



Redlands Family YMCA 2011-12 Holiday Indoor Pool Schedule

Questions, Comments or Suggestions call:
Heather Chittenden Aquatics Director 798-9622 x212
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Effective December 19-January 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5-7:55am	Lap Swim 5-6:15am Water Exercise 6:15-7am Lap Swim 7-8:25am	Lap Swim 5-7:55am	Lap Swim 5-6:15am Water Exercise 6:15-7am Lap Swim 7-8:25am	Lap Swim 5-7:55am	2011-12 Holiday Pool closes at 11am YMCA closed on	Lap Swim 7-8am
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
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		Open Swim 9-11am
Open Swim 10-11am	Open Swim 10-11am	Open Swim 10-11am	Open Swim 10-11am	Open Swim 10-11am		
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		
Lap Swim 12-2pm	Lap Swim 12-2pm	Lap Swim 12-2pm	Lap Swim 12-2pm	Lap Swim 12-2pm		
Open Swim 2-4pm	Open Swim 2-3pm	Open Swim 2-4pm	Open Swim 2-3pm	Open Swim 2-4pm		
	Staff Training/ Open Swim 3:00-5:15pm		Staff Training/ Open Swim 3:00-5:15pm			
Deep Water Exercise 4-4:55pm		Deep Water Exercise 4-4:55pm		Water Exercise 4-4:55pm		
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		
Arctic Swim Clinic 6-7:30pm	Open Swim 6:20 -7:30pm	Arctic Swim Clinic 6-7:30pm	Open Swim 6:20 -7:30pm	Lap Swim & Open Swim		
Open Swim 7:30-9pm	Water Exercise 7:35-9:00pm	Open Swim 7:30-9pm	Water Exercise 7:35-9:00pm	Open Swim 6-9pm		

During open swim times staff may be sharing the pool with members to complete YMCA training.

Redlands Family YMCA 500 E. Citrus Ave Redlands, CA 92373 909-798-9622