



Redlands Family YMCA
June 18th - June 24th

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

	WED 18	THU 19	FRI 20	SAT 21	SUN 22	MON 23	TUE 24
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 Hannah E 8am - 9am	Power Plunge Teaching Pool Redlands Y Gym Meagan V 8am - 9am		Power Plunge Teaching Pool Redlands Y Gym Jacob E. 8am - 9am		Power Plunge Teaching Pool Redlands Y Gym Hannah E 8am - 9am	Power Plunge Teaching Pool Redlands Y Gym Meagan V 8am - 9am
9am			Open Swim Teaching Pool Redlands Y Gym 9am - 11am	Lap Swim (4 Lanes) Lap Pool Redlands Gym 9am - 12pm			
				Lap Swim - Swim Lessons Lap Pool Redlands Gym 9am - 11:50am			
				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 18	THU 19	FRI 20	SAT 21	SUN 22	MON 23	TUE 24
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 - 9pm	Lap Swim (6 Lanes) Lap Pool Redlands Gym 12pm - 5pm			
				Open Swim Teaching Pool Redlands Y Gym 12pm - 5pm			
1pm	Adventure Day Camp Teaching Pool Redlands Y Gym 1pm - 3pm					Adventure Day Camp Teaching Pool Redlands Y Gym 1pm - 3pm	
4pm	Lap Swim (2 Lanes) Lap Pool Redlands Gym 4pm - 6:15pm	Lap Swim (4 Lanes) Lap Pool Redlands Gym 4pm - 7:30pm				Lap Swim (2 Lanes) Lap Pool Redlands Gym 4pm - 6:15pm	Lap Swim (4 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				Lap Swim - Swim Lessons Lap Pool Redlands Gym 4pm - 7:25pm	Lap Swim - Swim Lessons Lap Pool Redlands Gym 4pm - 7:25pm
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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	
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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