



Redlands Family YMCA  
April 11th - April 17th

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

	SAT 11	SUN 12	MON 13	TUE 14	WED 15	THU 16	FRI 17
<b>5am</b>			<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>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>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 5am - 5:15am
			<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>Water Walking</b> Teaching Pool   Redlands Y Gym 5am - 8am	<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>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>6am</b>			<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 - 9:25am		<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 6:45am - 9:25am
<b>7am</b>	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 7am - 9am						
	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 7am - 8am						
<b>8am</b>	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Instructor Rotation 8am - 9am		<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Bill G 8am - 9am	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Meagan V 8am - 9am	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Bill G 8am - 9am	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Meagan V 8am - 9am	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Instructor Rotation 8am - 9am
<b>9am</b>	<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>Open Swim</b> Teaching Pool   Redlands Y Gym 9am - 9:25am
	<b>Swim Lessons</b> Teaching Pool   Redlands Y Gym 9am - 12pm				<b>Lap Swim (4 Lanes)</b> Lap Pool   Redlands Gym 9:25am - 11:45am		<b>Lap Swim (4 Lanes)</b> Lap Pool   Redlands Gym 9:25am - 11:45am
	<b>Lap Swim - Swim Lessons</b> Lap Pool   Redlands Gym 9am - 12pm				<b>Safety Around Water</b> Lap Pool   Redlands Gym 9:30am - 11:45am		<b>Safety Around Water</b> Lap Pool   Redlands Gym 9:30am - 11:45am
							<b>Safety Around Water</b> Teaching Pool   Redlands Y 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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	SAT 11	SUN 12	MON 13	TUE 14	WED 15	THU 16	FRI 17
11am		<b>Lap Swim</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	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 11:45am - 9pm
		<b>Open Swim</b> Teaching Pool   Redlands Y Gym 11am - 5pm			<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 11:45am - 4pm		<b>Open Swim</b> Teaching Pool   Redlands Y Gym 11:45am - 9pm
12pm	<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 - 4pm	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 4pm	
	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 5pm						
4pm			<b>Lap Swim - Swim Lessons</b> Lap Pool   Redlands Gym 4pm - 7:25pm	<b>Lap Swim (3 Lanes)</b> Lap Pool   Redlands Gym 4pm - 7:30pm	<b>Lap Swim - Swim Lessons</b> Lap Pool   Redlands Gym 4pm - 7:25pm	<b>Lap Swim (3 Lanes)</b> Lap Pool   Redlands Gym 4pm - 7:30pm	
		<b>Swim Lessons</b> Lap Pool   Redlands Gym 4pm - 7:25pm	<b>Lap Swim - Swim Lessons</b> Lap Pool   Redlands Gym 4pm - 7:25pm	<b>Porpoise Club (2 Lanes)</b> Lap Pool   Redlands Gym Anna A 4pm - 5pm	<b>Lap Swim - Swim Lessons</b> Lap Pool   Redlands Gym 4pm - 7:25pm		
		<b>Porpoise Club (2 Lanes)</b> Lap Pool   Redlands Gym Anna A 4pm - 5pm	<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>Swim Lessons</b> Teaching Pool   Redlands Y Gym 4pm - 7:25pm		
5pm			<b>Shark Pre-Swim Team (2 Lanes)</b> Lap Pool   Redlands Gym Anna A 5:15pm - 6:15pm		<b>Shark Pre-Swim Team (2 Lanes)</b> Lap Pool   Redlands Gym Anna A 5:15pm - 6:15pm		
6pm					<b>Lap Swim (4 Lanes)</b> Lap Pool   Redlands Gym 6:15pm - 7:30pm		
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>Power Plunge</b> Teaching Pool   Redlands Y Gym Anna A 7:30pm - 8:30pm	

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8pm						<b>Open Swim</b> Teaching Pool   Redlands Y Gym 8:30pm - 9pm	

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