



Pool- San Bernardino Gym @ San Bernardino
 Family YMCA
 June 11th - June 17th

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

	THU 11	FRI 12	SAT 13	SUN 14	MON 15	TUE 16	WED 17
8am	Lap Swim 8am - 9am	Lap Swim 8am - 10am			Lap Swim 8am - 10am	Lap Swim 8am - 9am	Lap Swim 8am - 10am
							Lap Swim 8am - 10am
							Lap Swim 8am - 10am
							Lap Swim 8am - 10am
							Lap Swim 8am - 10am
							Lap Swim 8am - 10am
							Lap Swim 8am - 10am
9am	Water Walking 9am - 10am		Swim Lessons 9am - 11:50am			Water Walking 9am - 10am	
10am	Open Swim 10am - 11:30am	Power Plunge Instructor Rotation 10am - 11am			Power Plunge Instructor Rotation 10am - 11am	Open Swim 10am - 11:30am	Power Plunge Instructor Rotation 10am - 11am
							Power Plunge Instructor Rotation 10am - 11am
							Power Plunge Instructor Rotation 10am - 11am
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							Power Plunge Instructor Rotation 10am - 11am
							Power Plunge Instructor Rotation 10am - 11am
11am		Open Swim 11am - 11:30am	Open Swim 11:50am - 1:30pm		Open Swim 11am - 11:30am		Open Swim 11am - 11:30am
							Open Swim 11am - 11:30am
							Open Swim 11am - 11:30am
							Open Swim 11am - 11:30am
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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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4pm							Open Swim 11am - 11:30am
	Swim Lessons 4pm - 7:25pm				Open Swim 4:15pm - 5pm	Swim Lessons 4pm - 7:25pm	Open Swim 4:15pm - 5pm
							Open Swim 4:15pm - 5pm
							Open Swim 4:15pm - 5pm
							Open Swim 4:15pm - 5pm
							Open Swim 4:15pm - 5pm
							Open Swim 4:15pm - 5pm
							Open Swim 4:15pm - 5pm
5pm							Open Swim 4:15pm - 5pm
					Swim Lessons 5pm - 7:15pm		Swim Lessons 5pm - 7:15pm
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