



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fallbrook Lap Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	4	4	4	4	4		
5:30 am	4	4	4	4	4		
6:00 am	4	4	4	4	4		
6:30 am	4	4	4	4	4		
7:00 am	4	4	4	4	4	4	
7:30 am	4	4	4	4	4	4	
8:00 am	4	4	4	4	4	4	4
8:30 am	4	4	4	4	4	4	4
9:00 am	4	4	4	4	4	4	4
9:30 am	4	4	4	4	4	2	4
10:00 am	4	4	4	4	4	2	4
10:30 am	4	4	4	4	4	2	4
11:00 am	4	4	4	4	4	2	4
11:30 am	4	4	4	4	4	2	4
12:00 pm	4	4	4	4	4	4	4
12:30 pm	4	4	4	4	4	4	4
1:00 pm	4	4	4	4	4	4	4
1:30 pm	4	4	4	4	4	4	4
2:00 pm	4	4	4	4	4	4	4
2:30 pm	4	4	4	4	4	4	4
3:00 pm	4	4	4	4	4	4	4
3:30 pm	4	4	4	4	4	4	4
4:00 pm	4	4	4	4	4	4	4
4:30 pm	2	4	2	4	4	4	4
5:00 pm	2	2	2	2	4	4	4
5:30 pm	2	*Water Fit	2	*Water Fit	4	4	4
6:00 pm	*Water Fit	5:30-6:20	*Water Fit	5:30-6:20	4	4	4
6:30 pm	6:00 – 6:50	Water Fit	6:00 – 6:50	Water Fit	4	4	4
7:00 pm	4	6:30 – 7:20	*Swim Club	6:30 – 7:20	4		4
7:30 pm	4	2	6:45 – 7:45	2	4		4
8:00 pm	4	4	4	4	4		
8:30 pm	4	4	4	4	4		
9:00 pm	4	4	4	4	4		

*Schedule begins September 1

*2 Lap lanes are available during Water Fitness classes.

Lap Lane Etiquette Procedures

If there is already one person swimming in a lane, let them know you would like to join them and then choose a side. Two people in a lap lane will split the lane in half. One will swim on the right side only and the other will swim on the left only. If there are two or more swimmers in all 4 lanes of the pool, circle swimming (up on the right side and back on the left side) will be required. It is up to the third swimmer to choose which lane is appropriate according to self appraised abilities. If you have any questions, please feel free to ask the Lifeguard on duty.



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Fallbrook

Activity Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
5:30 am		Water Fit		Water Fit			
6:00 am		5:45-6:35		5:45-6:35			
6:30 am		Open Swim		Open Swim			
7:00 am							
7:30 am							
8:00 am	Water Fit	Water Fit	Water Fit	Water Fit	Water Fit	Open Swim	Open Swim
8:30 am	8:00 – 8:50	8:00-8:50	8:00 – 8:50	8:00-8:50			
9:00 am	Open Swim	Water Fit	Open Swim	Water Fit	Water Fit	** Swim Lessons	Open Swim
9:30 am	Water Fit	9:00 – 9:50	Water Fit	9:00 – 9:50			
10:00 am	9:30-10:20	Swim Lessons	Water Fit	Swim Lessons	9:30-10:20	9:15-11:30	Open Swim
10:30 am	Open Swim		Open Swim				
11:00 am							
11:30 am							
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm		**Swim Lessons		**Swim Lessons	**Swim Lessons	**Swim Lessons	Open Swim
5:30 pm	(4:30-6:45)	(5:15-7:30)	(4:30-6:45)	(5:15-7:30)			
6:00 pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm							
9:00 pm							

*The slide is available during open swim

** There is NO open swim during Swim Lessons

Fallbrook Y Pool Guidelines

Fallbrook Y
700 Penrose Drive Suite B
Lincoln, NE 68521
PH: (402) 323-6444
www.yocalincoln.org

- Must be 14 years and older to use the whirlpool
- Children 8 and under must be accompanied by a responsible caregiver 14 years or older
- If a child is 5 years old or younger, a responsible caregiver must be in the water with the child.
- All floatation devices must be approved by the life guard
- There is NO open swimming during swim lessons.
- No floatation devices are allowed in or around the slide
- Men's and Women's locker rooms are for 19 years and older only. All Children must use the appropriate locker room facilities. Family changing rooms are available.