



Redlands Family YMCA
April 13th - April 19th

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

	SUN 13	MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
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	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	
		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		Lap Swim (3 Lanes) Lap Pool Redlands Gym 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 - 4pm		Lap Swim (6 Lanes) Lap Pool Redlands Gym 6:45am - 9pm	
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 Hannah E 8am - 9am	Power Plunge Teaching Pool Redlands Y Gym Meagan V 8am - 9am	Power Plunge Teaching Pool Redlands Y Gym Hannah E 8am - 9am	Power Plunge Teaching Pool Redlands Y Gym Meagan V 8am - 9am	Power Plunge Teaching Pool Redlands Y Gym Jensen B 8am - 9am	Power Plunge Teaching Pool Redlands Y Gym Jacob E. 8am - 9am
9am		Open Swim Teaching Pool Redlands Y Gym 9am - 11am	Open Swim Teaching Pool Redlands Y Gym 9am - 11am	Water Walking Teaching Pool Redlands Y Gym 9am - 9:30am	Open Swim Teaching Pool Redlands Y Gym 9am - 11am	Water Walking Teaching Pool Redlands Y Gym 9am - 9:30am	Lap Swim (3 Lanes) Lap Pool Redlands Gym 9am - 12pm
				Safety Around Water Teaching Pool Redlands Y Gym 9:25am - 11:50am		Safety Around Water Teaching Pool Redlands Y Gym 9:25am - 11:50am	Lap Swim - Swim Lessons Lap Pool Redlands Gym 9am - 12pm
							Swim Lessons Teaching Pool Redlands Y Gym 9am - 12pm
11am	Lap Swim (6 Lanes) 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 11:50am - 4pm	Power Plunge Teaching Pool Redlands Y Gym Anna A 11am - 12pm	Open Swim Teaching Pool Redlands Y Gym 11:50am - 9pm	

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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	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 - 4pm		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 (2 Lanes) Lap Pool Redlands Gym 4pm - 7:30pm	Lap Swim (4 Lanes) Lap Pool Redlands Gym 4pm - 7:30pm	Lap Swim (2 Lanes) Lap Pool Redlands Gym 4pm - 7:30pm	Lap Swim (4 Lanes) Lap Pool Redlands Gym 4pm - 7:30pm		
		Porpoise Club (2 Lanes) Lap Pool Redlands Gym Wyatt M 4pm - 5pm	Lap Swim - Swim Lessons Lap Pool Redlands Gym 4pm - 7:25pm	Lap Swim - Swim Lessons Lap Pool Redlands Gym 4pm - 7:25pm	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	Porpoise Club (2 Lanes) Lap Pool Redlands Gym Wyatt M 4pm - 5pm	Swim Lessons Teaching Pool Redlands Y Gym 4pm - 7:25pm		
		Lap Swim - Swim Lessons Lap Pool Redlands 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 Wyatt M 5:15pm - 6:15pm		Shark Pre-Swim Team (2 Lanes) Lap Pool Redlands Gym Wyatt M 5:15pm - 6:15pm			
6pm		Aquatic Leaders Club Lap Pool Redlands Gym Instructor Rotation 6:30pm - 7:30pm		Aquatic Leaders Club Lap Pool Redlands Gym Instructor Rotation 6:30pm - 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	Open Swim Teaching Pool Redlands Y Gym 7:30pm - 9pm	Power Plunge Teaching Pool Redlands Y Gym Instructor Rotation 7:30pm - 8:30pm		

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8pm

SUN 13	MON 14	TUE 15	WED 16	THU 17	FRI 18	SAT 19
				Open Swim Teaching Pool Redlands Y Gym 8:30pm - 9pm		

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