



Redlands Family YMCA
April 1st - April 7th

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

	WED 1	THU 2	FRI 3	SAT 4	SUN 5	MON 6	TUE 7
5am	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	Lap Swim (6 Lanes) Lap Pool Redlands Gym 5am - 4pm
	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		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	
6am	Lap Swim (6 Lanes) Lap Pool Redlands Gym 6:45am - 4pm		Lap Swim (6 Lanes) Lap Pool Redlands Gym 6:45am - 9pm			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 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	Power Plunge Teaching Pool Redlands Y Gym Meagan V 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	Lap Swim (3 Lanes) Lap Pool Redlands Gym 9am - 12pm		Open Swim Teaching Pool Redlands Y Gym 9am - 11am	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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	WED 1	THU 2	FRI 3	SAT 4	SUN 5	MON 6	TUE 7
11am	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	Power Plunge Teaching Pool Redlands Y Gym Anna A 11am - 12pm
					Open Swim Teaching Pool Redlands Y Gym 11am - 5pm		
12pm	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 - 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				
3pm		Open Swim Teaching Pool Redlands Y Gym 3pm - 4pm	Open Swim Teaching Pool Redlands Y Gym 3pm - 9pm				
4pm	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	Lap Swim (3 Lanes) Lap Pool Redlands Gym 4pm - 7:30pm
	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
	Porpoise Club (2 Lanes) Lap Pool Redlands Gym Anna A 4pm - 5pm	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
5pm	Shark Pre-Swim Team (2 Lanes) Lap Pool Redlands Gym Anna A 5:15pm - 6:15pm					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	

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

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