



# Fallbrook YMCA Indoor Pool Schedule

## Effective November 18 - December 31

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						REC/OPEN SWIM 7:00AM-5:30PM	LAP SWIM
9:00AM							
10:00AM							REC/OPEN SWIM 8:00AM-5:30PM
11:00AM							
12:00PM							
1:00PM	REC/OPEN SWIM 10:20AM-8:30PM	REC/OPEN SWIM 10:20AM-8:30PM	REC/OPEN SWIM 10:20AM-8:30PM	REC/OPEN SWIM 10:20AM-8:30PM	REC/OPEN SWIM 10:20AM-8:30PM	REC/OPEN SWIM 7:00AM-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							
6:00PM							
7:00PM							
8:00PM							
	POOL CLOSURES AT 8:30PM MONDAY-FRIDAY					POOL CLOSURES AT 5:30PM SATURDAY & SUNDAY	

### 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 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 12:00pm-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.

Fallbrook YMCA | 700 Penrose Dr. | 402-323-6444

### UPCOMING YMCA PROGRAMS:

Winter Swim Lessons

#### Registration

Members - Dec 10 | Community - Dec 12  
Members - Jan 7 | Community - Jan 9

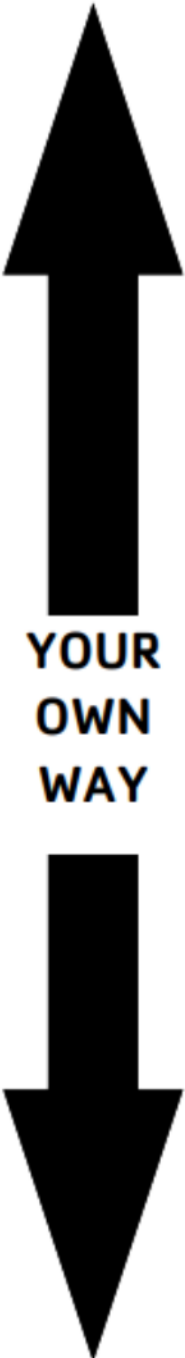
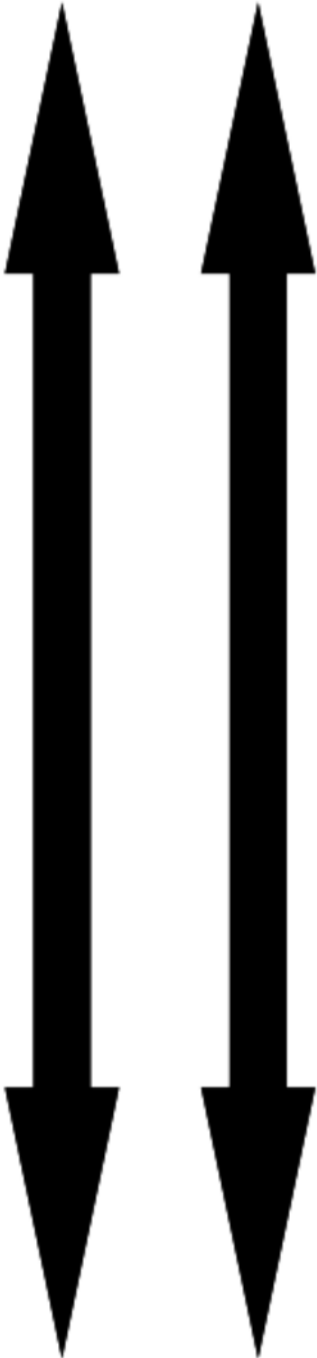
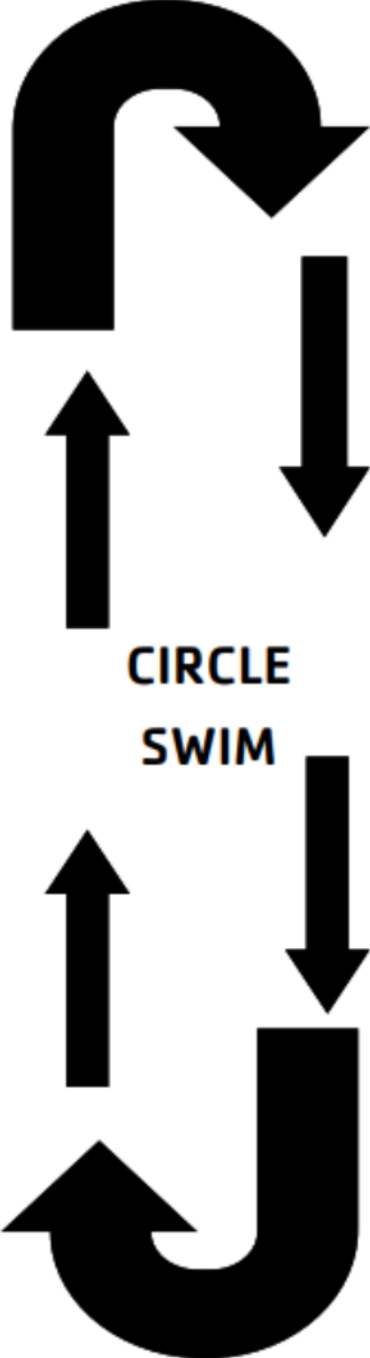
#### January 6 - 26

Monday & Wednesday | 5pm - 7:30pm

#### January 27 - March 6

Monday or Wednesday | 5pm - 7:30pm  
Saturday | 9am - 11:30am

# 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.