

## Redlands Family YMCA June 25th - July 1st

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

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Lap Swim (6 Lanes) Lap Pool   Redlands Gym 5am - 8:30am	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 5am - 5:15am	<b>Lap Swim (6 Lanes)</b> Lap Pool   Redlands Gym 5am - 8:30am	Lap Swim (6 Lanes) Lap Pool   Redlands Gym 5am - 5:15am			<b>Water Walking</b> Teaching Pool   Redlands Y Gym 5am - 8am
	Water Walking Teaching Pool   Redlands Y Gym 5am - 8:30am	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 5am - 8am	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 5am - 8:30am	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 5am - 8am			Lap Swim (6 Lanes) Lap Pool   Redlands Gym 5am - 5:15am
		Masters Swim (3 Lanes) 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
		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			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 - 8:30am		Lap Swim (6 Lanes) Lap Pool   Redlands Gym 6:45am - 9pm			Lap Swim (6 Lanes) Lap Pool   Redlands Gym 6:45am - 8:30am
7am					Lap Swim (6 Lanes) Lap Pool   Redlands Gym 7am - 9am		
					Water Walking Teaching Pool   Redlands Y Gym 7am - 8am		
8am	Lap Swim - Swim Lessons Lap Pool   Redlands Gym 8:30am - 9am	Power Plunge Teaching Pool   Redlands Y Gym Instructor Rotation 8am - 9am	Lap Swim - Swim Lessons Lap Pool   Redlands Gym 8:30am - 9am	Power Plunge Teaching Pool   Redlands Y Gym Jensen B 8am - 9am	Power Plunge Teaching Pool   Redlands Y Gym Cameron A 8am - 9am		Power Plunge Teaching Pool   Redlands Y Gym Instructor Rotation 8am - 9am
	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 8:30am - 9am	Lap Swim - Swim Lessons Lap Pool   Redlands Gym 8:30am - 9am	Lap Swim (3 Lanes) Lap Pool   Redlands Gym 8:30am - 9am				Lap Swim (3 Lanes) Lap Pool   Redlands Gym 8:30am - 9am
	Lap Swim (3 Lanes) Lap Pool   Redlands Gym 8:30am - 9am	Lap Swim (3 Lanes) Lap Pool   Redlands Gym 8:30am - 9am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 8:30am - 9am				Lap Swim - Swim Lessons Lap Pool   Redlands Gym 8:30am - 9am
9am	Lap Swim (6 Lanes) Lap Pool   Redlands Gym 9am - 4pm	Lap Swim (6 Lanes) Lap Pool   Redlands Gym 9am - 4pm	Swim Lessons (half pool) Teaching Pool   Redlands Y Gym 9am - 10am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 9am - 11am	Lap Swim (3 Lanes) Lap Pool   Redlands Gym 9am - 12pm		<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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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
	Swim Lessons (half pool) Teaching Pool   Redlands Y Gym 9am - 10am	<b>Open Swim (Half Pool)</b> Teaching Pool   Redlands Y Gym 9am - 10am	Lap Swim (6 Lanes) Lap Pool   Redlands Gym 9am - 4pm		Lap Swim - Swim Lessons Lap Pool   Redlands Gym 9am - 12pm		<b>Open Swim (Half</b> <b>Pool)</b> Teaching Pool   Redlands Y Gym 9am - 10am
	Open Swim (Half Pool) Teaching Pool   Redlands Y Gym 9am - 10am	Swim Lessons (half pool) Teaching Pool   Redlands Y Gym 9am - 10am	Open Swim (Half Pool) Teaching Pool   Redlands Y Gym 9am - 10am		Swim Lessons Teaching Pool   Redlands Y Gym 9am - 12pm		Swim Lessons (hal pool) Teaching Pool   Redlands Y Gym 9am - 10am
m	Power Plunge Teaching Pool   Redlands Y Gym Cameron A 10am - 11am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 10am - 11am	Power Plunge Teaching Pool   Redlands Y Gym Cameron A 10am - 11am				<b>Open Swim</b> Teaching Pool   Redlands Y Gym 10am - 11am
am	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 11am - 1pm	Water Walking Teaching Pool   Redlands Y Gym 11am - 12pm	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 11am - 1pm	Water Walking Teaching Pool   Redlands Y Gym 11am - 12pm		Lap Swim (6 Lanes) Lap Pool   Redlands Gym 11am - 5pm	<b>Water Walking</b> Teaching Pool   Redlands Y Gym 11am - 12pm
						<b>Open Swim</b> Teaching Pool   Redlands Y Gym 11am - 5pm	
om	Open Swim Outdoor Pool   Redlands Gym 12pm - 5pm	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 4pm	<b>Open Swim</b> Outdoor Pool   Redlands Gym 12pm - 5pm	<b>Open Swim</b> Outdoor Pool   Redlands Gym 12pm - 1pm	Lap Swim (6 Lanes) Lap Pool   Redlands Gym 12pm - 5pm		<b>Open Swim</b> Outdoor Pool   Redlands Gym 12pm - 1pm
		<b>Open Swim</b> Outdoor Pool   Redlands Gym 12pm - 7pm		<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 9pm	<b>Open Swim</b> Teaching Pool   Redlands Y Gym 12pm - 5pm		Open Swim Teaching Pool   Redlands Y Gym 12pm - 4pm
					Open Swim Outdoor Pool   Redlands Gym 12pm - 5pm		
m	Adventure Day Camp Teaching Pool   Redlands Y Gym 1pm - 3pm		Adventure Day Camp Teaching Pool   Redlands Y Gym 1pm - 3pm	Adventure Day Camp Outdoor Pool   Redlands Gym 1pm - 3pm		<b>Open Swim</b> Outdoor Pool   Redlands Gym 1pm - 5pm	Adventure Day Car Outdoor Pool   Redlands Gym 1pm - 3pm
m	Open Swim Teaching Pool   Redlands Y Gym 3pm - 4pm		<b>Open Swim</b> Teaching Pool   Redlands Y Gym 3pm - 4pm	<b>Open Swim</b> Outdoor Pool   Redlands Gym 3pm - 7pm			<b>Open Swim</b> Outdoor Pool   Redlands Gym 3pm - 7pm
m	Lap Swim (2 Lanes) Lap Pool   Redlands Gym 4pm - 7:30pm	Lap Swim (2 Lanes) Lap Pool   Redlands Gym 4pm - 7:30pm	Lap Swim (2 Lanes) Lap Pool   Redlands Gym 4pm - 7:30pm				Lap Swim (2 Lane Lap Pool   Redland 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 - Swin Lessons Lap Pool   Redland Gym 4pm - 7:25pm

