



# 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		LAP SWIM 5:00 to 8:00AM		LAP SWIM 5:00 to 9:00AM	CLOSED	CLOSED
6:00AM		WATER FIT 5:30 to 6:20AM 3 LAP LANES OPEN		WATER FIT 5:30 to 6:20AM 3 LAP LANES OPEN	MASTERS SWIM 6:30 to 7:30AM 1-2 LAP LANES OPEN		
7:00AM		LAP SWIM 5:00 to 8:00AM		LAP SWIM 5:00 to 8:00AM		LAP SWIM 7:00 to 12:00PM	
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	
9:00AM						WATER FIT 8:00 to 8:50AM 3 LAP LANES OPEN	LAP SWIM 8:00 to 12:00PM
10:00AM						BOGA FIT 10:00 to 11:00AM 2 LAP LANES OPEN	
11:00AM							
12:00PM	OPEN SWIM	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 CLOSAT 5:20PM SATURDAY AND SUNDAY	
7:00PM	Flying Fish Swim Team   Monday - Thursday 7:00pm to 8:00pm						
8:00PM							

## THINGS TO KNOW


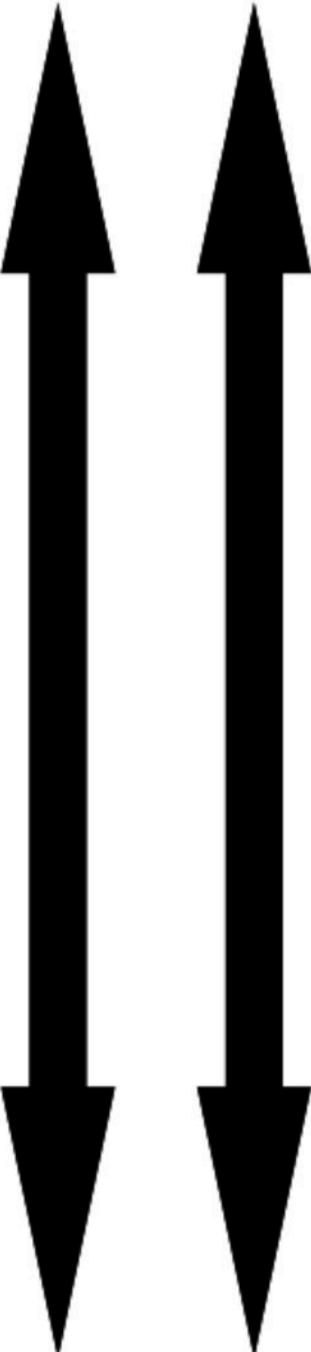
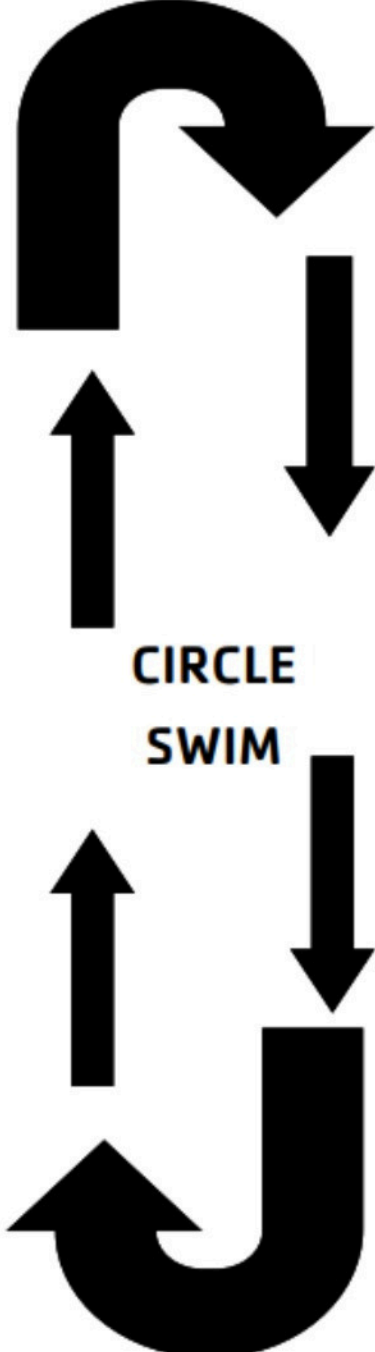
- Click [here](#) for Indoor Pool Guidelines.
- [YMCA Youth Policy](#) applies. No one under the age of nine will be allowed unless accompanied by a parent/guardian.
- Only YMCA of Lincoln Adult and Household Memberships levels may use the Outdoor Pool,
- Safety breaks are done 10 minutes before the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