

FALLBROOK INDOOR POOL SCHEDULE

MEMBER TRAFFIC FLOW

- Members are encouraged to arrive in swim suits to avoid locker room crowding.
- For lap lane etiquette, while sharing a lane, stay to the right to avoid unnecessary collisions with other parties in the lap lanes.

WHAT TO BRING

- **TOWELS** - Please bring a towel from home to use at our indoor pool. YMCA towels are not available.
- **GOGGLES/TOYS** - We encourage bringing your own from home. We do not loan out goggles or toys. There are goggles available for purchase.
- **COAST GUARD APPROVED LIFEJACKET** - We only allow US Coast Guard Approved Life Jackets. We encourage bringing your own from home. There are lifejackets upon request

POOL USAGE

- **OPEN LAP SWIM** - 4 lap lanes are available for lap swimming only. Maximum amount of lap swimmers per lane is 2. Stingray Swim Team on Mon & Wed will occupy 2 lanes. BOGA Fit class on Thursday evenings & Saturday mornings will occupy 2 lap lanes. Water Fit on Wednesday evenings will also occupy 2 lap lanes.
- **OPEN RECREATIONAL SWIM** - Available recreational swim times are outlined on the back in green. There is **NO** recreational swim during outlined swim lesson times.
- **SWIMMING LESSONS** - Open lap swim is allowed for lap swimming only. Swimming lessons may also occupy 1 or 2 available lap lanes. Again, there is **NO** rec swim during outlined swim lesson times.
- **SLIDES & SPA** - A swim test will be administered for anyone wanting to go down the slide. Must be 14+ to use Spa.

AQUATICS YOUTH AGE GUIDELINES

Children under 5 years of age - Parent/Guardian must be within arm's length of child while swimming

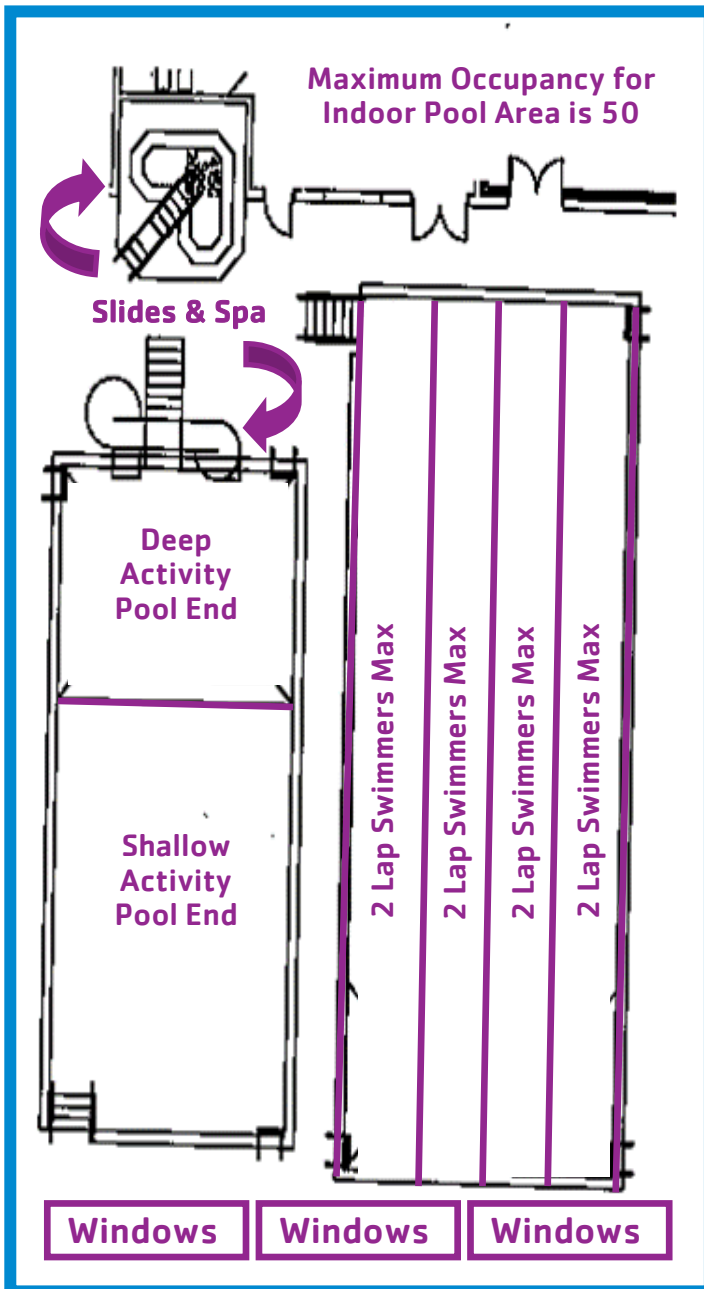
Children 6-8 years of age - Parent/Guardian must remain on the pool deck while child is swimming

