



# Fallbrook YMCA Pool Schedule

## Effective March 18th - April 28th

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							
7:00AM	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		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		
8:00PM						POOL CLOSING AT 5:30PM SATURDAY & SUNDAY	
	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:**

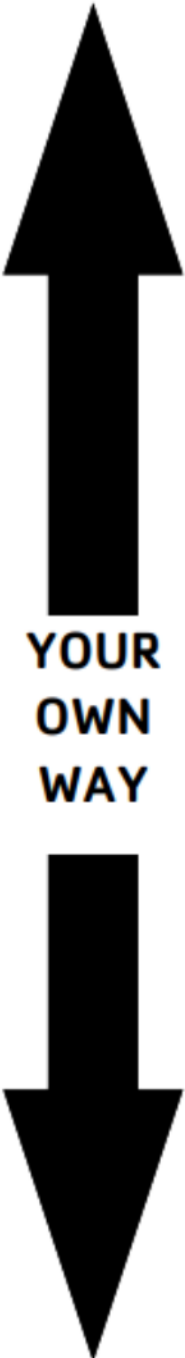
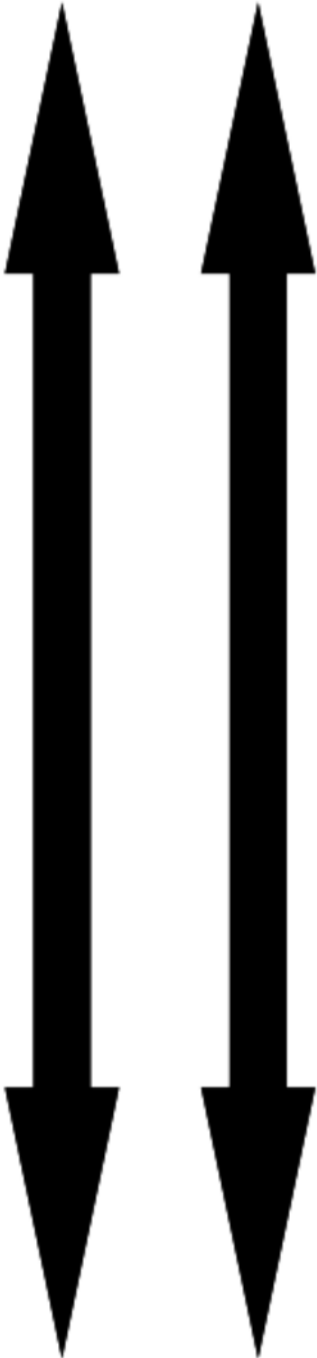
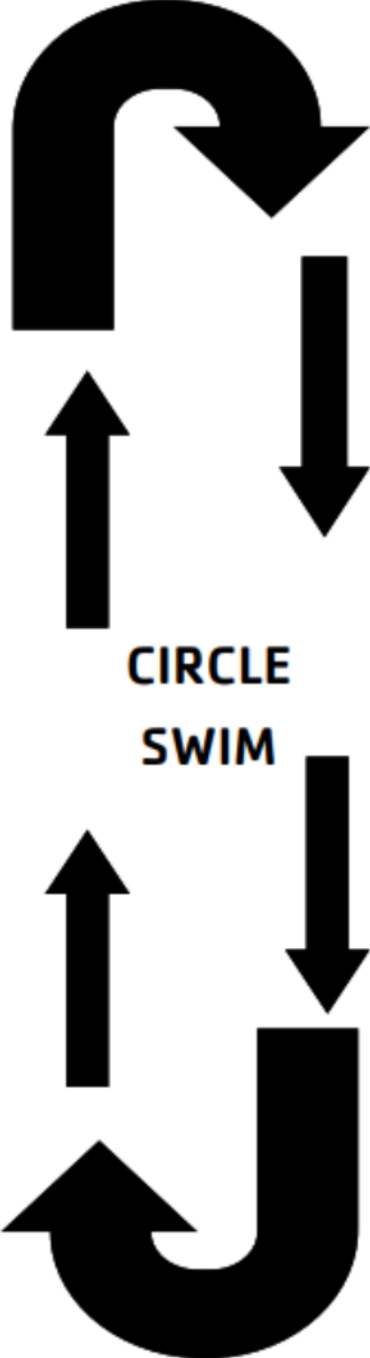
**Private Swim Lessons are OPEN!**

Spring Swim Lesson Session:  
March 18th-April 28th

Next Session Registration:  
April 16th & April 18th

Last Spring Session:  
April 29th - May 19th

# LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p data-bbox="228 947 363 1125">YOUR OWN WAY</p>		 <p data-bbox="1240 961 1408 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.