



# Fallbrook YMCA Pool Schedule

## Effective January 29th – March 10th

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	
5:00AM						CLOSED	CLOSED	
6:00AM								
7:00AM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	
8:00AM	WATERFIT SHALLOW 8:00AM-8:50AM		WATERFIT SHALLOW 8:00AM-8:50AM			WATERFIT SHALLOW 8:00AM-8:50AM		
9:00AM						MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS	REC/OPEN SWIM	
10:00AM								
11:00AM								
12:00PM								
1:00PM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	
2:00PM								
3:00PM								
4:00PM								
5:00PM								
6:00PM	SWIM LESSONS 5:00PM-7:30PM MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS		SWIM LESSONS 5:00PM-7:30PM	WATERFIT SHALLOW 5:40-6:30PM (1-2 LANES) MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS	BOGA FIT 6:00PM-7:00PM (2 LAP LANES)			
7:00PM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	POOL CLOSING AT 5:30PM SATURDAY & SUNDAY		
8:00PM								
POOL CLOSING 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

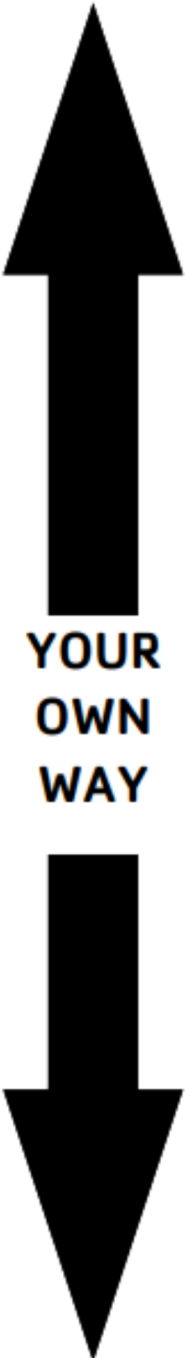
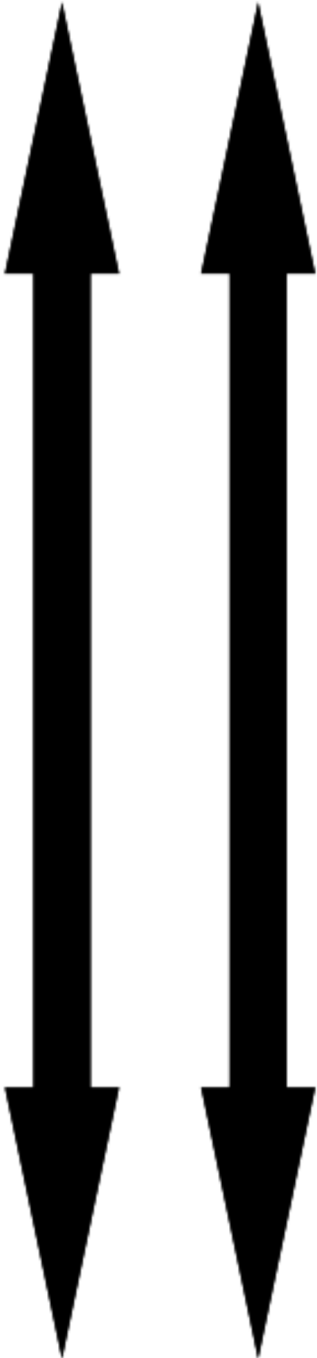
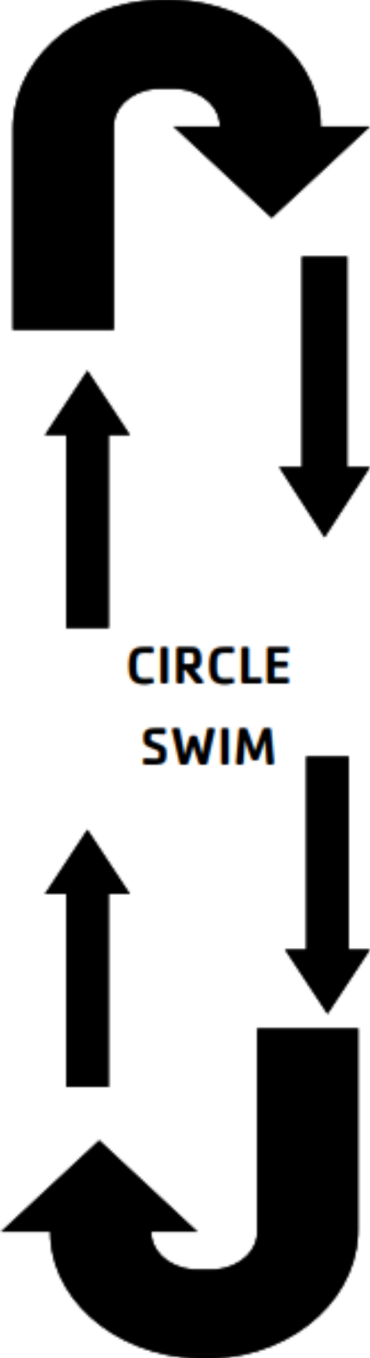
Towels, pad lock, goggles, Coast Guard approved life jackets, and toys.

### UPCOMING YMCA PROGRAMS:

Winter Swim Session  
January 29th-March 10th

Spring Swim Session  
March 18th-April 28th

# LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p data-bbox="228 947 360 1125">YOUR OWN WAY</p>		 <p data-bbox="1242 961 1406 1087">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.