



Fallbrook YMCA Pool Schedule

Effective January 1st-January 29th

REC/OPEN SWIM
 YMCA PROGRAMMING
 GROUP EXERCISE CLASS
 LAP SWIM

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	4 LANES		4 LANES		4 LANES		4 LANES		4 LANES		4 LANES		4 LANES	
5:00AM											CLOSED		CLOSED	
6:00AM			WATERFIT SHALLOW 5:30-6:20AM			MASTERS SWIM 5:30-6:30AM (2-3 LAP LANES)	WATERFIT SHALLOW 5:30-6:20AM		MASTERS SWIM 5:30-6:30AM (2-3 LAP LANES)					
7:00AM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM
8:00AM	WATERFIT SHALLOW 8:00-8:50AM				WATERFIT SHALLOW 8:00-8:50AM						WATERFIT SHALLOW 8:00-8:50AM			
9:00AM													REC/OPEN SWIM	LAP SWIM
10:00AM	WATERFIT SHALLOW 9:30-10:20AM		WATERFIT SHALLOW 9:30-10:20AM		WATERFIT SHALLOW 9:30-10:20AM		WATERFIT SHALLOW 9:30-10:20AM		WATERFIT SHALLOW 9:30-10:20AM		BOGA FIT 10:00-11:00AM (2 LAP LANES)			
11:00AM														
12:00PM														
1:00PM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM
2:00PM														
3:00PM														
4:00PM														
5:00PM	SWIM LESSONS 5:10-6:40 PM				SWIM LESSONS 5:10-6:40 PM									
6:00PM						WATERFIT SHALLOW 5:40-6:30PM (1-2 LANES)		BOGA FIT 6:00-7:00PM (2 LAP LANES)						
7:00PM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM	REC/OPEN SWIM	LAP SWIM			POOL CLOSSES AT 5:30PM SATURDAY & SUNDAY	
8:00PM	POOL CLOSSES AT 8:30PM MONDAY-FRIDAY													

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.
- Members must be at least 18 years old to use the pool during Adult Water Walking/Fitness.
- 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

Towels, pad lock, goggles, Coast Guard approved life jackets, and toys.

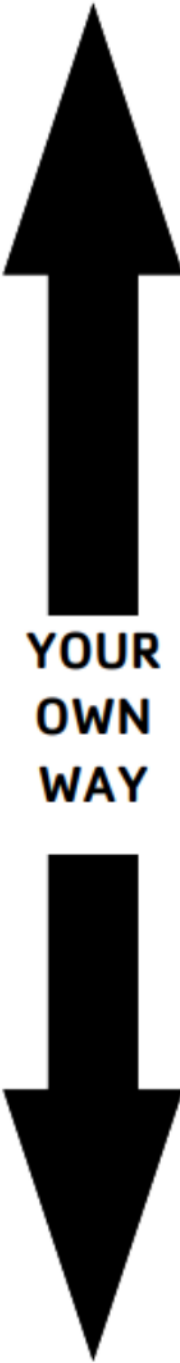

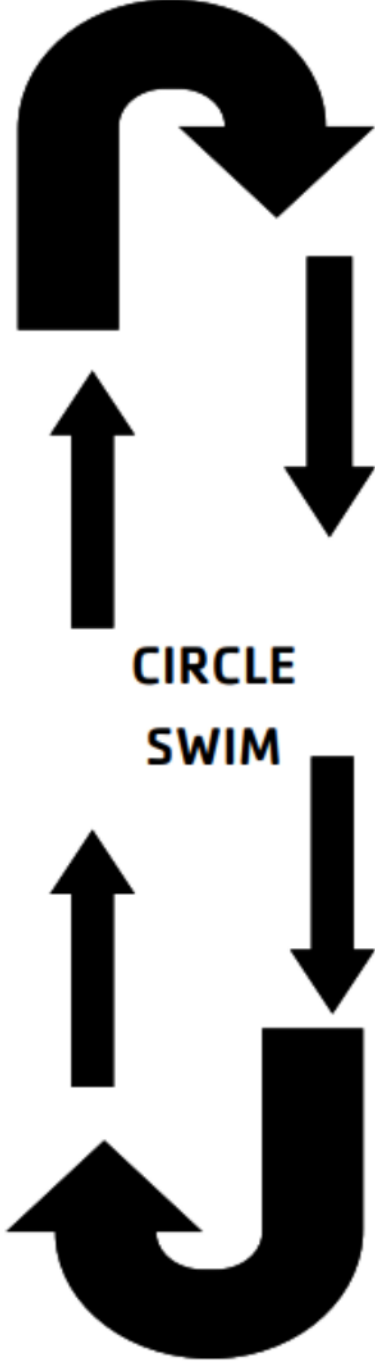
UPCOMING YMCA PROGRAMS:

Winter Mini-Session
January 8th-January 28th

Winter Swim Session
January 29th-March 10th

Spring Swim Session
March 18th-April 28th

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.