



## Hobart YMCA Pool Schedule Extended Pool Hours Dec. 3-Dec. 24, 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
Lap Swim 6:15-7:00	Guard Break 7:00-7:15	Lap Swim 6:15-7:00	Deep H2O Adult 9:00-9:45	Lap Swim 6:15-7:00	Swim Instr. 9:00 - 12:15
<i>Sculpting 6:15-7:00</i>	*Open/lap Swim 7:15-9:00	<i>Sculpting 6:15 - 7:00</i>	<i>Aqua Zumba 9:00-9:45</i>	<i>Sculpting 6:15 - 7:00</i>	*Open/lap 12:15-1:00
*Open/lap Swim 7:30-9:00	<i>Aqua Zumba 9:00-9:45</i>	*Open/lap Swim 7:30-9:00am	<i>Pilates H2O 9:45 - 10:30</i>	*Open/lap Swim 7:30-9:00	Adult Volleyball 1:00-2:40
<i>Aqua Jog 9:00-9:45</i>	<i>Pilates H2O 9:45 - 10:30</i>	<i>Aquacise 9:00-9:45</i>	Preschool 11:15-11:45	<i>Tabata 9:00-9:45</i>	Guard Break 2:45-3:00
<i>Arthritis 9:45-10:30</i>	Adult Swim Noon-1:00	<i>Arthritis 9:45 - 10:30</i>	Guard Break 11:45-Noon	<i>Arthritis 9:45 - 10:30</i>	Family Swim 3:00 -4:45
Adult/lap Swim Noon-2:00	Adult Volleyball 1:00-2:45	Preschool 11:15-11:45	Adult/lap Swim Noon-1:00	Swim Instr. 10:30-11:00	
Guard Break 2:00pm-2:15	Deep H2O Adult 1:00-2:45	Guard Break 11:45-Noon	Preschool 2:15-2:45	Adult/lap Swim 11:00 - 1:15	<b>SUNDAY</b>
<i>H2O Walking 2:15-3:00</i>	Guard Break 2:45-3:00	Adult/lap Swim Noon-1:45	*Open/lap Swim 4:30-6:30	HomeSchool 1:15-2:00	<i>Morning Tranquility 9:15-10:00</i>
*Open/lap Swim 3:00-4:00	*Open/lap Swim 3:00-6:30	<i>H2O Walking 2:15 - 3:00</i>	Lap Swim 6:30-7:15	Guard Break 2:00-2:15	*Open Swim/lap 10:00-11:00
Swim Instr. 4:00-6:15	Lap Swim 6:30-7:15	Open Swim 3:00-4:15	<i>H2o Circuit 6:30-7:15</i>	<i>H2O Walking 2:15-3:00</i>	Guard Break 11:00-11:15
*Open/Lap Swim 6:15-7:45	<i>Tabata Tuesday 6:30-7:15</i>	Swim Instr. 4:15-6:30	Adult Volleyball 7:15-8:45	*Open/lap Swim 3:00-4:00	*Open Swim/lap 11:15-1:15
<i>Aqua Jog 7:00-7:45</i>	Guard Break 7:15-7:30	*Open/lap Swim 6:30-8:45		Swim Instr. 4:00-6:00	Guard Break 1:15-1:30
*Open/lap Swim 7:45-8:45	Open/Lap Swim 7:30pm-8:45			Adult/lap Swim 6:00-6:45	*Open/ lap Swim 1:30-3:30
				<i>Hydro Kickbox 6:00-6:45</i>	Guard Break 3:30-3:45
					Family Swim 3:45-4:45

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 12/3/2018

219-942-2183

www.hobartymca.org