



Fallbrook YMCA Indoor Pool Schedule

Effective July 1st - August 1st

REC/OPEN SWIM
 YMCA PROGRAMMING
 GROUP EXERCISE CLASS
 LAP SWIM

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

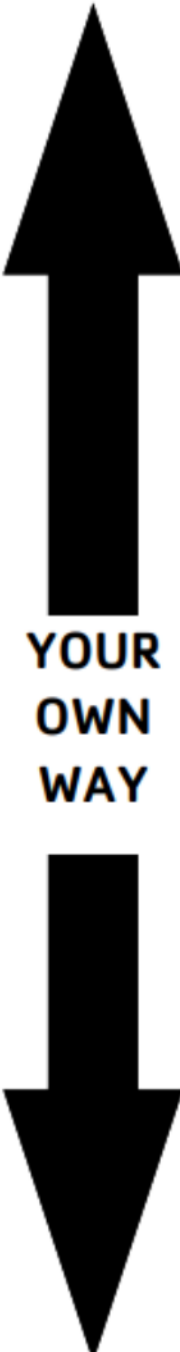

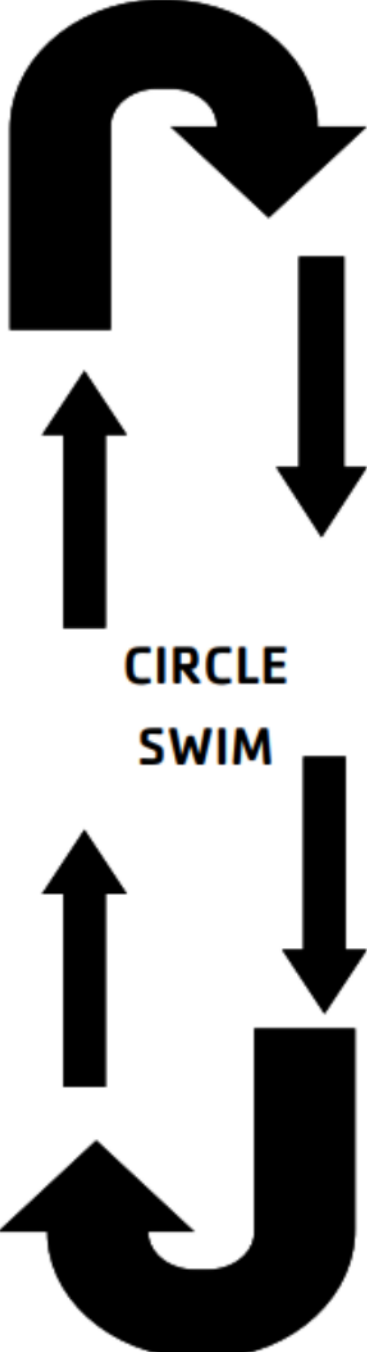
Towels, pad lock, goggles, Coast Guard approved life jackets, and toys.

UPCOMING YMCA PROGRAMS:

Summer Swim Lessons
Mon - Thurs Morning Sessions:
 July 8th - July 18th
 July 22nd - August 1st

Mon & Weds Evening Sessions:
 July 8th - July 28th

LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p data-bbox="227 945 357 1123">YOUR OWN WAY</p>		 <p data-bbox="1242 955 1404 1081">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)..
- There are four lap lanes available during Open Swim. During YMCA programming we may be reduced to one or two lap lanes.