



Fallbrook YMCA Indoor Pool Schedule

Effective August 18 – August 31

REC/OPEN SWIM
 YMCA PROGRAMMING
 GROUP EXERCISE CLASS
 LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	REC/OPEN SWIM 5:00AM to 8:30PM	REC/OPEN SWIM 5:00AM to 8:30PM	REC/OPEN SWIM 5:00AM to 8:30PM	REC/OPEN SWIM 5:00AM to 8:30PM	REC/OPEN SWIM 5:00AM to 8:30PM	CLOSED	
6:00AM							
7:00AM							
8:00AM	WATERFIT SHALLOW 8:00 to 8:50AM	LAP SWIM	WATERFIT SHALLOW 8:00 to 8:50AM	LAP SWIM	WATERFIT SHALLOW 9:30 to 10:20AM	BOGA FIT 10:15 – 11:00AM 2 LANES	REC/OPEN SWIM 8:00AM to 5:30PM
9:00AM							
10:00AM							
11:00AM	REC/OPEN SWIM 5:00AM to 8:30PM	LAP SWIM	REC/OPEN SWIM 5:00AM to 8:30PM	LAP SWIM	REC/OPEN SWIM 5:00AM to 8:30PM	BOGA FIT 11:00 – 11:45AM 2 LANES	LAP SWIM
12:00PM							
1:00PM							
2:00PM	REC/OPEN SWIM 5:00AM to 8:30PM	LAP SWIM	REC/OPEN SWIM 5:00AM to 8:30PM	LAP SWIM	REC/OPEN SWIM 5:00AM to 8:30PM	LAP SWIM	REC/OPEN SWIM 8:00AM to 5:30PM
3:00PM							
4:00PM							
5:00PM	POOL CLOSING	POOL CLOSING	POOL CLOSING	POOL CLOSING	POOL CLOSING	POOL CLOSING	POOL CLOSING
6:00PM							
7:00PM							
8:00PM							

POOL CLOSING

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:

Fall Swimming Lessons

Evening Sessions

Sept 8 – Oct 12 | Oct 13 – Nov 16

Monday or Wednesday | 5:00pm – 7:30pm

Saturday Sessions

Sept 13 – Oct 11 | Oct 18 – Nov 15

Saturday Mornings | 9:00am – 11:30am

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