



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Cooper Pool Schedule

**Winter/Spring 2019
402-323-6400
Effective Jan 1 2019**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	← One Lap Lane will be available 8:00AM-9:40PM M-F →						
5:00 AM	Two Lap Lanes	Two Lap Lanes	Two Lap Lanes	Two Lap Lanes	Two Lap Lanes	Closed	Closed
6:00 AM	Water Fit 5:45-6:45	Water Fit 5:30-6:15	Water Fit 5:45-6:45	Water Fit 5:30-6:15	Water Fit 5:45-6:45		
7:00 AM						Two Lap Lanes	
8:00 AM	Water Fit 8:00-8:45	Water Fit 8:00-8:45	Water Fit 8:00-8:45	Water Fit 8:00-8:45	Water Fit 8:00-8:45	Water Fit 8:00-8:45	
9:00 AM			*Swim Lessons 9:15-11:15	*Swim Lessons 9:15-11:15		*Swim Lessons 9:15-11:15	
10:00 AM	Open Swim	Open Swim			Open Swim		
11:00 AM							
Noon	Adult Only Swim	Fit for Life 12-12:45	Adult Only Swim	Fit for Life 12-12:45	Adult Only Swim	Fit for Life 12-12:45	
1:00 PM							Open Swim
2:00 PM	Open Swim	Open Swim	*PreSchool Lessons	*PreSchool Lessons		Open Swim	
3:00 PM			Open Swim	Open Swim	Open Swim		
4:00 PM							
5:00 PM	*Swim Lessons 4:30-6:45	*Swim Lessons 5:00-7:15	*Swim Lessons 4:30-6:45	*Swim Lessons 5:00-7:15			Family Swim
6:00 PM	Water Fit 5:30-6:15	Water Fit 6:30-7:15	Water Fit 5:30-6:15	Water Fit 6:30-7:15	Water Fit 5:30-6:15	Pool Close at 6:40PM	
7:00 PM							Pool Close at 7:40PM
8:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
9:00 PM							
	← Pool and Whirlpool Close at 9:40 PM M-F →						

•Unlabeled times are open recreational swimming times.

•Schedule is subjected to change.

*Swim Lessons Sessions: January 28-March 10, 2019; March 25-May 5, 2019.

•We reserve the right to schedule programs, rentals and special events. Signs will be posted in the pool area to notify members of these schedule changes.

•This is a multi-use pool. Please be respectful of all persons and programs using the facility.

Due to limited lap lane space at times, please be prepared to share lanes. Lap lane swimmers must be swimming laps, we do not allow water walking or exercising in the designated lap lane(s). For water exercise please use other pool areas.

Lap Swim: 2 lanes will be available for lap swimming Adult Only Swim: Pool users must be 19 and over

Family Swim: a lifeguard will be available to catch kids off the slide



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Cooper Main Gym

**Winter/Spring 2019
402-323-6400
Effective September 4th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Bootcamp 5:15-6:15				Bootcamp 5:15-6:15	Closed	Closed
6:00 AM							
7:00 AM	Pickleball 7:00-11:00			Pickleball 7:00-11:00			
8:00 AM		Open					Volleyball 8-10
9:00 AM						Open	
10:00 AM							Open
11:00 AM							Pickleball 11-12:45
Noon		Adult Gym		Adult Gym	Open		
1:00 PM			Open			Birthday Parties 1:00-5:30	Birthday Parties 1:00-5:30
2:00 PM							
3:00 PM	Open	Open		Open			
4:00 PM							
5:00 PM							
6:00 PM						Volleyball 5:30-7	Open
7:00 PM		Pick Up Basketball 6:30-9:00		Pick Up Basketball 6:30-9:00	Birthday Parties 7:00-9:00		
8:00 PM						Closed	Closed
9:00 PM							
10:00 PM							

Schedule is subjected to change. We reserve the right to schedule programs, rentals and special events. Signs will be posted to notify members of these schedule changes.

Adult Gym: Gym is available for Lincoln Y Members and Guests 19 & Over

1/2 Court Times: Birthday Parties, Pickleball, and Volleyball 1/2 of the gym is available for Open Gym.

Pick Up Basketball: Played on half the gym. Must be a current Y member and at least 16 years of age. Players must wear a wristband issued by the Front Desk at all times. Wristbands will be available starting at 6:30PM. At any time Y staff reserve the right to remove anyone from play due to inappropriate behavior



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Cooper Youth Gym

**Winter/Spring 2019
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Open	Open	Open	Open	Open	Closed	Closed
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM	Pre School	Pre School	9:15-Noon Dance/ Gymnastics	Open	Open	Open	
10:00 AM							
11:00 AM	Open	Home School Gym	Open	Home School Gym	Open	Open	
Noon							
1:00 PM	Pre School	Pre School	Open	Open	Open	Kid Quest 1:00-5:00	
2:00 PM							
3:00 PM	Gymnastics* 4:30-8:15	Kids Quest 4:30-8:00	Gymnastics* 4:30-8:15	Kids Quest 4:30-8:00	Supervised Open Gym (Youth 9-12) 5:00-8:00	Open	
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM	Open	Open	Open	Open	Open	Closed	
8:00 PM							
9:00 PM	Open	Open	Open	Open	Open	Closed	
10:00 PM							

Schedule is subjected to change. We reserve the right to schedule programs, rentals and special events. Signs will be posted to notify members of these schedule changes.

Kids Quest: For children ages 5-10. Must be checked in by a Parent/Guardian. Please check in at the youth gym.

*Gymnastics/Dance Sessions: September 10th-October 13th; October 15th-November 17th.