



Redlands Family YMCA  
June 23rd - June 29th

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

	MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28	SUN 29
<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 - 4pm		<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 6:45am - 9pm		
<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 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>Power Plunge</b> Teaching Pool   Redlands Y Gym Jacob E. 8am - 9am	
<b>9am</b>					<b>Open Swim</b> Teaching Pool   Redlands Y Gym 9am - 11am	<b>Lap Swim (4 Lanes)</b> Lap Pool   Redlands Gym 9am - 12pm	
						<b>Lap Swim - Swim Lessons</b> Lap Pool   Redlands Gym 9am - 11:50am	
						<b>Swim Lessons</b> Teaching Pool   Redlands Y Gym 9am - 12pm	
<b>11am</b>	<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>Water Walking</b> Teaching Pool   Redlands Y Gym 11am - 12pm		<b>Lap Swim</b> Lap Pool   Redlands Gym 11am - 5pm

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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	MON 23	TUE 24	WED 25	THU 26	FRI 27	SAT 28	SUN 29
							<b>Open Swim</b> Teaching Pool   Redlands Y Gym 11am - 5pm
<b>12pm</b>					<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 9pm	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 12pm - 5pm	
						<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 5pm	
<b>1pm</b>	<b>Adventure Day Camp</b> Teaching Pool   Redlands Y Gym 1pm - 3pm		<b>Adventure Day Camp</b> Teaching Pool   Redlands Y Gym 1pm - 3pm				
<b>4pm</b>	<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>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>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>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>Swim Lessons</b> Teaching Pool   Redlands Y Gym 4pm - 7:25pm			
<b>6pm</b>	<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				
<b>7pm</b>	<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			
<b>8pm</b>				<b>Open Swim</b> Teaching Pool   Redlands Y Gym 8:30pm - 9pm			

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