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	<b>TUE 25</b>	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
	Lap Swim - Swim Lessons Lap Pool   Redlands Gym 4pm - 7:25pm	Porpoise Club (2 Lanes) Lap Pool   Redlands Gym Cameron A 4pm - 5pm	Swim Lessons Teaching Pool   Redlands Y Gym 4pm - 7:25pm				Porpoise Club (2 Lanes) Lap Pool   Redlands Gym Cameron A 4pm - 5pm
		Swim Lessons Teaching Pool   Redlands Y Gym 4pm - 7:25pm					Swim Lessons Teaching Pool   Redlands Y Gym 4pm - 7:25pm
m	Swim Lessons Outdoor Pool   Redlands Gym 5:10pm - 7:25pm	Shark Pre-Swim Team (2 Lanes) Lap Pool   Redlands Gym Cameron A 5:15pm - 6:15pm	Swim Lessons Outdoor Pool   Redlands Gym 5:10pm - 7:25pm				Shark Pre-Swim Team (2 Lanes) Lap Pool   Redlands Gym Cameron A 5:15pm - 6:15pm
m		Lap Swim (2 Lanes) Lap Pool   Redlands Gym 6:30pm - 7:30pm					Lap Swim (2 Lanes) Lap Pool   Redlands Gym 6:30pm - 7:30pm
m	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
	<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				Open Swim Teaching Pool   Redlands Y Gym 7:30pm - 9pm

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