



# Redlands Family YMCA

March 21st - March 27th

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

	FRI 21	SAT 22	SUN 23	MON 24	TUE 25	WED 26	THU 27
5am	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 5am - 5:15am			<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 5am - 5:15am	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 5am - 4pm	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 5am - 8am	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 5am - 4pm
	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 5am - 8am			<b>Water Walking</b> Teaching Pool   Redlands Y Gym 5am - 8am	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 5am - 8am	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 5am - 5:15am	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 5am - 8am
	<b>Masters Swim (3 Lanes)</b> Lap Pool   Redlands Gym Audy O 5:15am - 6:45am			<b>Masters Swim (3 Lanes)</b> Lap Pool   Redlands Gym Audy O 5:15am - 6:45am		<b>Lap Swim (3 Lanes)</b> Lap Pool   Redlands Gym 5:15am - 6:45am	
	<b>Lap Swim (3 Lanes)</b> Lap Pool   Redlands Gym 5:15am - 6:45am			<b>Lap Swim (3 Lanes)</b> Lap Pool   Redlands Gym 5:15am - 6:45am		<b>Masters Swim (3 Lanes)</b> Lap Pool   Redlands Gym Audy O 5:15am - 6:45am	
6am	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 6:45am - 9pm			<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 6:45am - 4pm		<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 6:45am - 4pm	
7am		<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 7am - 9am					
		<b>Water Walking</b> Teaching Pool   Redlands Y Gym 7am - 8am					
8am	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Jensen B 8am - 9am	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Jacob E. 8am - 9am		<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Hannah E 8am - 9am	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Meagan V 8am - 9am	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Hannah E 8am - 9am	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Meagan V 8am - 9am
9am		<b>Lap Swim (3 Lanes)</b> Lap Pool   Redlands Gym 9am - 12pm		<b>Open Swim</b> Teaching Pool   Redlands Y Gym 9am - 11am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 9am - 11am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 9am - 11am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 9am - 11am
		<b>Lap Swim - Swim Lessons</b> Lap Pool   Redlands Gym 9am - 12pm					
11am			<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 11am - 5pm	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 11am - 12pm	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Anna A 11am - 12pm	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 11am - 12pm	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Anna A 11am - 12pm

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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			<b>Open Swim</b> Teaching Pool   Redlands Y Gym 11am - 5pm				
12pm	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 1pm	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 12pm - 5pm		<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 4pm	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 1pm	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 4pm	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 1pm
		<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 5pm					
1pm					<b>Adventure Day Camp</b> Teaching Pool   Redlands Y Gym 1pm - 3pm		<b>Adventure Day Camp</b> Teaching Pool   Redlands Y Gym 1pm - 3pm
3pm					<b>Open Swim</b> Teaching Pool   Redlands Y Gym 3pm - 4pm		<b>Open Swim</b> Teaching Pool   Redlands Y Gym 3pm - 4pm
4pm				<b>Lap Swim (2 Lanes)</b> Lap Pool   Redlands Gym 4pm - 7:30pm	<b>Lap Swim (4 Lanes)</b> Lap Pool   Redlands Gym 4pm - 7:30pm	<b>Lap Swim (2 Lanes)</b> Lap Pool   Redlands Gym 4pm - 7:30pm	<b>Lap Swim (4 Lanes)</b> Lap Pool   Redlands Gym 4pm - 7:30pm
				<b>Porpoise Club (2 Lanes)</b> Lap Pool   Redlands Gym Wyatt M 4pm - 5pm	<b>Lap Swim - Swim Lessons</b> Lap Pool   Redlands Gym 4pm - 7:25pm	<b>Lap Swim - Swim Lessons</b> Lap Pool   Redlands Gym 4pm - 7:25pm	<b>Lap Swim - Swim Lessons</b> Lap Pool   Redlands Gym 4pm - 7:25pm
				<b>Swim Lessons</b> Teaching Pool   Redlands Y Gym 4pm - 7:25pm	<b>Swim Lessons</b> Teaching Pool   Redlands Y Gym 4pm - 7:25pm	<b>Porpoise Club (2 Lanes)</b> Lap Pool   Redlands Gym Wyatt M 4pm - 5pm	<b>Swim Lessons</b> Teaching Pool   Redlands Y Gym 4pm - 7:25pm
				<b>Lap Swim - Swim Lessons</b> Lap Pool   Redlands Gym 4pm - 7:25pm		<b>Swim Lessons</b> Teaching Pool   Redlands Y Gym 4pm - 7:25pm	
5pm				<b>Shark Pre-Swim Team (2 Lanes)</b> Lap Pool   Redlands Gym Wyatt M 5:15pm - 6:15pm		<b>Shark Pre-Swim Team (2 Lanes)</b> Lap Pool   Redlands Gym Wyatt M 5:15pm - 6:15pm	
6pm				<b>Aquatic Leaders Club</b> Lap Pool   Redlands Gym Instructor Rotation 6:30pm - 7:30pm		<b>Aquatic Leaders Club</b> Lap Pool   Redlands Gym Instructor Rotation 6:30pm - 7:30pm	

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7pm				<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 7:30pm - 9pm	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 7:30pm - 9pm	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 7:30pm - 9pm	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 7:30pm - 9pm
				<b>Open Swim</b> Teaching Pool   Redlands Y Gym 7:30pm - 9pm	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 7:30pm - 9pm	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 7:30pm - 9pm	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Instructor Rotation 7:30pm - 8:30pm
8pm							<b>Open Swim</b> Teaching Pool   Redlands Y Gym 8:30pm - 9pm

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