



## Redlands Family YMCA Indoor Pool Schedule

Questions, Comments or Suggestions call:

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**Effective January 2, 2012**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5-7:55am	Lap Swim 5-6am	Lap Swim 5-7:55am	Lap Swim 5-6am	Lap Swim 5-7:55am	Lap Swim 7-8am	Lap Swim 12-2pm
	Water Exercise 6-7am		Water Exercise 6-7am			
	Lap Swim 7-8:25am		Lap Swim 7-8:25am			
Water Exercise 8-8:55am	Water Exercise 8:30-9:25am	Water Exercise 8-8:55am	Water Exercise 8:30-9:25am	Water Exercise 8-8:55am	Water Exercise 8-9am	Lap Swim 2-5pm
Water Exercise 9-9:55am	Adaptive Aquatics 9:30-10am	Water Exercise 9-9:55am	Adaptive Aquatics 9:30-10am	Water Exercise 9-9:55am	Swim Lessons 9-11am	
Swim Lessons/Open Swim 10-11am	Swim Lessons/Open Swim 10-11am	Swim Lessons/Open Swim 10-11am	Swim Lessons/Open Swim 10-11am	Open Swim 10-11am	Porpoise Club 11:00 - 12:00	
Water Exercise 11-11:55am	Open Swim/Lap Swim 11-12pm	Water Exercise 11-11:55am	Open Swim/Lap Swim 11-12pm	Deep Water Exercise 11-11:55am	Water Exercise 12:05-1pm	Lap Swim 12-2pm
Lap Swim 12-2pm	Lap Swim 12-2pm	Lap Swim 12-2pm	Lap Swim 12-2pm	Lap Swim 12-2pm	Lap Swim 1:05-2:00pm	Lap Swim & Open Swim 2-5pm
Open Swim 2-4pm	Open Swim 2-3pm	Open Swim 2-4pm	Open Swim 2-3pm	Open Swim 2-4pm	Lap Swim & Open Swim 2:00-4:30pm	
Deep Water Exercise 4-4:55pm	Swim Lessons 3:00-5:15pm	Deep Water Exercise 4-4:55pm	Swim Lessons 3:00-5:15pm	Lifeguard Training* 4-4:55pm	<p style="text-align: center;"><b>Changes:</b></p> <p>Tuesday/Thursday 6:15am water exercise has moved to 6am, lap swim ends at 6am. Friday, 4pm Water Exercises changed to Lifeguard Training. Water Exercises will occur when there is no lifeguard training.</p>	
Lap Swim 5-5:55pm	Lap Swim 5:20 - 6:15pm	Lap Swim 5-5:55pm	Lap Swim 5:20 - 6:15pm	Lap Swim 5-5:55pm		
Swim Lessons 6-7:45pm	Swim Lessons 6:20 -7:30pm	Swim Lessons 6-7:45pm	Swim Lessons 6:20 -7:30pm	Lap Swim & Open Swim		
Open Swim 7:45-9pm	Water Exercise 7:35-9:00pm	Open Swim 7:45-9pm	Water Exercise 7:35-9:00pm	Open Swim 6-9pm		

Monday - Thursday from 10-11am swim lessons take up the shallow end leaving the deep end available for open swim

\*On Fridays when no lifeguard training is being held Water Exercise will be held from 4-5pm. Check with aquatics staff for details.

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