



Hobart Family YMCA
Spring I
March 5- April 28, 2018

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

CLOSED GOOD FRIDAY, MARCH 30TH

WATER FITNESS

1,2	Aqua Sculpting	6:15 - 7:00 am	M/W/F	8	FREE	\$5 per class	Debbie	pool	25
1	Arthritis	9:45-10:30 am	M/W/F	8	\$23	\$46	Debbie	pool	25
1,2	Aqua Jog	9:00-9:45 am	M	8	FREE	\$5 per class	Rebekah	pool	25
2,3	Circuit H2O	7:00-7:45 pm	M	8	FREE	\$5 per class	Patricia	pool	20
1	H2O Walking	2:15 - 3:00 pm	M/W/F	8	FREE	\$5 per class	Mellisa	pool	15
	Aqua Dance	9:00-9:45am	T	8	\$20	\$40	Janice Gryfakis	pool	24
2,3	Tabata Tuesday	6:30-7:15 pm	T	8	FREE	\$5 per class	Patricia	pool	25
1,2	Aquacise	10:30-11:15 am	W	8	FREE	\$5 per class	Rebekah	pool	25
1,2	Pilates H2O	9:45-10:30 am	T/TH	8	\$8	\$32	Debbie	pool	25
1,2,3	Aqua Jog	6:30-7:15 pm	TH	8	FREE	\$5 per class	Mellisa	pool	25
2,3	Tabata H2O	9:00-9:45am	F	8	FREE	\$5 per class	Rebekah	pool	25
1,2,3	Hydro Kickboxing	6:00-6:45pm	F	8	FREE	\$5 per class	Rebekah	pool	25
	Adult Water Volleyball	1:00-2:45pm	T	8	FREE	\$5 per class		pool	
	Adult Water Volleyball	7:15-8:45 pm	TH	8	FREE	\$5 per class		pool	
	Adult Water Volleyball	3:30-4:45pm	S	8	FREE	\$5 per class		pool	

SPORTS

	Home School Swim & Gym	1:15-3:00pm	F	8	\$14	\$28 Family	Member		
					\$21	\$35 Family	Non-Member		
	Youth Water Sports Ages 9-14 (must be 4ft tall)	5:15-6:15pm	T	8	\$24	\$48	Mellisa/Rebekah	pool	25

RED CROSS TRAININGS

	Junior Lifeguard	5:15-6:15pm	TH	16	\$55	\$75	Ages 11-14	pool	
	Lifeguard Training	8:00-2:00pm			\$250		March 26-March 31st		
	CPR for the Professional	8:00-2:00pm			\$90		3/28		
	First Aid	8:00-Noon			\$50		3/29		
	CPR & FA Combined				\$110		3/28 & 3/29		

Level 1 Classes are low impact / level 2 are moderate to high impact/Level 3 is high impact

SPECIAL EVENTS

	Swim Splash Hunt	1:00-1:30pm	S		\$3	\$6	6mth-3 yrs		
	3/17/2018	1:30-2:30pm	S		\$3	\$6	6mth-12 yrs		
		2:30-3:30pm	S		\$3	\$6	6mth-12 yrs		
	Safety Around Water	3:00-3:45pm	M-TH		\$12	\$24	Mellisa		
	March 26-March 29								



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Level	HEALTHY LIVING	Time	Day	Wks	Members	NonMembers	Instr.	Room	Max
1,2	EnhanceFitness®	8:30 - 9:30 am	M/W/F	8	FREE	\$5 per class	Maria	gym	25
1,2	Zumba Gold®	10:00 - 10:45 am	M	8	\$20	\$40	Janice Gryfakis	gym	50
	Queenax™ Conditioning	9:30 - 10:00 am	M	8	FREE	\$5 per class	Randi	FC	6
	H.I.I.T.	5:30 - 6:30 pm	M	8	FREE	\$5 per class	Heather	aerobic	15
	Practical Meditation	6:45-7:30 pm	M	8	FREE	\$5 per class	Jerry Ashmore	aerobic	12
	H.I.I.T.	9:30-10:00 am	T	8	FREE	\$5 per class	Randi	aerobic	15
2,3	Fit & Firm	5:30-6:15 pm	T	8	FREE	\$5 per class	Patricia	aerobic	15
	TurboKick® Beach Body®	6:30-7:15 pm	T	8	FREE	\$5 per class	Brittney	aerobic	15
	H.I.I.T.	9:30 - 10:15 am	W	8	FREE	\$5 per class	Heather	FC	6
1,2	Yoga	10:45-11:45am	W	8	\$24	\$48	Kelly Rivera	aerobic	12
	Queenax™	5:30-6:15 pm	W	8	FREE	\$5 per class	Brittney	aerobic	15
2,3	Inferno Boot Camp	7:30-8:30pm	W	8	FREE	\$5 per class	Patricia	aerobic	12
2,3	H.I.T.T.	9:30-10:00 am	TH	8	FREE	\$5 per class	Randi	aerobic	12
2,3	Fit & Firm	5:30-6:15 pm	TH	8	FREE	\$5 per class	Patricia	aerobic	15
	PiYo® Beach Body®	6:30 - 7:15 pm	TH	8	FREE	\$5 per class	Brittney	aerobic	15
2,3	Queenax™ Power Circuit Burn	6:30-7:15 pm	TH	8	FREE	\$5 per class	Patricia	FC	6
	Queenax™	9:30 - 10:15 am	F	8	FREE	\$5 per class	Heather	aerobic	6
	TurboKick® Beach Body®	9:00-9:45 am	Sat	8	FREE	\$5 per class	Brittney	intergen	15
	Personal Training	By Appointment only							
	Small Group Personal Training	By Appointment only							

SPORTS

Youth Co-Ed Soccer	Ages 3-14yr		6	\$36	\$72	Starts April 2nd	field
Little Kicks (12-36 months)	12:00-12:30pm	F	8	FREE	\$16	Brittney	gym
Home School Swim & Gym	Parent participation 1:15-3:00pm	F	8	\$14 \$21	\$32 Family \$42 Family	Member Non-Member	
Youth Beginner Volleyball							
Ages 6-8 yr	5:00 - 6:00 pm	F	8	\$20	\$40	Kelsey	gym
Ages 9-15 yr	6:00 - 7:00 pm	F	8	\$20	\$40	Kelsey	gym

SELF-DEFENSE

	Days	Ages			Instructor	Room
PreSchool Karate	3:30-4:30pm	F	3-4	\$25	\$50	Master Anthony Howard intergen
Youth Karate	4:30-5:30pm	F	5-7	\$25	\$50	Master Anthony Howard intergen
Youth Karate	5:30-6:30pm	F	8-11	\$25	\$50	Master Anthony Howard intergen
Tai Chi / Self Defense & Karate	5:30-6:45pm	F	11 +	\$25	\$50	Master Anthony Howard intergen
PreSchool Karate	1:00-2:00pm	S	3-5	\$25	\$50	Master Anthony Howard intergen
Youth Karate	2:00-3:00pm	S	5-7	\$25	\$50	Master Anthony Howard intergen
Karate	3:00-4:00pm	S	8+	\$25	\$50	Master Anthony Howard intergen

PIANO LESSONS

Group Piano Lessons	11:30 am - 12:15 pm	T	3-5	\$80	\$160	Janice Gryfakis	intergen
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