Children 9 years of age and older - no supervision as long as conduct does not warrant otherwise

Non-Swimmers (any age) - must be wearing a US Coast Guard approved floatation device and Parent/Guardian must be within arm's length of the swimmer

See detailed INDOOR POOL SCHEDULE on back

Note: Schedule may be altered at any time based on class additions & modifications as well as on holidays
Please see holiday schedules posted in branch at the front desk



INDOOR POOL SCHEDULE Effective May 1st— May 30th

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|--|--|--|--|--|--|
| 5-8am Facility Closed | 5-6am Open Swim | 5-6am Open Swim Water Fit (5:30-6:20) | 5-6am Open Swim | 5-6am Open Swim Water Fit (5:30-6:20) | 5-6am Open Swim | 5-7am Facility Closed |
| | 6-7am Open Swim | 6-7am Open Swim | 6-7am Open Swim | 6-7am Open Swim | 6-7am Open Swim | |
| | 7-8am Open Swim | 7-8am Open Swim | 7-8am Open Swim | 7-8am Open Swim | 7-8am Open Swim | |
| 8-9am Open Swim | 8-9am Open Swim Water Fit (8:00-8:50) | 8-9am Open Swim | 8-9am Open Swim | 8-9am Open Swim | 8-9am Open Swim | 8-9am Open Swim Water Fit (8:00-8:50) |
| 9-10am Open Swim | 9-10am Open Swim Water Fit (9:30-10:20) | 9-10am Open Swim Water Fit (9:30-10:20) | 9-10am Open Swim Water Fit (9:30-10:20) | 9-10am Open Swim Water Fit (9:30-10:20) | 9-10am Open Swim Water Fit (9:30-10:20) | 9-10am Open Swim |
| 10-11am Open Swim | 10-11am Open Swim | 10-11am Open Swim | 10-11am Open Swim | 10-11am Open Swim | 10-11am Open Swim | 10-11am Open Swim BOGA Fit (10:00-11:00) 2 Lap Lanes |
| 11-12pm Open Swim | 11-12pm Open Swim | 11-12pm Open Swim | 11-12pm Open Swim | 11-12pm Open Swim | 11-12pm Open Swim | 11-12pm Open Swim |
| 12-1pm Open Swim | 12-1pm Open Swim | 12-1pm Open Swim | 12-1pm Open Swim | 12-1pm Open Swim | 12-1pm Open Swim | 12-1pm Open Swim |
| 1-2pm Open Swim | 1-2pm Open Swim | 1-2pm Open Swim | 1-2pm Open Swim | 1-2pm Open Swim | 1-2pm Open Swim | 1-2pm Open Swim |
| 2-3pm Open Swim | 2-3pm Open Swim | 2-3pm Open Swim | 2-3pm Open Swim | 2-3pm Open Swim | 2-3pm Open Swim | 2-3pm Open Swim |
| 3-4pm Open Swim | 3-4pm Open Swim | 3-4pm Open Swim | 3-4pm Open Swim | 3-4pm Open Swim | 3-4pm Open Swim | 3-4pm Open Swim |
| 4-5pm Open Swim | 4-4:30pm Open Swim 4:30-5pm Swim Lessons | 4-5pm Open Swim | 4-4:30pm Open Swim 4:30-5pm Swim Lessons | 4-5pm Open Swim | 4-5pm Open Swim | 4-5pm Open Swim |
| 5-5:30pm Open Swim | 5-6pm Swim Lessons | 5-6pm Open Swim | 5-6pm Swim Lessons | 5-6pm Open Swim | 5-6pm Open Swim | 5-5:30 pm Open Swim |
| 5:30-6pm Pool Closed | 6-7pm Swim Lessons Water Fit (5:40-6:30) 2 Lap Lanes | 6-7pm Open Swim | 6-7pm Swim Lessons Water Fit (5:40-6:30) 2 Lap Lanes | 6-7pm Open Swim BOGA Fit (6:30-7:30) 2 Lap Lanes | 6-7pm Open Swim | 5:30-6pm Pool Closed |
| 6pm Facility Closed | 7-8pm Open Swim | 7-8pm Open Swim | 7-8pm Open Swim | 7-8pm Open Swim | 7-8pm Open Swim | 6pm Facility Closed |
| | 8-8:30pm Open Swim | 8-8:30pm Open Swim | 8-8:30pm Open Swim | 8-8:30pm Open Swim | 8-8:30pm Open Swim | |
| | 8:30-9 pm Pool Closed | 8:30-9 pm Pool Closed | 8:30-9 pm Pool Closed | 8:30-9 pm Pool Closed | 8:30-9 pm Pool Closed | |