



Fallbrook YMCA Outdoor Pool Schedule

Effective May 24 – July 18

LAP SWIM
YMCA PROGRAMMING
GROUP EXERCISE CLASS
SAFETY BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	LAP SWIM 5:00 to 8:00AM	WATER FIT 5:30 to 6:20AM 3 LAP LANES OPEN	LAP SWIM 5:00 to 8:00AM	WATER FIT 5:30 to 6:20AM 3 LAP LANES OPEN	LAP SWIM 5:00 to 9:00AM	CLOSED	CLOSED
6:00AM		LAP SWIM 5:00 to 8:00AM	MASTERS SWIM 6:30 to 7:30AM 1-2 LAP LANES OPEN	LAP SWIM 5:00 to 8:00AM	MASTERS SWIM 6:30 to 7:30AM 1-2 LAP LANES OPEN		
7:00AM							
8:00AM	Flying Fish Swim Team Monday – Thursday 8:00am to 9:00am YMCA Summer Adventure Camp 9:00am to 12:00pm				WATER FIT 8:00 to 8:50AM 2 LAP LANES OPEN	LAP SWIM 7:00 to 12:00PM	LAP SWIM 8:00 to 12:00PM
9:00AM						WATER FIT 8:00 to 8:50AM 3 LAP LANES OPEN	
10:00AM							
11:00AM						BOGA FIT 10:00 to 11:00AM 2 LAP LANES OPEN	
12:00PM	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 CLOSING AT 5:20PM SATURDAY AND SUNDAY	
	POOL CLOSING AT 6:50PM MONDAY-FRIDAY						
7:00PM	Flying Fish Swim Team Monday – Thursday 7:00pm to 8:00pm						
8:00PM							

THINGS TO KNOW


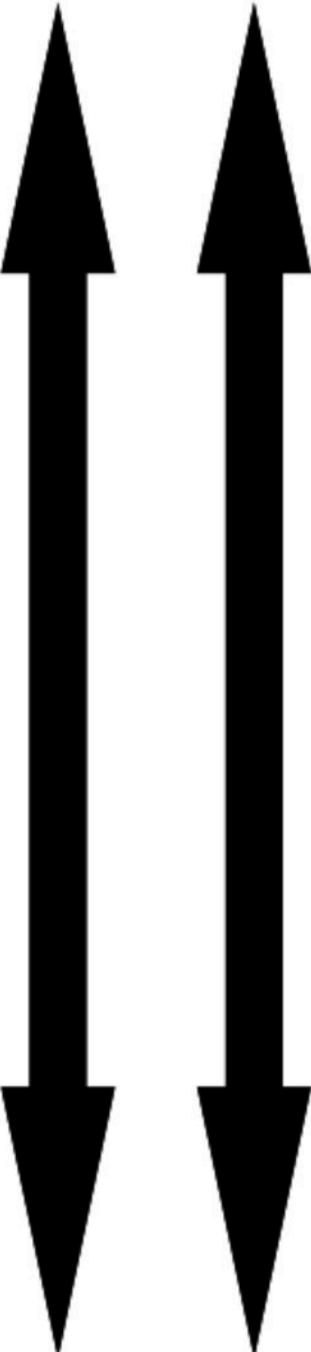
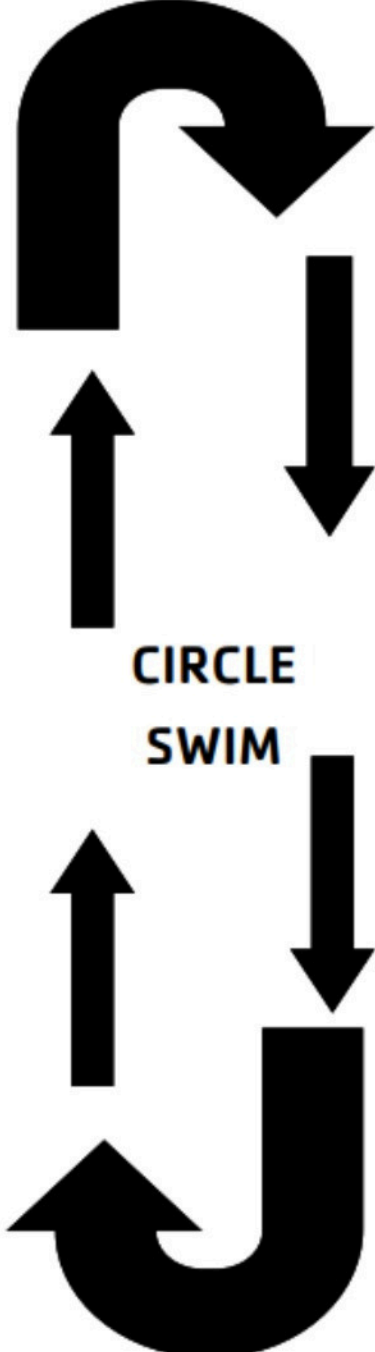
- Click [here](#) for Indoor Pool Guidelines.
- [YMCA Youth Policy](#) applies. No one under the age of nine will be allowed unless accompanied by a parent/guardian.
- Only YMCA of Lincoln Adult and Household Memberships levels may use the Outdoor Pool,
- Safety breaks are done 10 minutes before the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

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

LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p>YOUR OWN WAY</p>		 <p>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 your 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.