



Fallbrook YMCA Outdoor Pool Schedule

Effective July 21 – August 10

LAP SWIM
YMCA PROGRAMMING
GROUP EXERCISE CLASS
SAFETY BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	LAP SWIM 5:00 to 9:00AM	WATER FIT 5:30 to 6:20AM 3 LAP LANES OPEN	LAP SWIM 5:00 to 9:00AM	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 9:00AM	MASTERS SWIM 6:30 to 7:30AM 1-2 LAP LANES OPEN	LAP SWIM 5:00 to 9:00AM	MASTERS SWIM 6:30 to 7:30AM 1-2 LAP LANES OPEN		
7:00AM							LAP SWIM 7:00 to 12:00PM
8:00AM					WATER FIT 8:00 to 8:50AM 2 LAP LANES OPEN		
9:00AM	YMCA Summer Adventure Camp 9:00am to 12:00pm					WATER FIT 8:00 to 8:50AM 3 LAP LANES OPEN	LAP SWIM 8:00 to 12:00PM
10:00AM							
11:00AM						LAP SWIM 11:00 to 12:00PM	
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 CLOSSES AT 5:20PM SATURDAY AND SUNDAY	
7:00PM	LAP SWIM 7:00 to 8:00PM	LAP SWIM 7:00 to 8:00PM	LAP SWIM 7:00 to 8:00PM	LAP SWIM 7:00 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