



# Hobart YMCA Pool Schedule

## Holiday Session: October 29 – December 23, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*Open/lap Swim 5:00a-6:15a	*Open/lap Swim 5:00a-7:00a	*Open/lap Swim 5:00a-6:15a	*Open/lap Swim 5:00a-7:00a	*Open/lap Swim 5:00a-6:15a	*Open/lap Swim 7:00a-8:15a	<b>Morning Tranquility</b> <b>9:15a-10:00a</b>
<b>Sculpting</b> <b>6:15a-7:00a</b>	<b>Aqua Zumba</b> <b>9:00a-9:45a</b>	<b>Sculpting</b> <b>6:15a-7:00a</b>	<b>Aqua Zumba</b> <b>6:00a-6:45a</b>	<b>Sculpting</b> <b>6:15a-7:00a</b>	Lap Swim 8:15a-9:00a	*Open/lap Swim 10:00a-11:00a
Open Swim 7:30a-9:00a	<b>Pilates H2O</b> <b>9:45a-10:30a</b>	Open Swim 7:30a-9:00a	<b>Aqua Zumba</b> <b>9:00a-9:45a</b>	Open Swim 7:30a-9:00a	<b>Swim Instr.</b> <b>9:00a-12:15p</b>	Guard Break 11:00a-11:15a
<b>Aqua Jog</b> <b>9:00a-9:45a</b>	Adult Swim 12:00p-1:00p	<b>Aquacise</b> <b>9:00a-9:45a</b>	<b>Pilates H2O</b> <b>9:45a-10:30a</b>	<b>Tabata</b> <b>9:00a-9:45a</b>	*Open/lap Swim 12:15p-1:00p	*Open/lap Swim 11:15a-1:15p
<b>Arthritis</b> <b>9:45a-10:30a</b>	Adult Volleyball 1:00p-2:45p	<b>Arthritis</b> <b>9:45a-10:30a</b>	Preschool 11:15a-11:45a	<b>Arthritis</b> <b>9:45a-10:30a</b>	Adult Volleyball 1:00p-2:45p	Guard Break 1:15p-1:30p
<b>MRC Water Workout</b> <b>10:30a-11:15a</b>	Deep H2O Adult 1:00p-2:45p	Preschool 11:15a-11:45a	Guard Break 11:45a-12:00p	<b>Swim Instr.</b> <b>10:30a-11:00a</b>	Guard Break 2:45p-3:00p	*Open/lap Swim 1:30p-3:30p
Adult/lap Swim 12:00p-2:00p	Guard Break 2:45p-3:00p	Guard Break 11:45a-12:00p	Adult/lap Swim 12:00p-1:00p	Adult Swim 12:00p-1:15p	Family Swim 3:00p-4:45p	Guard Break 3:30p-3:45p
Guard Break 2:00p-2:15p	Open Swim 3:00p-4:00p	Adult/lap Swim 12:00p-1:45p	Preschool 2:15p-2:45p	<b>Home School Swim</b> <b>1:15p-2:00p</b>		Family Swim 3:45p-4:45p
<b>H2O Walking</b> <b>2:15p-3:00p</b>	<b>Tabata Tuesday</b> <b>6:30p-7:15p</b>	Preschool 1:45p-2:15p	Open Swim 4:15p-6:15p	<b>Guard Break</b> <b>2:00p-2:15p</b>	<b>H2O Walking</b> <b>2:15p-3:00p</b>	
Open Swim 3:00p-4:00p	*Open/Lap Swim 7:15p-8:45p	<b>H2O Walking</b> <b>2:15p-3:00p</b>	Guard Break 6:15p-6:30p	<b>H2O Walking</b> <b>2:15p-3:00p</b>		
<b>Swim Instr.</b> <b>4:00p-6:15p</b>		Open Swim 3:00p-4:15p	<b>H2o Circuit</b> <b>6:30p-7:15p</b>	*Open/lap Swim 3:00p-4:00p		
Lap Swim 6:15p-7:00p		<b>Swim Instr.</b> <b>4:15p-6:30p</b>	Adult Volleyball 7:15p-8:45p	<b>Swim Instr.</b> <b>4:00p-6:00p</b>		
<b>Arthritis</b> <b>6:15p-7:00p</b>		*Open/lap Swim 6:30p-8:45p		Adult/lap Swim 6:00p-6:45p		
<b>Aqua Jog</b> <b>7:00p-7:45p</b>				<b>Hydro Kickbox</b> <b>6:00p-6:45p</b>		
*Open/lap Swim 7:45p-8:45p						