



Hobart YMCA Pool Schedule Winter I January 7–March 3, 2019

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
Sculpting 6:15–7:00	*Open/lap Swim 7:15–9:00	Sculpting 6:15 – 7:00	Aqua Zumba 9:00–9:45	Sculpting 6:15 – 7:00	*Open/lap 12:15–1:00
*Open/lap Swim 7:30–9:00	Aqua Zumba 9:00–9:45	*Open/lap Swim 7:30–9:00am	Pilates H2O 9:45 – 10:30	*Open/lap Swim 7:30–9:00	Adult Volleyball 1:00–2:40
Aqua Jog 9:00–9:45	Pilates H2O 9:45 – 10:30	Aquacise 9:00–9:45	Adult/lap Swim Noon–2:00	Tabata 9:00–9:45	Guard Break 2:45–3:00
Arthritis 9:45–10:30	Adult Swim Noon–1:00	Arthritis 9:45 – 10:30	Swim Instr. 4:30–5:15	Arthritis 9:45 – 10:30	Family Swim 3:00 –4:45
Adult/lap Swim Noon–2:00	Adult Volleyball 1:00–2:45	Adult/lap Swim Noon–1:45	*Open/lap Swim 5:15–6:30	Swim Instr. 10:30–11:00	
Guard Break 2:00pm–2:15	Deep H2O Adult 1:00–2:45	H2O Walking 2:15 – 3:00	Lap Swim 6:30–7:15	Adult/lap Swim 11:00 – 1:15	SUNDAY
H2O Walking 2:15–3:00	Guard Break 2:45–3:00	Open Swim 3:00–4:15	H2o Circuit 6:30–7:15	HomeSchool 1:15–2:00	Morning Tranquility 9:15–10:00
*Open/lap Swim 3:00–4:00	*Open/lap Swim 3:00–6:30	Swim Instr. 4:15–6:30	Adult Volleyball 7:15–8:45	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/lap Swim 6:30–8:45		H2O Walking 2:15–3:00	Guard Break 11:00–11:15
Lap Swim 6:15–7:45	Tabata Tuesday 6:30–7:15			*Open/lap Swim 3:00–4:00	*Open Swim/lap 11:15–1:15
Aqua Jog 6:15–7:00	Guard Break 7:15–7:30			Swim Instr. 4:00–6:00	Guard Break 1:15–1:30
*Open/lap Swim 7:00–8:45	Open/Lap Swim 7:30pm–8:45			lap Swim 6:00–6:45	*Open/ lap Swim 1:30–3:30
				Hydro Kickbox 6:00–6:45	Guard Break 3:30–3:45
				*Open/lap Swim 6:45–8:45	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 12/31/2018

219–942–2183

www.hobartymca.org