



# Redlands Family YMCA Indoor Pool Schedule

**Questions, Comments or Suggestions call:  
Heather Chittenden Aquatics Director 798-9622 x212**

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**Effective June 14, 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lap Swim 5-7:55am	Lap Swim 5-6:15am	Lap Swim 5-7:55am	Lap Swim 5-6:15am	Lap Swim 5-7:55am			
	Water Exercise 6:15-7am		Water Exercise 6:15-7am				
	Lap Swim 7-8:25am		Lap Swim 7-8:25am				
Water Exercise 8-8:55am	Water Exercise 8-8:55am	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			Swim Lessons 9-11am
Open Swim 10-11am	Open Swim 10-11am	Open Swim 10-11am	Open Swim 10-11am	Open Swim 10-11am			Porpoise Club 11:00 - 12:00
Water Exercise 11-11:55am	Senior Swim 11-12pm	Water Exercise 11-11:55am	Senior Swim 11-12pm	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 1:05-3pm	Lap Swim 1-3pm	
Daycamp 2-4pm	Open Swim 2-3pm	Open Swim 2-3pm	Open Swim 2-3pm	Open Swim 2-3pm	Lap Swim & Open Swim 3-5pm	Lap Swim & Open Swim 3-6pm	
	Swim Lessons 3:00-5:15pm	Daycamp 3:00 - 4:00	Swim Lessons 3:00-5:15pm	Daycamp 3:00 - 4:00			
Water Exercise 4-4:55pm		Water Exercise 4-4:55pm		Water Exercise 4-4:55pm	<h1 style="font-size: 2em;">Summer 2010</h1>		
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 6-7:30pm	Swim Lessons 6:20 - 7:30pm	Swim Lessons 6-7:30pm	Swim Lessons 6:20 - 7:30pm	Lap 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			

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