

San Bernardino Family YMCA



Effective Spring 2008

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|
| Lap Swim 6:30-7:55am | | Lap Swim 6:30-7:55am | | Lap Swim 6:30-7:55am | |
| Aqua Gym 8-8:55am | | Aqua Gym 8-8:55am | | Aqua Gym 8-8:55am | |
| Open Swim 9-10am | Lap Swim 9-9:55am | Open Swim 9-10am | Lap Swim 9-9:55am | Open Swim 9-10am | Lap Swim 9-9:55am |
| Water Aerobics 10-10:55am | Open Swim 10-12 | Water Aerobics 10-10:55am | Open Swim 10-12 | Water Aerobics 10-10:55am | Water Aerobics 10-10:55am |
| Twinges 11-11:55am | | Twinges 11-11:55am | | Twinges 11-11:55am | Family Swim 11-11:55am |
| Twinges 12-12:55pm | SilverSneakers Splash 12-1pm | Twinges 12-12:55pm | SilverSneakers Splash 12-1pm | Twinges 12-12:55pm | |
| Family Swim 2-4pm | Family Swim 2-4pm | Family Swim 2-4pm | Family Swim 2-4pm | ASP 2-5pm | |
| Swim Lessons 4-7pm | Swim Lessons 4-7pm | Swim Lessons 4-7pm | Swim Lessons 4-7pm | Water Aerobics 5-5:55pm | |
| Family Swim 7-8pm | Water Aerobics 7-7:55pm | Family Swim 7-8pm | Water Aerobics 7-7:55pm | | |
| | | | | | |



San Bernardino Family YMCA
 808 E. 21st Street San Bernardino, CA 92404
 909-881-9622