



Fallbrook YMCA Indoor Pool Schedule

Effective May 23 - July 2

REC/OPEN SWIM
 YMCA PROGRAMMING
 GROUP EXERCISE CLASS
 LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	CLOSED	
5:00AM to 5:00PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	CLOSED	
6:00AM							
7:00AM							
8:00AM	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS		REC/OPEN SWIM	
8:00AM to 10:30AM	WATERFIT SHALLOW	WATERFIT SHALLOW	WATERFIT SHALLOW	WATERFIT SHALLOW		SWIM LESSONS	
8:00 to 8:50AM	MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS	MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS	MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS	MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS		9:00AM to 11:30AM	
9:00AM	WATERFIT SHALLOW	WATERFIT SHALLOW	WATERFIT SHALLOW	WATERFIT SHALLOW	WATERFIT SHALLOW		
9:30 to 10:20AM						MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS	
10:00AM							REC/OPEN SWIM
10:30AM to 4:30PM							8:00AM to 5:30PM
11:00AM							
12:00PM							
1:00PM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM	REC/OPEN SWIM
10:30AM to 4:30PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
2:00PM							
3:00PM							
4:00PM	SWIM LESSONS		SWIM LESSONS	SWIM LESSONS			
4:30 to 7:00PM	WATERFIT SHALLOW		WATERFIT SHALLOW	WATERFIT SHALLOW			
4:30 to 7:00PM	MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS		MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS	MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS			
5:00PM							
6:00PM					BOGA FIT		
6:00 to 6:50PM					2 LANES		
7:00PM							
8:00PM							

POOL CLOSES AT 8:30PM MONDAY-FRIDAY

POOL CLOSES AT 5:30PM SATURDAY AND SUNDAY

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:

Morning Lessons

June 8 - 18

Monday - Thursday | 9:00am - 10:30am

Evening Lessons

May 27 - June 14

Monday & Wednesday | 4:30pm - 7:00pm