



# Redlands Family YMCA

May 30th - June 5th

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

	FRI 30	SAT 31	SUN 1	MON 2	TUE 3	WED 4	THU 5
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>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>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>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>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						
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 - 8:30am		<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 - 5pm					
		<b>Water Walking</b> Teaching Pool   Redlands Y Gym 7am - 8am					
8am	<b>Power Plunge</b> Teaching Pool   Redlands Y Gym Meagan V 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
				<b>Lap Swim (3 Lanes)</b> Lap Pool   Redlands Gym 8:30am - 9am	<b>Lap Swim (3 Lanes)</b> Lap Pool   Redlands Gym 8:30am - 9am	<b>Lap Swim (3 Lanes)</b> Lap Pool   Redlands Gym 8:30am - 9am	<b>Swim Lessons</b> Lap Pool   Redlands Gym 8:30am - 9am
				<b>Swim Lessons</b> Lap Pool   Redlands Gym 8:30am - 9am	<b>Swim Lessons</b> Lap Pool   Redlands Gym 8:30am - 9am	<b>Swim Lessons</b> Lap Pool   Redlands Gym 8:30am - 9am	<b>Lap Swim (3 Lanes)</b> Lap Pool   Redlands Gym 8:30am - 9am
9am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 9am - 11am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 9am - 5pm		<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 9am - 4pm	<b>Swim Lessons</b> Teaching Pool   Redlands Y Gym 9am - 10am	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 9am - 4pm	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 9am - 4pm

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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	FRI 30	SAT 31	SUN 1	MON 2	TUE 3	WED 4	THU 5
				<b>Open Swim (Half Pool)</b> Teaching Pool   Redlands Y Gym 9am - 10am	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 9am - 4pm	<b>Open Swim (Half Pool)</b> Teaching Pool   Redlands Y Gym 9am - 10am	<b>Open Swim (Half Pool)</b> Teaching Pool   Redlands Y Gym 9am - 10am
				<b>Swim Lessons</b> Teaching Pool   Redlands Y Gym 9am - 10am	<b>Open Swim (Half Pool)</b> Teaching Pool   Redlands Y Gym 9am - 10am	<b>Swim Lessons</b> Teaching Pool   Redlands Y Gym 9am - 10am	<b>Swim Lessons</b> Teaching Pool   Redlands Y Gym 9am - 10am
10am				<b>Open Swim</b> Teaching Pool   Redlands Y Gym 10am - 11am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 10am - 11am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 10am - 11am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 10am - 11am
11am	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 11am - 12pm		<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>Open Swim</b> Teaching Pool   Redlands Y Gym 11am - 5pm				
12pm	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 9pm			<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 - 4pm
3pm				<b>Open Swim</b> Outdoor Pool   Redlands Gym 3pm - 7pm	<b>Open Swim</b> Outdoor Pool   Redlands Gym 3pm - 5pm	<b>Open Swim</b> Outdoor Pool   Redlands Gym 3pm - 7pm	<b>Open Swim</b> Outdoor Pool   Redlands Gym 3pm - 5pm
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 - 6:15pm	<b>Lap Swim (4 Lanes)</b> Lap Pool   Redlands Gym 4pm - 7:30pm
				<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>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 Anna A 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	

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	FRI 30	SAT 31	SUN 1	MON 2	TUE 3	WED 4	THU 5
5pm				<b>Shark Pre-Swim Team (2 Lanes)</b> Lap Pool   Redlands Gym Anna A 5:15pm - 6:15pm	<b>Swim Lessons</b> Outdoor Pool   Redlands Gym 5:10pm - 7:25pm	<b>Shark Pre-Swim Team (2 Lanes)</b> Lap Pool   Redlands Gym Anna A 5:15pm - 6:15pm	<b>Swim Lessons</b> Outdoor Pool   Redlands Gym 5:10pm - 7:25pm
6pm				<b>Lap Swim (4 Lanes)</b> Lap Pool   Redlands Gym 6:15pm - 7:30pm		<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>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
8pm							<b>Open Swim</b> Teaching Pool   Redlands Y Gym 8:30pm - 9pm

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