



# Gym & Pool Schedule

2018

**Contact Information**

Downtown Front Desk  
402.434.9230

## Open Gym Schedule Programs, Adult Only and Gym Schedule

## Gym Guidelines

**Monday**

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 - 7:00 pm	Open Gym
7:00 pm - 9:00 pm	Pickleball/Open Gym

**Tuesday**

5:00 am - 6:15 am	Open Gym
6:15 am - 7:15 am	Resistance Training Class
7:15 am - 11:00 am	Open Gym
11:00 am - 1:30 pm	Adult Only Basketball
1:30 pm - 9:00 pm	Open Gym

**Wednesday**

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 - 7:00 pm	Open Gym
7:00 pm - 9:00 pm	Pickleball/Open Gym

**Thursday**

5:00 am - 11:00 am	Open Gym
11:00 am - 1:30 pm	Adult Only Basketball
1:30 pm - 6:30 pm	Open Gym
6:30 pm - 7:15 pm	Open Gym
7:15 pm - 9:00 pm	Open Gym

**Friday**

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 - 9:00 pm	Open Gym

**Saturday**

7:00 am - 5:00 pm	Open Gym
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**Sunday**

7:00 am - 1:00 pm	Open Gym
1:00 pm - 3:00 pm	Pickleball/Open Gym
3:00 pm - 5:00 pm	Open Gym

- **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.**

Downtown Y

# Pool Schedule

## Programs & Lap Lane Swim Schedule

### Monday

5:00 am - 1:30 pm	Lap Lanes
1:30 pm - 4:00 pm	Open 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	Open Swim/Lap Lanes

### Tuesday

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

### Wednesday

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

### Thursday

5:00 am - 5:30 am	Lap Lanes
5:30 am - 6:30 am	Masters Swim/Lap Lanes
6:30 am - 1:30 pm	Lap Lanes
1:30 pm - 8:30 pm	Open Swim/Lap Lanes

### Friday

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

### 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 - 4:00 pm	*Open Swim/Lap Lanes
4:00 pm - 4:30 pm	Lap Lanes

### Sunday

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

\*Safety Breaks will be called every hour for 5 minutes. Please use this time to use the restroom and hydrate. Adults may swim during safety breaks.

## 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.
- For open swim times that are three hours or longer, Safety Breaks will be called every hour for 5 minutes. Please use this time to use the restroom and hydrate. Adults may swim during safety breaks.