



Hobart YMCA Pool Schedule Spring March 5–April 29, 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
<i>Sculpting 6:15-7:00</i>	<i>Aqua Dance 9:00-9:45</i>	<i>Sculpting 6:15 – 7:00</i>	<i>Pilates H2O 9:45 – 10:30</i>	<i>Sculpting 6:15 – 7:00</i>	Swim Instr. 9:00 – 12:15
Open Swim 7:30–9:00	<i>Pilates H2O 9:45 – 10:30</i>	Open Swim 7:30–9:15	Pre-school 11:15–11:45	Open Swim 7:30–9:00	*Open/lap 12:15–12:45
Aqua Jog 9:00–9:45	Adult Swim Noon–1:00	Guard Break 9:15–9:30	Adult/lap Swim Noon–2:00	<i>Tabata 9:00–9:45</i>	
<i>Arthritis 9:45–10:30</i>	Adult Volleyball 1:00 – 2:45	<i>Arthritis 9:45 – 10:30</i>	Pre-school 2:15–2:45	<i>Arthritis 9:45 – 10:30</i>	
Adult/lap Swim Noon–2:00	Deep H2O/ Adult Open 1:00–2:45	<i>Aquacise 10:30 – 11:15</i>	*Open/lap Swim 4:00–5:15	Swim Instr. 10:30–11:45	
Guard Break 2:00–2:15	Guard Break 2:45 – 3:00	Pre-school 11:15–11:45	Jr. Lifeguard 5:15–6:15	Guard Break 11:45–Noon	
<i>H2O Walking 2:15–3:00</i>	Open Swim 3:00–4:00	Adult/lap Swim Noon–2:00	<i>Aqua Jog 6:30–7:15</i>	Adult Swim Noon – 1:15	
*Open/lap Swim 3:00–4:30	Youth water sports 5:15–6:15	Guard Break 2:00–2:15	Adult Volleyball 7:15–8:45	HomeSchool 1:15–2:00	
Swim Instr. 4:30–6:30	Tabata Tuesday 6:30–7:15	<i>H2O Walking 2:15 – 3:00</i>		Guard Break 2:00–2:15	
Adult Lap 5:45–6:30	*Open/Lap Swim 7:15–8:45	Open Swim 3:00–4:00		<i>H2O Walking 2:15–3:00</i>	SUNDAY
<i>Circuit H2O 7:00–7:45</i>		Swim Instr. 4:00–6:30		Open/Home School 3:00 – 4:00	*Open/Lap Swim 7:00–9:00
*Open/lap Swim 7:45–8:45		*Open/lap Swim 6:30–7:45		Swim Instr. 4:00–6:00	Guard Break 9:00–9:15
				Adult/Lap Swim 6:00–6:45	*Open/Lap Swim 9:15– 10:45
				<i>Hydro Kickbox 6:00–6:45</i>	

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 4/3/2018

219-942-2183

www.hobartymca.org