



Fallbrook YMCA Indoor Pool Schedule

Effective September 8 – November 16

REC/OPEN SWIM
YMCA PROGRAMMING
GROUP EXERCISE CLASS
LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM						CLOSED	
6:00AM	REC/OPEN SWIM 5:00AM to 5:00PM	REC/OPEN SWIM 5:00AM to 8:30PM	REC/OPEN SWIM 5:00AM to 5:00PM	REC/OPEN SWIM 5:00AM to 8:30PM	REC/OPEN SWIM 5:00AM to 8:30PM		
7:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
8:00AM						REC/OPEN SWIM 7:00AM to 9:00AM	REC/OPEN SWIM 8:00AM to 5:30PM
9:00AM						SWIM LESSONS 9:00 to 11:30AM MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS	LAP SWIM
10:00AM						BOGA FIT 10:15 – 11:00AM 2 LANES	
11:00AM						BOGA FIT 11:00 – 11:45AM 2 LANES	
12:00PM							
1:00PM	REC/OPEN SWIM 5:00AM to 5:00PM	REC/OPEN SWIM 5:00AM to 8:30PM	REC/OPEN SWIM 5:00AM to 5:00PM	REC/OPEN SWIM 5:00AM to 8:30PM	REC/OPEN SWIM 5:00AM to 8:30PM	REC/OPEN SWIM 11:30AM to 5:30PM	REC/OPEN SWIM 8:00AM to 5:30PM
2:00PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
3:00PM							
4:00PM	STINGRAY SWIM CLUB 4:00–5:00PM		STINGRAY SWIM CLUB 4:00–5:00PM				
5:00PM	SWIM LESSONS 5:00 to 7:30PM MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS		SWIM LESSONS 5:00 to 7:30PM MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS			POOL CLOSING AT 5:30PM SATURDAY AND SUNDAY	
6:00PM	WATERFIT SHALLOW 5:40 to 6:30PM 1-2 LANES		WATERFIT SHALLOW 5:40 to 6:30PM 1-2 LANES				
7:00PM							
8:00PM							

POOL CLOSING AT 8:30PM MONDAY–FRIDAY

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