



Redlands Family YMCA
March 12th - March 18th

500 E. Citrus Ave
Redlands, CA 92373
(909) 798-9622

	THU 12	FRI 13	SAT 14	SUN 15	MON 16	TUE 17	WED 18
5am	Lap Swim (6 Lanes) Lap Pool Redlands Gym 5am - 4pm	Lap Swim (6 Lanes) Lap Pool Redlands Gym 5am - 5:15am			Lap Swim (6 Lanes) Lap Pool Redlands Gym 5am - 5:15am	Lap Swim (6 Lanes) Lap Pool Redlands Gym 5am - 4pm	Lap Swim (6 Lanes) Lap Pool Redlands Gym 5am - 5:15am
	Water Walking Teaching Pool Redlands Y Gym 5am - 8am	Water Walking Teaching Pool Redlands Y Gym 5am - 8am			Water Walking Teaching Pool Redlands Y Gym 5am - 8am	Water Walking Teaching Pool Redlands Y Gym 5am - 8am	Water Walking Teaching Pool Redlands Y Gym 5am - 8am
		Lap Swim (3 Lanes) Lap Pool Redlands Gym 5:15am - 6:45am			Masters Swim (3 Lanes) Lap Pool Redlands Gym Audy O 5:15am - 6:45am		Masters Swim (3 Lanes) Lap Pool Redlands Gym Audy O 5:15am - 6:45am
		Masters Swim (3 Lanes) Lap Pool Redlands Gym Audy O 5:15am - 6:45am			Lap Swim (3 Lanes) Lap Pool Redlands Gym 5:15am - 6:45am		Lap Swim (3 Lanes) Lap Pool Redlands Gym 5:15am - 6:45am
6am		Lap Swim (6 Lanes) Lap Pool Redlands Gym 6:45am - 9:30am					Lap Swim (6 Lanes) Lap Pool Redlands Gym 6:45am - 9:30am
7am			Lap Swim (6 Lanes) Lap Pool Redlands Gym 7am - 9am				
			Water Walking Teaching Pool Redlands Y Gym 7am - 8am				
8am	Power Plunge Teaching Pool Redlands Y Gym Meagan V 8am - 9am	Power Plunge Teaching Pool Redlands Y Gym Instructor Rotation 8am - 9am	Power Plunge Teaching Pool Redlands Y Gym Instructor Rotation 8am - 9am		Power Plunge Teaching Pool Redlands Y Gym Bill G 8am - 9am	Power Plunge Teaching Pool Redlands Y Gym Meagan V 8am - 9am	Power Plunge Teaching Pool Redlands Y Gym Bill G 8am - 9am
9am	Open Swim Teaching Pool Redlands Y Gym 9am - 11am	Open Swim Teaching Pool Redlands Y Gym 9am - 9:25am	Swim Lessons Teaching Pool Redlands Y Gym 9am - 12pm		Open Swim Teaching Pool Redlands Y Gym 9am - 11am	Open Swim Teaching Pool Redlands Y Gym 9am - 11am	Open Swim Teaching Pool Redlands Y Gym 9am - 9:25am
		Safety Around Water Teaching Pool Redlands Y Gym 9:30am - 11:45am	Lap Swim (3 Lanes) Lap Pool Redlands Gym 9am - 12pm				Lap Swim (3 Lanes) Lap Pool Redlands Gym 9:30am - 11:45am
		Safety Around Water Lap Pool Redlands Gym 9:30am - 11:45am	Lap Swim - Swim Lessons Lap Pool Redlands Gym 9am - 12pm				Safety Around Water Teaching Pool Redlands Y Gym 9:30am - 11:45am
		Lap Swim (3 Lanes) Lap Pool Redlands Gym 9:30am - 11:45am					Safety Around Water Lap Pool Redlands Gym 9:30am - 11:45am

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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11am	Power Plunge Teaching Pool Redlands Y Gym Anna A 11am - 12pm	Lap Swim (6 Lanes) Lap Pool Redlands Gym 11:45am - 9pm		Lap Swim Lap Pool Redlands Gym 11am - 5pm		Power Plunge Teaching Pool Redlands Y Gym Anna A 11am - 12pm	Lap Swim (6 Lanes) Lap Pool Redlands Gym 11:45am - 4pm
		Open Swim Teaching Pool Redlands Y Gym 11:45am - 9pm		Open Swim Teaching Pool Redlands Y Gym 11am - 5pm			Open Swim Teaching Pool Redlands Y Gym 11:45am - 4pm
12pm	Open Swim Teaching Pool Redlands Y Gym 12pm - 4pm		Lap Swim (6 Lanes) Lap Pool Redlands Gym 12pm - 5pm		Open Swim Teaching Pool Redlands Y Gym 12pm - 4pm	Open Swim Teaching Pool Redlands Y Gym 12pm - 4pm	
			Open Swim Teaching Pool Redlands Y Gym 12pm - 5pm				
4pm	Lap Swim (3 Lanes) Lap Pool Redlands Gym 4pm - 7:30pm				Lap Swim - Swim Lessons Lap Pool Redlands Gym 4pm - 7:25pm	Lap Swim (3 Lanes) Lap Pool Redlands Gym 4pm - 7:30pm	Lap Swim - Swim Lessons Lap Pool Redlands Gym 4pm - 7:25pm
	Swim Lessons Teaching Pool Redlands Y Gym 4pm - 7:25pm				Swim Lessons Teaching Pool Redlands Y Gym 4pm - 7:25pm	Lap Swim - Swim Lessons Lap Pool Redlands Gym 4pm - 7:25pm	Porpoise Club (2 Lanes) Lap Pool Redlands Gym Anna A 4pm - 5pm
	Lap Swim - Swim Lessons Lap Pool Redlands Gym 4pm - 7:25pm					Swim Lessons Teaching Pool Redlands Y Gym 4pm - 7:25pm	Swim Lessons Teaching Pool Redlands Y Gym 4pm - 7:25pm
5pm							Shark Pre-Swim Team (2 Lanes) Lap Pool Redlands Gym Anna A 5:15pm - 6:15pm
6pm					Lap Swim (4 Lanes) Lap Pool Redlands Gym 6:15pm - 7:30pm		Lap Swim (4 Lanes) Lap Pool Redlands Gym 6:15pm - 7:30pm
7pm	Lap Swim (6 Lanes) Lap Pool Redlands Gym 7:30pm - 9pm				Lap Swim (6 Lanes) Lap Pool Redlands Gym 7:30pm - 9pm	Lap Swim (6 Lanes) Lap Pool Redlands Gym 7:30pm - 9pm	Lap Swim (6 Lanes) Lap Pool Redlands Gym 7:30pm - 9pm
	Power Plunge Teaching Pool Redlands Y Gym Anna A 7:30pm - 8:30pm				Open Swim Teaching Pool Redlands Y Gym 7:30pm - 9pm	Open Swim Teaching Pool Redlands Y Gym 7:30pm - 9pm	Open Swim Teaching Pool Redlands Y Gym 7:30pm - 9pm

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8pm	Open Swim Teaching Pool Redlands Y Gym 8:30pm - 9pm						

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