Fallbrook YMCA Outdoor Pool Schedule

Effective May 23 – July 26

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	SUMMER DAY CAMP 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 (3 Lanes) 11:00AM to 12:00PM WATER FIT 11:00AM to 11:50 AM		LAP SWIM 11:00AM to 12:00PM		
12:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
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