Fallbrook YMCA Indoor Pool Schedule

Effective May 23 – July 26

REC/OPEN SWIM | YMCA PROGRAMMING | GROUP EXERCISE CLASS | LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	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	CLOSED
6:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
7:00AM						REC/OPEN SWIM 7:00AM to 9:00AM	
8:00AM	SWIM LESSONS 8:00AM to 10:30AM MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS; WATERFIT SHALLOW 8:00 to 8:50AM	SWIM LESSONS 8:00AM to 10:30AM MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS	SWIM LESSONS 8:00AM to 10:30AM MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS; WATERFIT SHALLOW 8:00 to 8:50AM	SWIM LESSONS 8:00AM to 10:30AM MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS			
9:00AM	WATERFIT SHALLOW 9:30 to 10:20AM	WATERFIT SHALLOW 9:30 to 10:20AM	WATERFIT SHALLOW 9:30 to 10:20AM	WATERFIT SHALLOW 9:30 to 10:20AM	WATERFIT SHALLOW 9:30 to 10:20AM	SWIM LESSONS 9:00AM to 11:30AM MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS; LAP SWIM	REC/OPEN SWIM 8:00AM to 5:30PM; LAP SWIM
10:00AM	REC/OPEN SWIM 10:30AM to 4:30PM	REC/OPEN SWIM 10:30AM to 8:30PM	REC/OPEN SWIM 10:30AM to 4:30PM	REC/OPEN SWIM 10:30AM 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
11:00AM							
12:00PM							
1:00PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
2:00PM							
3:00PM							
4:00PM	SWIM LESSONS 4:30 to 7:00PM MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS		SWIM LESSONS 4:30 to 7:00PM MAY BE REDUCED TO 1-2 LAP LANES DURING SWIM LESSONS				
5:00PM	WATERFIT SHALLOW 5:40 to 6:30PM 1-2 LANES		WATERFIT SHALLOW 5:40 to 6:30PM 1-2 LANES				
6:00PM				BOGA FIT 6:00 - 6:50PM 2 LANES		POOL CLOSES AT 5:30PM SATURDAY AND SUNDAY	
7:00PM							
8:00PM	POOL CLOSES 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:

Morning Lessons
July 6 - 16 | July 20 - 30
Monday - Thursday | 9:00am - 10:30am

Evening Lessons
July 6 - 26
Monday & Wednesday | 4:30pm - 7:00pm