



Fallbrook YMCA Outdoor Pool Schedule

Effective August 16 – August 31

LAP SWIM
 YMCA PROGRAMMING
 GROUP EXERCISE CLASS
 SAFETY BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	LAP SWIM 5:00AM to 1:00PM	WATER FIT 5:30AM to 6:20AM 2 LAP LANES OPEN	MASTERS SWIM 5:30AM to 6:30AM 1-2 LAP LANES OPEN	WATER FIT 5:30AM to 6:20AM 2 LAP LANES OPEN	MASTERS SWIM 5:30AM to 6:30AM 1-2 LAP LANES OPEN	CLOSED	CLOSED
6:00AM		LAP SWIM 5:00AM to 1:00PM	LAP SWIM 5:00AM to 1:00PM	LAP SWIM 5:00AM to 1:00PM	LAP SWIM 5:00AM to 1:00PM		
7:00AM							
8:00AM						WATER FIT 8:00AM to 8:50AM 2 LAP LANES OPEN	WATER FIT 8:00AM to 8:50AM 3 LAP LANES OPEN
9:00AM		WATER FIT 9:30AM to 10:20AM 2 LAP LANES OPEN					
10:00AM		LAP SWIM 5:00AM to 1:00PM	LAP SWIM 5:00AM to 1:00PM	LAP SWIM 5:00AM to 1:00PM	LAP SWIM 5:00AM to 1:00PM	OPEN SWIM	OPEN SWIM
11:00AM							
12:00PM							OPEN SWIM
1:00PM	Closed					OPEN SWIM	OPEN SWIM
2:00PM						OPEN SWIM	OPEN SWIM
3:00PM						OPEN SWIM	OPEN SWIM
4:00PM						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	LAP SWIM 7:00PM to 8:00PM	LAP SWIM 7:00PM to 8:00PM	LAP SWIM 7:00PM to 8:00PM	LAP SWIM 7:00PM to 8:00PM	LAP SWIM 7:00PM to 8:00PM		
8:00PM	POOL CLOSAT 8:00PM MONDAY - FRIDAY						

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