family gym, pickleball, volleyball 1/2 the gym is available for Open Gym, other 1/2 is for designated program.\*Pickleball class on Wednesday pre-registration is required

#### Team Practices

Team practices of any kind are NOT allowed at the Copple Family Y. Youth Sports teams need to contact the Youth Sports office for times and locations.

#### \* Asterisk

A fee based class, to register please stop by the Front Desk.



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# COPPLE FAMILY YMCA

## SWIMMING POOL HOURS JANUARY 26-MAY 8

### INDOOR POOL SCHEDULE

Features: 5 lap lanes, water slide, aqua track, leisure area, whirlpool  
\*Schedule may be altered on non school days. Please see holiday schedules in branch.

#### Sunday

8:00 – 10:00 am  
10:00 – 6:45 pm  
6:45 – 7:40pm

#### Monday

5:00 – 8:00 am  
8:00 – 11:00 am  
11:00 – 12:00 pm  
12:00 – 8:30 pm  
8:30 – 9:40pm

#### Tuesday

5:00 – 8:00 am  
8:00 – 11:00 am  
11:00 – 12:00 pm  
12:00 – 4:30 pm  
4:30 – 7:30 pm  
7:30 – 9:40 pm

#### Wednesday

5:00 – 8:00 am  
8:00 – 11:00 am  
11:00 – 12:00 pm  
12:00 – 4:30 pm  
4:30 – 7:30 pm  
7:30 – 9:40 pm

#### Thursday

5:00 – 8:00 am  
8:00 – 11:00 am  
11:00 – 12:00 pm  
12:00 – 8:30 pm  
8:30 – 9:40pm

#### Friday

5:00 – 8:30 am  
8:30 – 11:00 am  
11:00 – 12:00 pm  
12:00 – 9:00 pm  
9:00 – 9:40pm

#### Saturday

7:00 – 8:30 am  
8:30 – 11:00 am  
11:00 – 5:45 pm  
5:45 – 6:40 pm

#### Pool Usage Schedule

Lap Swim/Adult Only Swim  
Recreational Swim  
Lap Swim/Adult Only Swim

Lap Swim/Adult Only Swim  
Recreational Swim  
Lap Swim/Adult Only Swim  
Recreational Swim  
Lap Swim/Adult Only Swim

Lap Swim/Adult Only Swim  
Recreational Swim  
Lap Swim/Adult Only Swim  
Recreational Swim  
Y Programming/Lap Swim  
Recreational Swim

Lap Swim/Adult Only Swim  
Recreational Swim  
Lap Swim/Adult Only Swim  
Recreational Swim  
Y Programming/Lap Swim  
Recreational Swim

Lap Swim/Adult Only Swim  
Recreational Swim  
Lap Swim/Adult Only Swim  
Recreational Swim  
Lap Swim/Adult Only Swim

Lap Swim/Adult Only Swim  
Recreational Swim  
Lap Swim/Adult Only Swim  
Recreational Swim  
Lap Swim/Adult Only Swim

Lap Swim/Adult Only Swim  
Y Programming/Lap Swim  
Recreational Swim  
Lap Swim/Adult Only Swim

#### Aqua Track Schedule

Adult Exercise  
Family Time  
Adult Exercise

Adult Exercise  
Family Time  
Adult Exercise  
Family Time  
Adult Exercise

Adult Exercise  
Family Time  
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Family Time  
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Adult Exercise  
Family Time  
Adult Exercise

Adult Exercise  
Family Time  
Adult Exercise  
Family Time  
Adult Exercise

Adult Exercise  
Adult Exercise  
Family Time  
Adult Exercise

### What does it mean on the schedule?

#### Lap Swim/Adult Only Swim

At least 2 lap lanes available. Members must be at least 15 years old or older to use the pool during adult only swim.

#### Recreational Swim

Open to members of the Lincoln YMCA and guests. 2 Lap lanes will be available to use for lap swimming during this time.

#### Family Swim

Sunday's 4-6pm bring your family to swim, we have a lifeguard to catch kids off the slide at this time as well.

#### Adult Exercise

Adults must be at least 15 years of age to use the Aqua Track during this time.

#### Family Time

Open to all users. Users move with the current on the outside of the track and against the current on the inside of the track. Users must be vertical in the water with their heads out of the water for safety. Non-swimmers or anyone in a lifejacket MUST have an adult at least 16 years of age within arms reach of them while using the Aqua Track.

#### Lap Lane Cone Markers

We use a color coding system for pool users to quickly identify how a lap lane could be used.

Yellow = Lap Swimming  
Orange = Recreational/Family Swimming  
Green = Water Exercise Class  
Blue = Y Programming

We also have a sign by the Aqua Track to identify if it is Family Time or Adult Time.