



# Fallbrook YMCA Indoor Pool Schedule

Effective January 26 – March 8

REC/OPEN SWIM
YMCA PROGRAMMING
GROUP EXERCISE CLASS
LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM							
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	CLOSED	
7:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
8:00AM						WATERFIT SHALLOW 8:00 to 8:50AM	REC/OPEN SWIM 8:00AM to 5:30PM
9:00AM						WATERFIT SHALLOW 9:30 to 10:20AM	LAP SWIM
10:00AM						WATERFIT SHALLOW 9:30 to 10:20AM	
11:00AM						SWIM LESSONS 9:00 to 11:30AM	
12:00PM						BOGA FIT 10:15 – 11:00AM 2 LANES	
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							
5:00PM	SWIM LESSONS 5:00 to 7:30PM		SWIM LESSONS 5:00 to 7:30PM				
6:00PM	WATERFIT SHALLOW 5:40 to 6:30PM 1-2 LANES		WATERFIT SHALLOW 5:40 to 6:30PM 1-2 LANES		BOGA FIT 6:00 – 6:50PM 2 LANES	POOL CLOSING AT 5:30PM SATURDAY AND SUNDAY	
7:00PM	MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS		MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS				
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:

### Winter Swimming Lessons

#### Evening Sessions

Jan 26 – March 8 | March 16 – April 26  
Monday or Wednesday | 5:00pm – 7:30pm

#### Saturday Sessions

Jan 31 – March 7 | March 21 – April 25  
Saturday Mornings | 9:00am – 11:30am