



Fallbrook YMCA Indoor Pool Schedule

Effective September 10th – October 15th

REC/OPEN SWIM
YMCA PROGRAMMING
GROUP EXERCISE CLASS
LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM							
6:00AM	REC/OPEN SWIM 5:00AM-5:00PM	LAP SWIM	REC/OPEN SWIM 5:00AM-5:00PM	LAP SWIM	REC/OPEN SWIM 5:00AM-8:30PM	LAP SWIM	CLOSED
7:00AM							
8:00AM	WATERFIT SHALLOW 8:00AM-8:50AM	WATERFIT SHALLOW 5:30AM-6:20AM	WATERFIT SHALLOW 8:00AM-8:50AM	WATERFIT SHALLOW 5:30AM-6:20AM	WATERFIT SHALLOW 5:30AM-6:30AM	WATERFIT SHALLOW 8:00AM-8:50AM	CLOSED
9:00AM	WATERFIT SHALLOW 9:30AM-10:20AM	WATERFIT SHALLOW 9:30AM-10:20AM	WATERFIT SHALLOW 9:30AM-10:20AM	WATERFIT SHALLOW 9:30AM-10:20AM	WATERFIT SHALLOW 9:30AM-10:20AM	WATERFIT SHALLOW 9:30AM-10:20AM	CLOSED
10:00AM							
11:00AM							
12:00PM							
1:00PM	REC/OPEN SWIM 1:00PM-5:00PM	LAP SWIM	REC/OPEN SWIM 1:00PM-5:00PM	LAP SWIM	REC/OPEN SWIM 1:00PM-8:30PM	LAP SWIM	REC/OPEN SWIM 8:00AM-5:30PM
2:00PM							
3:00PM							
4:00PM							
5:00PM							
6:00PM	SWIM LESSONS 5:00-7:30PM	MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS	SWIM LESSONS 5:00-7:30PM	WATERFIT SHALLOW 5:40-6:30PM (2 LAP LANES)	BOGAFIT 6:00PM-7:00PM (2 LAP LANES)		
7:00PM	REC/OPEN SWIM 7:30-8:30PM	LAP SWIM	REC/OPEN SWIM 7:30-8:30PM	LAP SWIM			
8:00PM							

POOL CLOSING AT 8:30PM MONDAY-FRIDAY

POOL CLOSING AT 5:30PM SATURDAY & SUNDAY

THINGS TO KNOW

- Click [here](#) for Indoor Pool Guidelines.
- YMCA Youth Policy applies. In all cases, youth must be 9 years or older to be in any YMCA facility without a guardian. Please review all other Youth Policies for facility access.
- Lap Lanes are for Lap Swimming or Water Exercise only.
- Members of all ages are welcome during recreational swim times.
- All schedules are subject to change. The YMCA reserves the right to schedule programs, rentals, and special events, and will make every effort to notify members of any schedule changes.
- Safety Checks will be performed on weekends from 12:00-5:00pm, Out of School Days, and during times of increased patron load. Safety Checks are 10 minute intervals that take place at the end of the hour.

WHAT TO BRING

Please bring your own Towels, pad lock, goggles, Coast Guard approved life jackets, and toys.

UPCOMING YMCA PROGRAMS:

