



Hobart YMCA Pool Schedule Summer Break August 20–Sept. 3, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Open/lap Swim 5:00 – 6:15	*Open/lap Swim 5:00–7:00	*Open/lap Swim 5:00 – 6:15	*Open/lap Swim 5:00 – 7:00	*Open/lap Swim 5:00 – 6:15	*Open/lap Swim 7:00 –9:00
Sculpting 6:15–7:00	Pilates H2O 9:45 – 10:30	Sculpting 6:15 – 7:00	Pilates H2O 9:45 – 10:30	Sculpting 6:15 – 7:00	Guard Break 9:00–9:15
Open Swim 7:30–9:00	Adult/lap Swim Noon–1:00	Open Swim 7:30–9:00am	Adult/lap Swim Noon–2:00	Open Swim 7:30–9:00	*Open/lap Swim 9:15–11:15
Aqua Jog 9:00–9:45	Adult Volleyball 1:00–2:45	Aquacise 9:00–9:45	*Open /lap Swim 5:00–6:30	Tabata 9:00–9:45	Guard Break 11:15–11:30
Arthritis 9:45–10:30 MRC Water Workout 10:30–11:15	Deep H2O Adult 1:00–2:45	Arthritis 9:45 – 10:30	Aqua Jog 6:30–7:15 pm	Arthritis 9:45 – 10:30	Family Swim 11:30–12:45
Adult/lap Swim Noon–2:00	Guard Break 2:45–3:00	Adult/lap Swim Noon–2:00	Adult Volleyball 7:15–8:45	Adult/lap Swim Noon–2:00	SUNDAY
Guard Break 2:00pm–2:15	Open Swim 3:00–4:00	Guard Break 2:00–2:15		Guard Break 2:00–2:15	*Open Swim/lap 7:00–9:00
H2O Walking 2:15–3:00	Youth Aqua Gym 5:30–6:15pm	H2O Walking 2:15 – 3:00		Water Walking 2:15–3:00	Guard Break 9:00–9:15
Open Swim 3:00–4:00	Guard Break 6:15–6:30	Open Swim 3:00–4:15		*Open/lap Swim 5:00–6:45	Family Swim 9:15–11:00
*Open/lap Swim 5:00–6:30	Tabata Tuesday 6:30–7:15	Lap Swim 6:30pm–7:15			
Guard Break 6:30–6:45	*Open/lap Swim 7:15pm–8:45	*Open/lap Swim 7:15–8:45			
*Open/lap Swim 6:45–8:45					

Adult Swim – 18 Years +

Family Swim – Children Must be accompanied by a parent at any age.

Open Swim – Children 12 and under must be accompanied by an adult 18 + years.

Deep H2O Adult open swim: 18 & Over Swim testing

*Children under 18 will be swim tested.

*Pool will close for Thunder & Lightning.

*Open/Lap Swim–Dedicated Lap lanes will be available based upon the number of lap swimmers.

Swim Lesson classes are limited–NO MAKE–UP swim lessons

All classes are subject to change*Revised 8/21/2018

219–942–2183

www.hobartymca.org