



Fallbrook YMCA Outdoor Pool Schedule

Effective Aug 3 – Aug 9

LAP SWIM
YMCA PROGRAMMING
GROUP EXERCISE CLASS
SAFETY BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	LAP SWIM 5:00AM to 8:50AM	WATER FIT 5:30AM to 6:20AM 2 LAP LANES OPEN	LAP SWIM 5:00AM to 8:50AM	WATER FIT 5:30AM to 6:20AM 2 LAP LANES OPEN	LAP SWIM 5:00AM to 8:50AM	CLOSED	CLOSED
6:00AM		LAP SWIM 5:00AM to 8:50AM	MASTERS SWIM 6:30AM to 7:30AM 1-2 LAP LANES OPEN	LAP SWIM 5:00AM to 8:50AM	MASTERS SWIM 6:30AM to 7:30AM 1-2 LAP LANES OPEN		
7:00AM			WATER FIT 8:00AM to 8:50AM 2 LAP LANES OPEN				
8:00AM							
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 CLOSAT 5:20PM SATURDAY AND SUNDAY	
7:00PM	POOL CLOSAT 6:50PM MONDAY - FRIDAY						
8:00PM							

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