



Fallbrook YMCA Indoor Pool Schedule

Effective March 17th - April 28th

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 to 9:30AM	REC/OPEN SWIM 5:00 to 9:30AM	REC/OPEN SWIM 5:00 to 9:30AM	REC/OPEN SWIM 5:00 to 9:30AM	REC/OPEN SWIM 5:00 to 9:30AM	CLOSED	
7:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		LAP SWIM
8:00AM	WATERFIT SHALLOW 8:00 to 8:50AM		WATERFIT SHALLOW 8:00 to 8:50AM		WATERFIT SHALLOW 8:00 to 8:50AM	WATERFIT SHALLOW 8:00 to 8:50AM	REC/OPEN SWIM 8:00AM to 5:30PM
9:00AM	WATERFIT SHALLOW 9:30 to 10:20AM	WATERFIT SHALLOW 9:30 to 10:20AM	WATERFIT SHALLOW 9:30 to 10:20AM	WATERFIT SHALLOW 9:30 to 10:20AM	WATERFIT SHALLOW 9:30 to 10:20AM	SWIM LESSONS 9:00 to 11:30AM	LAP SWIM
10:00AM						MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS BOGA FIT 10:00 to 11:00AM 2 LANES	
11:00AM							
12:00PM							
1:00PM	REC/OPEN SWIM 10:20AM to 5:00PM	REC/OPEN SWIM 10:20AM to 8:30PM	REC/OPEN SWIM 10:20AM to 5:00PM	REC/OPEN SWIM 10:20AM to 8:30PM	REC/OPEN SWIM 10:20AM to 8:30PM	REC/OPEN SWIM 11:30AM to 5:30PM	REC/OPEN SWIM 8:00AM to 5:30PM
2:00PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
3:00PM							
4:00PM	STINGRAY SWIM CLUB 4:00 to 5:00PM		STINGRAY SWIM CLUB 4:00 to 5:00PM				
5:00PM	SWIM LESSONS 5:00 to 7:30PM		SWIM LESSONS 5:00 to 7:30PM				
6:00PM	1-2 LANES WATERFIT SHALLOW 5:40 to 6:30PM 1-2 Lanes		1-2 LANES WATERFIT SHALLOW 5:40 to 6:30PM 1-2 LANES				
7:00PM	REC/OPEN SWIM 7:30 to 8:30PM		REC/OPEN SWIM 7:30 to 8:30PM				
8:00PM	MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS		MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS				

POOL CLOSES AT 8:30PM MONDAY-FRIDAY

POOL CLOSES AT 5:30PM SATURDAY AND 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.

UPCOMING YMCA PROGRAMS:

Spring Lessons
Registration

Members - March 4 | Community - March 6

Members - April 15 | Community - March 17


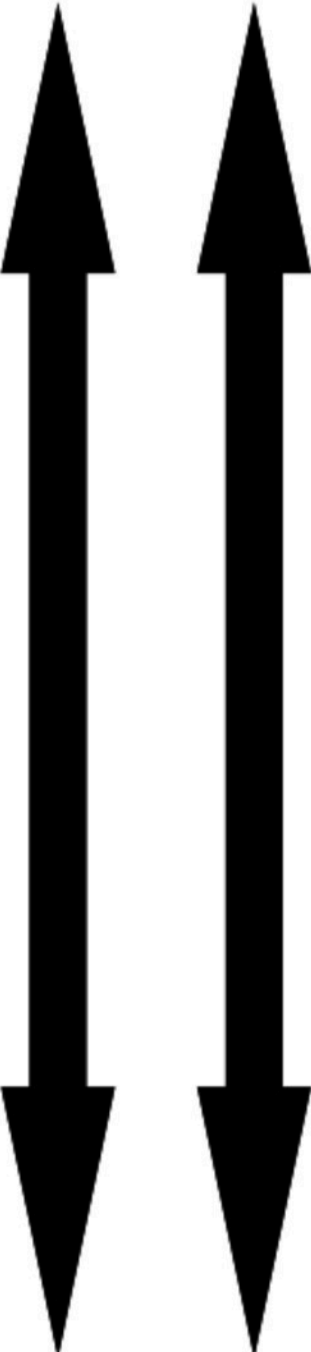
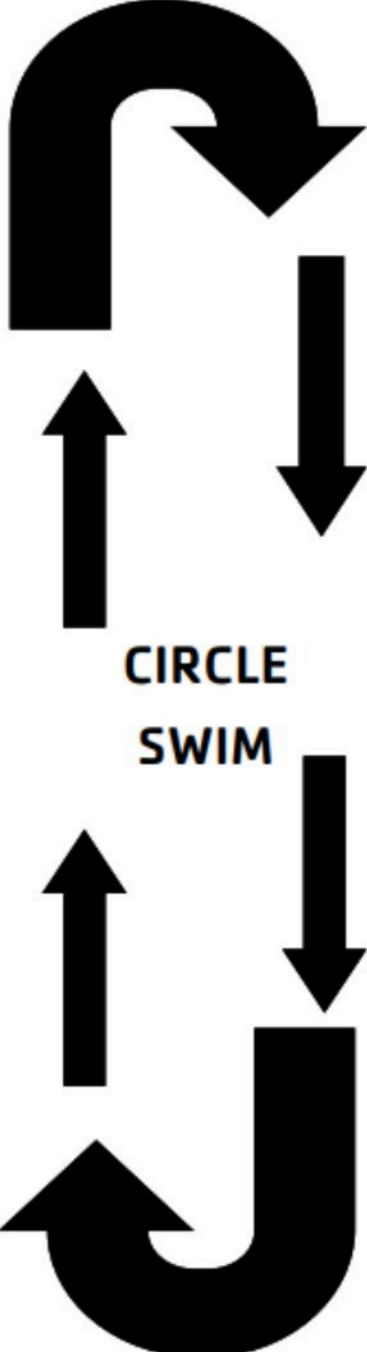
Spring Session | March 17 - April 27

Summer Session | April 28 - May 18

Monday & Wednesday | 5pm - 7:30pm

Saturday | 9am - 11:30am

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 diving, 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.