



# Pool and Gym Schedule

Fall 2018

## Contact Information

Fallbrook Front Desk  
(402) 323-6444

## Open Swim Schedule

### Activity Pool Open Swim

#### Monday

5:00am - 4:30pm  
6:45pm - 9:30pm

#### Tuesday

5:00am - 5:15pm  
7:30pm - 9:30pm

#### Wednesday

5:00am - 9:00am  
11:30am - 1:45pm  
2:15pm - 4:30pm  
6:45pm - 9:30pm

#### Thursday

5:00am - 9:00am  
11:30am - 5:15pm  
7:30pm - 9:30pm

#### Friday

5:00am - 9:30pm\*

#### Saturday

7:00am - 9:00am  
11:30am - 6:30pm \*

#### Sunday

8:00am - 7:30pm\*

#### Open Swim

Children 8 and under must be directly supervised by an adult at least 16 years of age, children 5 and under must have an adult within arms reach.

Slide users must pass a safety swim test to use the slide.

For everyone's safety:  
Floatation devices must be U.S. Coast Guard approved.

Kick boards and float belts will no longer be available for recreational swim. Kick board are still available upon request for lap swim.

There is no open swim during swim lessons.

\*Open Swim Times with stars next to them will have 5 minute safety break each hour.

### Lap Pool

At the Fallbrook YMCA, we have at least 1 lap lane available during the following times:

#### Monday - Friday

5:00am - 9:30pm

#### Saturday

7:00am - 6:30pm

#### Sunday

8:00am - 7:30pm

There are times of the day when more lanes are available.

#### Lap Lane Use Etiquette

- Be prepared to share lanes.
- Lap lane users must be swimming laps, we do not allow water walking or exercising in the designated lap lanes during swimming lesson times. For water exercise, please use the recreational swim times.
- Try to swim with people who have the same ability. Please respect other people's efforts.
- Be cautious and courteous. Do not start directly in front of or behind someone approaching the wall for a turn. Give them room and drop behind.
- Let others know you are entering the lane. If necessary, get a swimmer's attention by waving underwater. Those already in the lane always have the right of way.
- With two or more swimmers in a lane, swim a circle pattern. (It's like driving, keep to the right.)
- To pass another swimmer: Touch the person on the foot once only during the lap. If you are touched on the foot, move quickly off to the side of the lane when you reach the wall and allow the person to pass.
- If you are resting or waiting at the end of the lane, move out of the way to allow other swimmers full use of the wall when turning. Do not occupy the lane for socializing; exit after your workout.

Fallbrook Y

# Open Gym Schedule

## YMCA Gym

### Monday/Wednesday

5:00am – 8:00am  
12:00pm – 1:00pm      Adult Only Basketball  
1:00pm – 3:00pm  
5:30pm – 7:30pm      Family Gym Time  
8:00pm – 10:00pm

### Tuesday/Thursday

5:00am – 8:00am  
12:00pm – 1:00pm      Adult Only Basketball  
1:00pm – 2:00pm      Home school  
5:30pm – 6:30pm      Family Gym Time  
6:30pm – 7:30pm      Energy Program  
7:30pm – 10:00pm

### Friday

5:00am – 8:00am  
12:00pm – 1:00pm      Adult Only Basketball  
1:15pm – 10:00pm

### Saturday

7:00am – 9:00pm  
11:30am – 7:00pm  
12:00pm – 6:30pm      Birthday Parties

### Sunday

8:00am – 8:00pm  
12:00pm – 6:30pm      Birthday Parties

All times listed above are open gym times unless listed as an event/program

## Home School gym

YMCA program gym closed to public

## Adult Only Basketball

Gym is available for Lincoln Y Members 18 & Older.

## Birthday Parties

Birthday parties may be using half the gym at the designated times.

## Family Gym Time

At these times, half of the gym is reserved for families with children under the age of 14. The hoops will be lowered and no full court basketball will be allowed.

## School Gyms

### North Gym

#### Monday, Tuesday and Thursday

5:00am – 7:00am  
6:00pm – 10:00pm

#### Wednesday and Friday

5:00am – 7:00am  
9:00pm – 10:00pm

#### Saturday

7:00am – 7:00pm

#### Sunday

8:00am – 8:00pm

### South Gym

#### Monday & Wednesday

5:00am – 7:00am  
6:00pm – 10:00pm      Adult Pick Up Basketball  
(Members Only)

#### Tuesday & Thursday

5:00am – 7:00am  
6:00pm – 10:00pm

#### Friday

5:00am – 7:00am  
6:00pm – 10:00pm

#### Saturday

7:00am – 7:00pm

#### Sunday

8:00am – 8:00pm

All times listed above are open gym times unless listed as an event/program

## Adult Pick-Up Basketball

All participants must be YMCA members and are required to wear a wristband. Wristbands are available at the front desk.

## Gym Youth Policies & Age Guidelines

Youth ages 9-14 are always welcome as registered participants in supervised programs or as participants in scheduled supervised activities. Between the hours of 3:00pm – 5:00pm youth ages 14 and under must be in a supervised YMCA program OR accompanied by a parent in order to use the facility. After 5:00pm and anytime during the weekend youth participants 9 and over may use the gyms, family room, indoor pool and family lobby without direct parental supervision.