



# Fallbrook YMCA Indoor Pool Schedule

## Effective January 6th – March 9th

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						WATERFIT SHALLOW 8:00 - 8:50AM		
9:00AM						MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS	REC/OPEN SWIM 8:00AM-5:30PM	
10:00AM						SWIM LESSONS 9:00AM-11:30AM	LAP SWIM	
11:00AM						BOGA FIT 10:00AM-11:00AM (2 LAP LANES)		
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								
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	MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS				
7:00PM								
8:00PM	REC/OPEN SWIM 7:30PM-8:30PM		REC/OPEN SWIM 7:30PM-8:30PM					
POOL CLOSING AT 8:30PM MONDAY-FRIDAY							POOL CLOSING 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 age
- s 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.

### UPCOMING YMCA PROGRAMS:

Winter Swim Lessons

#### Registration

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

#### January 6 - 26

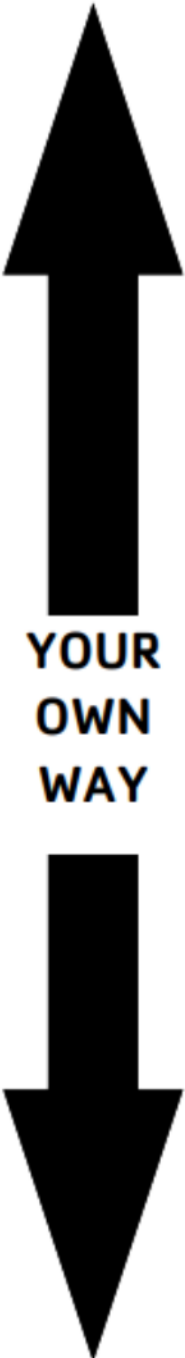
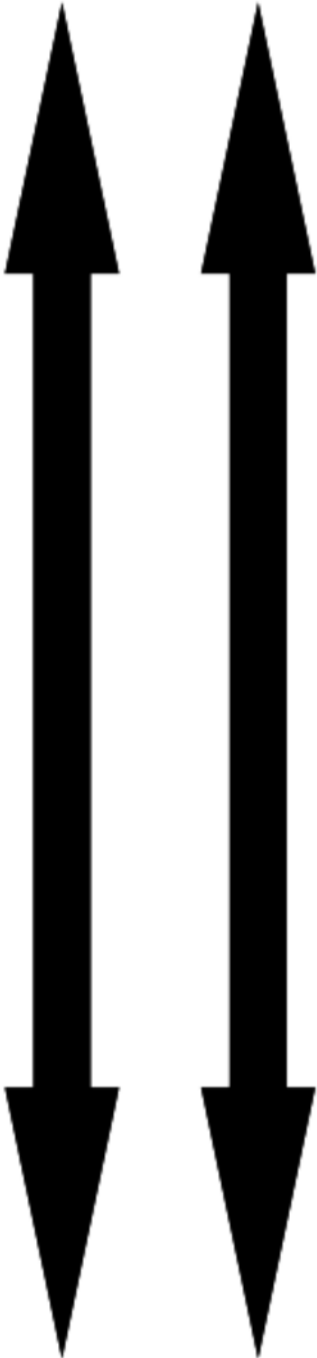
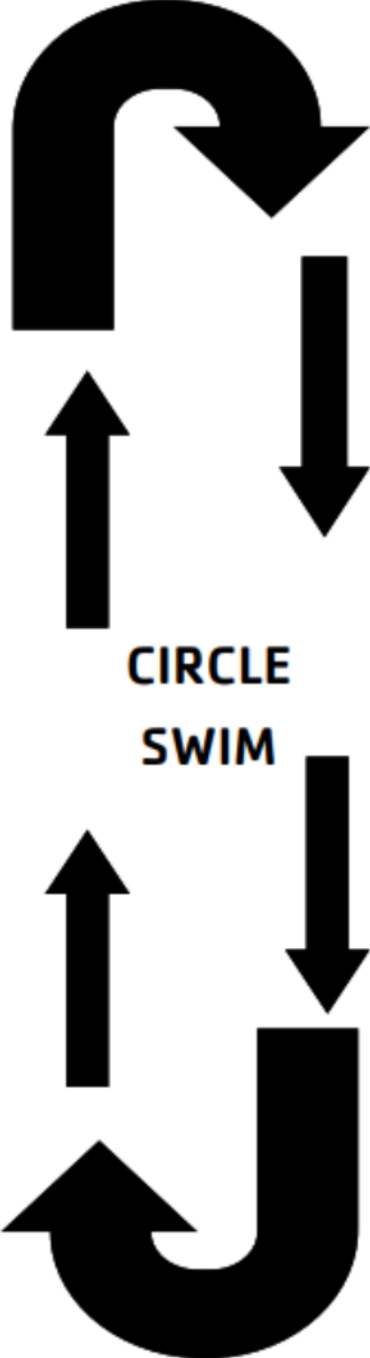
Monday & Wednesday | 5pm - 7:30pm

#### January 27 - March 6

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

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

# 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.