



# Fallbrook YMCA Outdoor Pool Schedule

## Effective May 25 – June 30

ADULT LAP SWIM
  YMCA PROGRAMMING
  GROUP EXERCISE CLASS
  OPEN SWIM
  SAFETY BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	LAP SWIM 5:00-8:00AM	WATER FIT 5:30-6:20AM 3 LAP LANES OPEN	MASTERS SWIM 5:30-6:30AM 1-2 LAP LANES OPEN	WATER FIT 5:30-6:20AM 3 LAP LANES OPEN	MASTERS SWIM 5:30-6:30AM 1-2 LAP LANES OPEN	CLOSED	CLOSED
6:00AM		LAP SWIM 5:00-8:00AM	LAP SWIM 5:00-8:00AM	LAP SWIM 5:00-8:00AM	LAP SWIM 5:00-9:00AM		
7:00AM		FLYING FISH SWIM TEAM 8:00-9:00AM	FLYING FISH SWIM TEAM 8:00-9:00AM	FLYING FISH SWIM TEAM 8:00-9:00AM	FLYING FISH SWIM TEAM 8:00-9:00AM		
8:00AM	YMCA Summer Camp Swim					WATER FIT 8:00AM-8:50AM 3 LAP LANES OPEN	LAP SWIM 8:00AM-12:00PM
9:00AM						BOGA FIT 10:00-11:0AM 2 LAP LANES OPEN	
10:00AM							
11:00AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
12:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
1:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
4:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
5:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
6:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	POOL CLOSES AT 5:20PM SATURDAY & SUNDAY	
7:00PM	POOL CLOSES AT 6:50PM MONDAY-FRIDAY						
8:00PM	FLYING FISH SWIM TEAM 7:00-8:00PM	FLYING FISH SWIM TEAM 7:00-8:00PM	FLYING FISH SWIM TEAM 7:00-8:00PM	FLYING FISH SWIM TEAM 7:00-8:00PM	FLYING FISH SWIM TEAM 7:00-8:00PM		

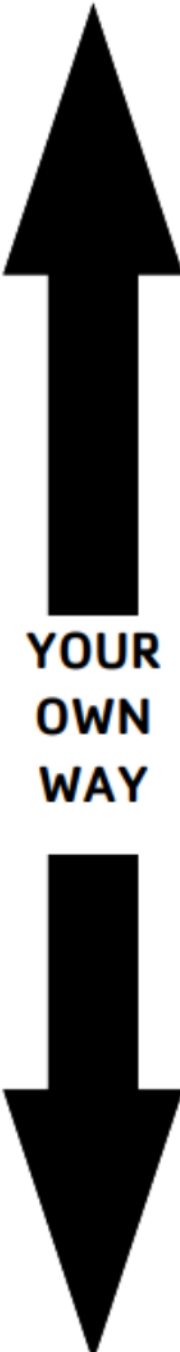
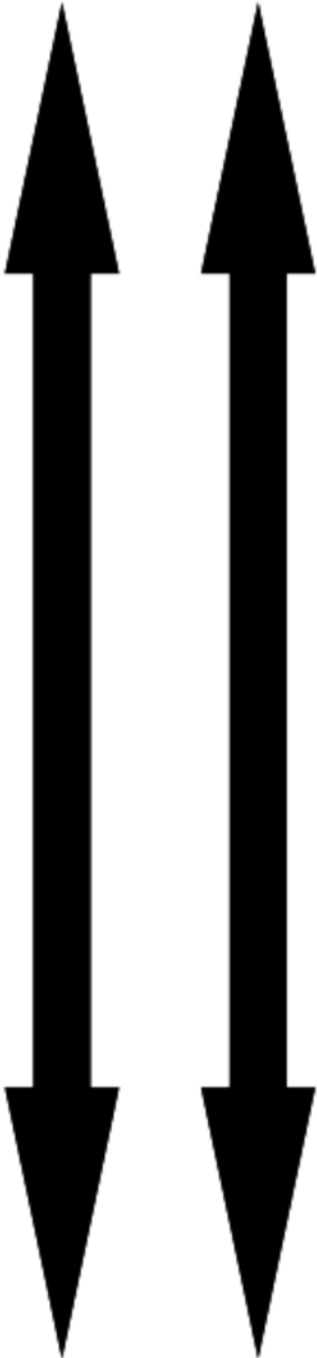
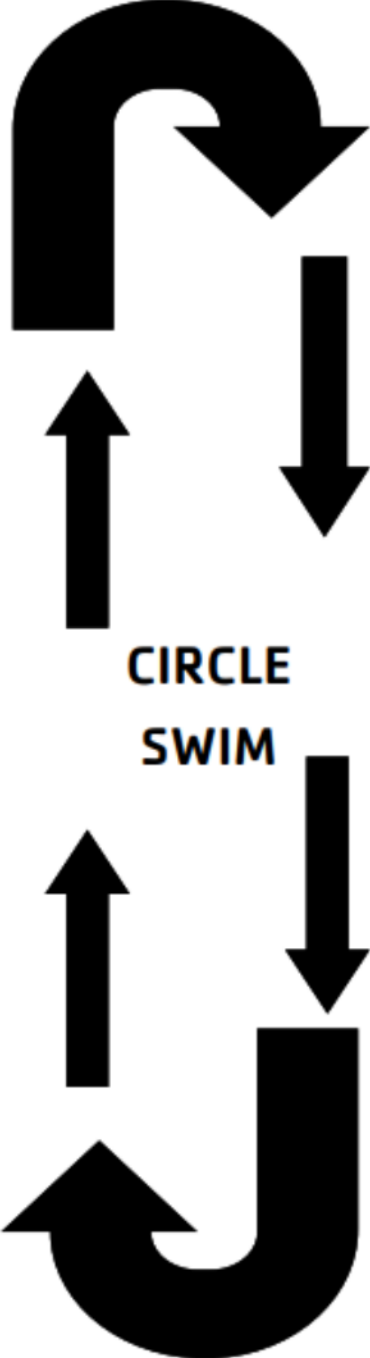
### THINGS TO KNOW

- Click [here](#) for Outdoor Pool Guidelines.
- [YMCA Youth Policy](#) applies. No one under the age of nine will be allowed unless accompanied by a parent/guardian.
- Only YMCA of Lincoln Adult and Household Membership levels may use the Outdoor Pool.
- Safety breaks are done 10 minutes before the hour. Anyone under the age of 18 must clear the pool.
- Adult Lap Swim is only for those 14 years of age and older.
- 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.

### WHAT TO BRING

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

# LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p data-bbox="228 947 360 1125">YOUR OWN WAY</p>		 <p data-bbox="1240 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.