



Pool- San Bernardino Gym @ San Bernardino
Family YMCA
June 9th - June 15th

808 East 21st Street
San Bernardino, CA 92404
(909) 881-9622

	SUN 9	MON 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15
8am		Lap Swim 8am - 10am	Lap Swim 8am - 9am	Lap Swim 8am - 10am	Lap Swim 8am - 9am	Lap Swim 8am - 10am	
9am			Water Walking 9am - 10am		Water Walking 9am - 10am		
10am		Power Plunge Ken F 10am - 11am	Open Swim 10am - 11:30am	Power Plunge Ken F 10am - 11am	Open Swim 10am - 11:30am	Power Plunge Ken F 10am - 11am	
11am		Open Swim 11am - 11:30am		Open Swim 11am - 11:30am		Open Swim 11am - 11:30am	
4pm			Swim Lessons 4pm - 7:25pm		Swim Lessons 4pm - 7:25pm		

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.