



Hobart YMCA Pool Schedule Spring I March 4-April 28, 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	SilverSneakers® Splash 8:15-9:00	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	Deep H2O Adult 9:00-9:45	Sculpting 6:15 - 7:00	*Open/lap 12:15-1:00
*Open/lap Swim 7:30-9:00	Deep H2O Adult 9:00-9:45	*Open/lap Swim 7:30-9:00am	Aqua Zumba 9:00-9:45	*Open/lap Swim 7:30-9:00	Adult Volleyball 1:00-2:40
Aqua Jog 9:00-9:45	Aqua Zumba 9:00-9:45	Aquacise 9:00-9:45	Pilates H2O 9:45 - 10:30	Tabata 9:00-9:45	Guard Break 2:45-3:00
Arthritis 9:45-10:30	Pilates H2O 9:45 - 10:30	Arthritis 9:45 - 10:30	Pre-School 11:15-11:45	Arthritis 9:45 - 10:30	Family Swim 3:00 -4:45
Adult/lap Swim Noon-2:00	Adult Swim Noon-1:00	Pre-School 11:15-11:45	Adult/lap Swim Noon-2:00	Swim Instr. 10:30-11:00	
Guard Break 2:00pm-2:15	Adult Volleyball 1:00-2:45	Adult/lap Swim Noon-1:45	Guard Break 2:00-2:15	Adult/lap Swim 11:00 - 1:15	SUNDAY
H2O Walking 2:15-3:00	Deep H2O Adult 1:00-2:45	H2O Walking 2:15 - 3:00	Pre-School 2:15-2:45	HomeSchool 1:15-2:00	Morning Tranquility 9:15-10:00
*Open/lap Swim 3:00-4:00	Guard Break 2:45-3:00	Open Swim 3:00-4:15	Swim Instr. 4:30-5:15	Guard Break 2:00-2:15	*Open Swim/lap 10:00-11:00
Swim Instr. 4:00-6:15	*Open/lap Swim 3:00-6:30	Swim Instr. 4:15-6:30	*Open/lap Swim 5:15-6:30	H2O Walking 2:15-3:00	Guard Break 11:00-11:15
Lap Swim 6:15-7:00	Deep H2O 6:30-7:15	SilverSneakers® Splash 6:30-7:15	Deep H2O 6:30-7:15	*Open/lap Swim 3:00-4:00	*Open Swim/lap 11:15-1:15
Aqua Jog 6:15-7:00	Tabata Tuesday 6:30-7:15	*Open /lap Swim 7:15-8:45	H2o Circuit 6:30-7:15	Swim Instr. 4:00-6:00	Guard Break 1:15-1:30
*Open/lap Swim 7:00-8:45	Guard Break 7:15-7:30		Adult Volleyball 7:15-8:45	lap Swim 6:00-6:45	*Open/lap Swim 1:30-3:30
	Open/Lap Swim 7:30pm-8:45			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 3/3/2019

219-942-2183

www.hobartymca.org