



Redlands Family YMCA
March 24th - March 30th

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

	TUE 24	WED 25	THU 26	FRI 27	SAT 28	SUN 29	MON 30
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 - 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 (6 Lanes) Lap Pool Redlands Gym 5am - 5:15am
		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
		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
6am		Lap Swim (6 Lanes) Lap Pool Redlands Gym 6:45am - 4pm		Lap Swim (6 Lanes) Lap Pool Redlands Gym 6:45am - 2pm			Lap Swim (6 Lanes) Lap Pool Redlands Gym 6:45am - 4pm
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 Bill G 8am - 9am	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
9am	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 - 11am	Open Swim Teaching Pool Redlands Y Gym 9am - 11am	Lap Swim (3 Lanes) Lap Pool Redlands Gym 9am - 12pm		Open Swim Teaching Pool Redlands Y Gym 9am - 11am
					Lap Swim - Swim Lessons Lap Pool Redlands Gym 9am - 12pm		
					Swim Lessons Teaching Pool Redlands Y Gym 9am - 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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	TUE 24	WED 25	THU 26	FRI 27	SAT 28	SUN 29	MON 30
11am	Power Plunge Teaching Pool Redlands Y Gym Anna A 11am - 12pm	Water Walking Teaching Pool Redlands Y Gym 11am - 12pm	Power Plunge Teaching Pool Redlands Y Gym Anna A 11am - 12pm	Water Walking Teaching Pool Redlands Y Gym 11am - 12pm		Lap Swim Lap Pool Redlands Gym 11am - 5pm	Water Walking Teaching Pool Redlands Y Gym 11am - 12pm
		Lap Swim (6 Lanes) Lap Pool Redlands Gym 11:45am - 4pm				Open Swim Teaching Pool Redlands Y Gym 11am - 5pm	
12pm	Open Swim Teaching Pool Redlands Y Gym 12pm - 1pm	Open Swim Teaching Pool Redlands Y Gym 12pm - 4pm	Open Swim Teaching Pool Redlands Y Gym 12pm - 1pm	Open Swim Teaching Pool Redlands Y Gym 12pm - 1pm	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 - 5pm		
1pm	Day Camp Swim Teaching Pool Redlands Y Gym 1pm - 3pm		Day Camp Swim Teaching Pool Redlands Y Gym 1pm - 3pm	Day Camp Swim Teaching Pool Redlands Y Gym 1pm - 3pm			
2pm				Aquatics Training Lap Pool Redlands Gym 2pm - 3pm			
				Lap Swim (4 Lanes) Lap Pool Redlands Gym 2pm - 3pm			
3pm	Open Swim Teaching Pool Redlands Y Gym 3pm - 4pm		Open Swim Teaching Pool Redlands Y Gym 3pm - 4pm	Open Swim Teaching Pool Redlands Y Gym 3pm - 9pm			
				Lap Swim (6 Lanes) Lap Pool Redlands Gym 3pm - 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	Porpoise Club (2 Lanes) Lap Pool Redlands Gym Anna A 4pm - 5pm	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				Swim Lessons Teaching Pool Redlands Y Gym 4pm - 7:25pm

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	TUE 24	WED 25	THU 26	FRI 27	SAT 28	SUN 29	MON 30
5pm		Shark Pre-Swim Team (2 Lanes) Lap Pool Redlands Gym Anna A 5:15pm - 6:15pm		Aquatics Training Lap Pool Redlands Gym 5pm - 6pm			Shark Pre-Swim Team (2 Lanes) Lap Pool Redlands Gym Anna A 5:15pm - 6:15pm
				Lap Swim (4 Lanes) Lap Pool Redlands Gym 5pm - 6pm			
6pm		Lap Swim (4 Lanes) Lap Pool Redlands Gym 6:15pm - 7:30pm		Lap Swim (6 Lanes) Lap Pool Redlands Gym 6pm - 9pm			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
	Open Swim Teaching Pool Redlands Y Gym 7:30pm - 9pm	Open Swim Teaching Pool Redlands Y 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
8pm			Open Swim Teaching Pool Redlands Y Gym 8:30pm - 9pm				

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