



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

### Fallbrook Gym Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
5:30 am							
6:00 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am							
8:30 am							
9:00 am							
9:30 am	CLOSED For LPS classes	CLOSED For LPS classes	CLOSED For LPS classes	CLOSED For LPS classes	CLOSED For LPS classes	Youth Gymnastics	Open Gym
10:00 am							
10:30 am							
11:00 am							
11:30 am							
12:00 pm	Adult Pick Up Games	Adult Pick Up Games	Adult Pick Up Games	Adult Pick Up Games	Adult Pick Up Games	Open Gym	Open Gym
12:30 pm							
1:00 pm	Open Gym	Home School P.E.	Open Gym	Home School P.E.	Open Gym	Open Gym	Open Gym
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm	Youth Gymnastics	Combat Conditioning 6:30 - 7:20	Youth Gymnastics	Combat Conditioning 6:30 - 7:20	Open Gym	Open Gym	Open Gym
6:30 pm							
7:00 pm							
7:30 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
8:00 pm							
8:30 pm							
9:00 pm							

### 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 3pm-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 5:30pm and anytime during the weekends youth participants 9 and over may use the gyms, family room, indoor pool and family lobby without direct parental supervision.

## North Gym

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Open	Open	Open	Open	Open		
6:00 am							
7:00 am	CLOSED to Y Members	CLOSED to Y Members	CLOSED to Y Members	CLOSED to Y Members	CLOSED to Y Members	Open***	Open Gym
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm	Teen Time	Teen Time	Teen Time	Teen Time	Teen Time	Open Gym	
3:00 pm							
4:00 pm							
5:00 pm	Open	Open	Youth Sports	Open	Youth Sports		
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							

\*\*\*Gym is open to YMCA members except when School has intramural sports

## South Gym

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Open	Open	Open	Open	Open		
6:00 am							
7:00 am	CLOSED to Y Members	CLOSED to Y Members	CLOSED to Y Members	CLOSED to Y Members	CLOSED to Y Members	Open***	Open Gym
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm	Teen Time	Teen Time	Teen Time	Teen Time	Teen Time	Open Gym	
3:00 pm							
4:00 pm							
5:00 pm	Open	Open	Open	Open	Open		
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							

### Adult Pick up Basketball Policy

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



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