



# Fallbrook YMCA Indoor Pool Schedule

Effective May 1 – May 25

REC/OPEN SWIM
YMCA PROGRAMMING
GROUP EXERCISE CLASS
LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM						CLOSED	CLOSED
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
12:00PM							
1:00PM							
2:00PM							
3:00PM							
4:00PM							
5:00PM							
6:00PM							
7:00PM							
8:00PM							

POOL CLOSING AT 8:30PM MONDAY-FRIDAY

POOL CLOSING 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:

### Summer Lessons

#### Morning Sessions

May 26 – June 5 | June 9 – 19 | June 23 – July 3

Monday – Thursday | 9:00am – 10:30am

Saturday | 9am – 11:30am


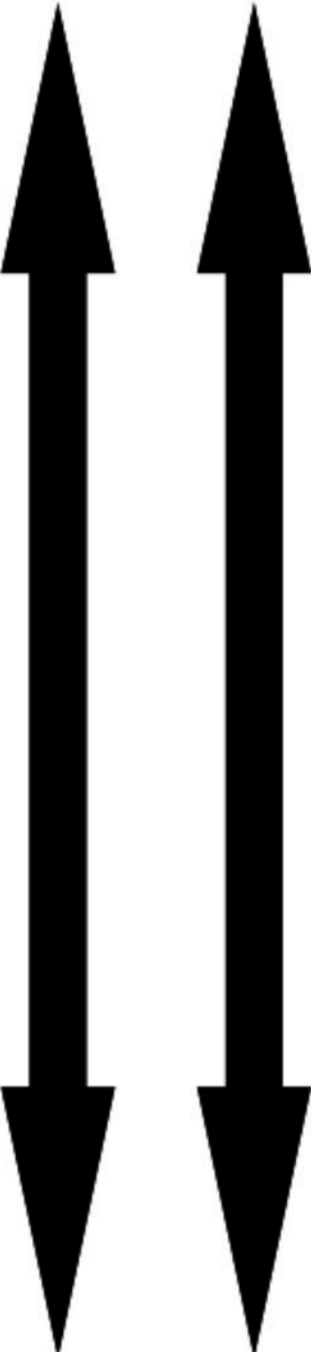
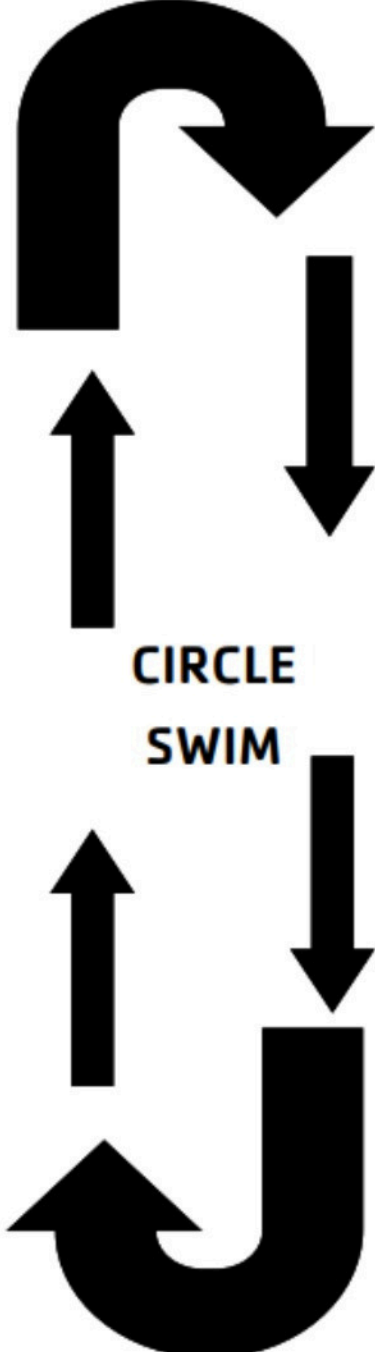
#### Evening Sessions

May 26 – June 15 | June 16 – July 6 | July 7 – July 27

Monday & Wednesday | 4:30pm – 7:00pm

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

# LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p><b>YOUR OWN WAY</b></p>		 <p><b>CIRCLE SWIM</b></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.