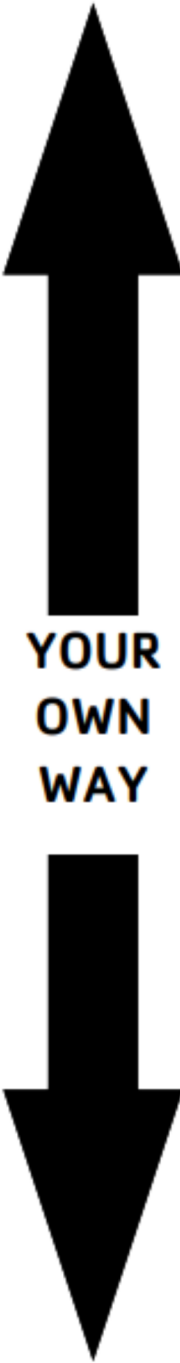
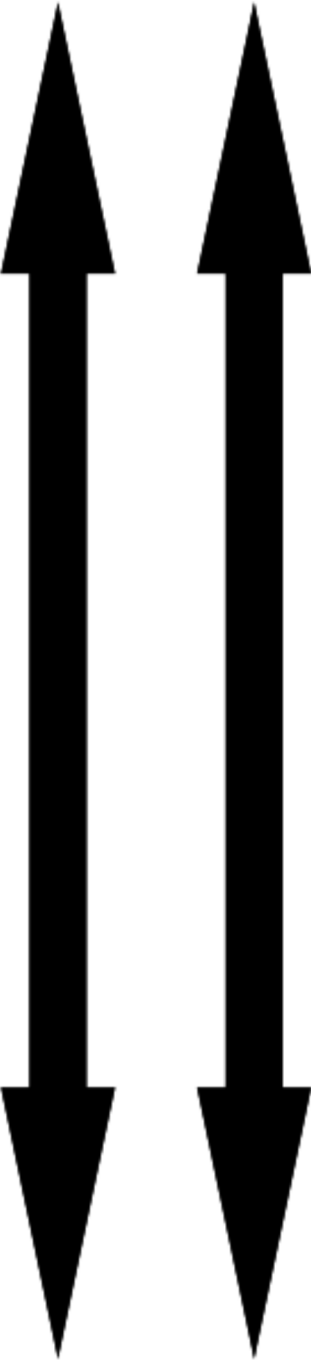
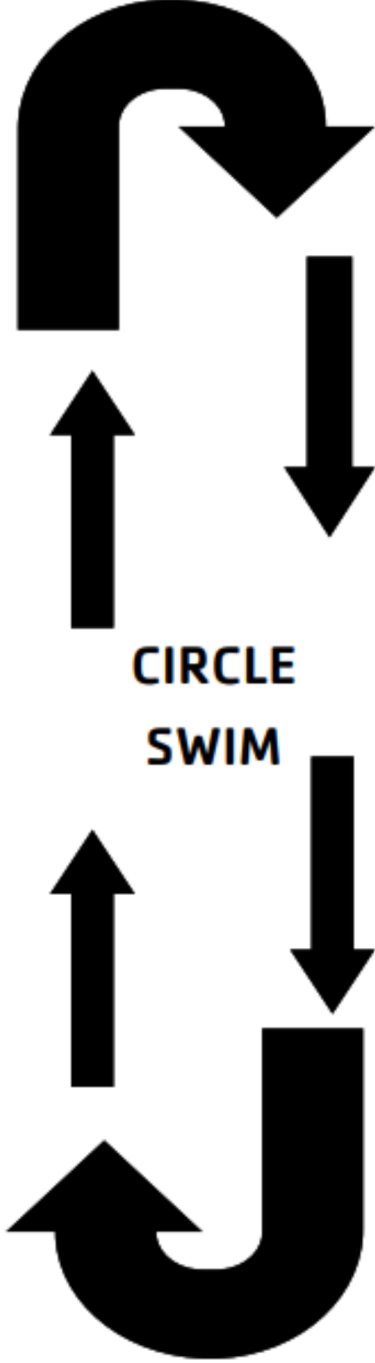
Fall Swim Lessons:

September 11th – October 15th
 Monday Nights 5pm-7:30pm
 Wednesday Nights 5pm-7:30pm
 Saturday Mornings 9am-11:30am

Fall Swim Lesson Registration:

Members - August 29th
 Community Members - August 31st

LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p>YOUR OWN WAY</p>		 <p>CIRCLE SWIM</p>

THINGS TO KNOW

- Please be respectful of your fellow Y Friends.
- We understand our pool at times can be busy, our goal is to meet as many people's needs as possible.
- Try to swim with people who have the same ability and let them know you are entering the lane.
- Be cautious and courteous. Do not start directly in front or behind someone approaching the wall for a turn, give them room.
- With two or more swimmers in a lane, use the circle swim pattern (it's like driving, keep to the right).
- Adult Lap Swim is designated for 18+.
- There are four lap lanes available during Open Swim. During YMCA programming we may be reduced to one or two lap lanes.