



Fallbrook Indoor Pool Schedule

402-323-6444

Effective September 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Open Swim	Open Swim Water Fit 5:30am-6:20am	Open Swim	Open Swim Water Fit 5:30am-6:20am	Open Swim	POOL CLOSED	POOL CLOSED
6:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
7:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
8:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim Water Fit 8:00am-8:50am	Open Swim
9:00 AM	Open Swim Water Fit 9:30-10:20am	Open Swim Water Fit 9:30-10:20am	Open Swim Water Fit 9:30-10:20am	Open Swim Water Fit 9:30-10:20am	Open Swim Water Fit 9:30-10:20am	Swim Lessons	Open Swim
10:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Swim Lessons BOGA FIT 10am-11am (2 Lap Lanes Available)	Open Swim
11:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Swim Lessons Open Swim at 11:30am	Open Swim
Noon	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
1:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim Swim Lessons (2 Lap Lanes Available)
2:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00 PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:00 PM	Open Swim Stingrays 4:30-5:30pm (2-3 Lap Lanes Available)	Open Swim	Open Swim Stingrays 4:30-5:30pm (2-3 Lap Lanes Available)	Open Swim	Open Swim	Open Swim	Open Swim
5:00 PM	Swim Lessons	Open Swim	Swim Lessons	Open Swim	Open Swim	Open Swim	Open Swim
6:00 PM	Swim Lessons	Open Swim	Swim Lessons	Open Swim BOGA FIT 6:30-7:30pm (2 Lap Lanes Available)	Open Swim	POOL CLOSED @ 5:30pm	POOL CLOSED @ 5:30pm
7:00 PM	Swim Lessons Open Swim at 7:30pm	Open Swim	Swim Lessons Open Swim at 7:30pm	Open Swim	Open Swim		
8:00PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	← Pool Closed @ 8:30pm Mon-Fri →	

INDOOR POOL GUIDELINES

[CLICK HERE](#) or can be found at ymcalincoln.org

What To Bring

Towels - Towels are not provided in our facility.

Goggles/Toys - The Y will not have extras to hand out at this time.

COAST GUARD APPROVED LIFEJACKETS - The YMCA will limited lifejackets to hand out at this time.

We do not allow any other flotation devices other than USCG approved life jackets and puddle jumpers.

Lap Swim

4 Lap Lanes available during Open Swim. During YMCA Programming we may be reduced to 1 or 2 lap lanes.

Please be respectful to your fellow swimmer. There will be times you will need to share a lane. Two swimmers can swim side by side or three swimmers can circle swim.

Time highlighted in **GREEN** are Swim Lesson Times only. Recreational Open Swim is not available at these times in either pools.
1-3 Lap Lanes available for lap swim.

For more information on any of these activities, please consult the YMCA Program Brochure's or visit our website at www.ymcalincoln.org