



# Fallbrook YMCA Outdoor Pool Schedule

Effective May 23 – July 2

LAP SWIM
  YMCA PROGRAMMING
  GROUP EXERCISE CLASS
  SAFETY BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	LAP SWIM 5:00AM to 8:00AM	WATER FIT 5:30AM to 6:20AM 2 LAP LANES OPEN	LAP SWIM 5:00AM to 8:00AM	WATER FIT 5:30AM to 6:20AM 2 LAP LANES OPEN	LAP SWIM 5:00AM to 8:00AM	CLOSED	CLOSED
6:00AM		LAP SWIM 5:00AM to 8:00AM	MASTERS SWIM 6:30AM to 7:30AM 1-2 LAP LANES OPEN	LAP SWIM 5:00AM to 8:00AM	MASTERS SWIM 6:30AM to 7:30AM 1-2 LAP LANES OPEN		
7:00AM							
8:00AM	SWIM TEAM 8:00AM to 9:00AM	SWIM TEAM 8:00AM to 9:00PM	SWIM TEAM 8:00AM to 9:00AM	SWIM TEAM 8:00AM to 9:00AM	WATER FIT 8:00AM to 8:50AM 2 LAP LANES OPEN	WATER FIT 8:00AM to 8:50AM 2 LAP LANES OPEN	LAP SWIM 8:00AM to 12:00PM
9:00AM	<b>SUMMER DAY CAMP</b> 9:00AM to 12:00PM					LAP SWIM 7:00AM to 12:00PM	
10:00AM						BOGA FIT 10:15AM to 11:00AM 2 LAP LANES OPEN	
11:00AM	LAP SWIM 11:00AM to 12:00PM				LAP SWIM 11:00AM to 12:00PM		
12:00PM					LAP SWIM (3 Lanes) 11:00AM to 12:00PM WATER FIT 11:00AM to 11:50 AM		
1:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
4:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	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 CLOSES AT 5:20PM SATURDAY AND SUNDAY	
7:00PM	SWIM TEAM 7:00PM to 8:00PM	SWIM TEAM 7:00PM to 8:00PM	SWIM TEAM 7:00PM to 8:00PM	SWIM TEAM 7:00PM to 8:00PM			
8:00PM	POOL CLOSES AT 6:50PM 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