



Hobart Family YMCA Sprung April 29 - June 23 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Level	HEALTHY LIVING	Time	Day	Wks	Members	NonMembers	Instr.	Room
1,2	Active Aging	8:00-9:00 A.M.	M/W/F	8	FREE	\$5/CLASS	Heather	Gym
1,2,3	Suspension Training/Queenax	9:30-10:00 A.M.	M	8	FREE	\$5/CLASS	Randi	FC
2,3	H.I.I.T. Me With Your Best Shot	5:30-6:30 P.M.	M	8	FREE	\$5/CLASS	Heather	Aerobic
1,2,3	Weight Loss Meditation	6:45-7:30 P.M.	M	8	FREE	\$5/CLASS	Jerry	Aerobic
2,3	Hardcore H.I.I.T.	9:30-10:00 A.M.	T	8	FREE	\$5/CLASS	Randi	Aerobic
2,3	Barre Above	10:30-11:00 A.M.	T	8	FREE	\$5/CLASS	Brittney	Aerobic
1,2,3	Group Fitness/Queeax	11:30-12:00 P.M.	T	8	FREE	\$5/CLASS	Brittney	FC
2,3	Fit & Firm	5:30-6:15 P.M.	T	8	FREE	\$5/CLASS	Patricia	Aerobic
1,2,3	TurboKick®	6:30-7:15 P.M.	T	8	FREE	\$5/CLASS	Brittney	Aerobic
1,2,3	Meet Me @ the Barre	9:00-9:30 A.M.	W	8	FREE	\$5/CLASS	Brittney	Aerobic
1,2,3	Run Club	9:00-10:00 A.M.	W	8	FREE	\$5/CLASS	Heather	FC/OUTSIDE
1,2,3	Yoga	10:45-11:45 A.M.	W	8	\$24	\$48	Kelly	Aerobic
2,3	Inferno Bootcamp	7:30-8:30 P.M.	W	8	FREE	\$5/CLASS	Patricia	Gym
1,2,3	Strength and Cardio/Queenax	8:30-9:15 A.M.	TH	8	FREE	\$5/CLASS	Heather	FC
1,2,3	Welcome to TurboKick®	9:00-9:30 A.M.	TH	8	FREE	\$5/CLASS	Brittney	Aerobic
1,2,3	Hardcore H.I.I.T.	9:30-10:00 A.M.	TH	8	FREE	\$5/CLASS	Randi	Aerobic
1,2,3	Queenax® Bridge Basics	10:30-11:00 A.M.	TH	8	FREE	\$5/CLASS	Brittney	FC
2,3	Fit & Firm	5:30-6:15 P.M.	TH	8	FREE	\$5/CLASS	Patricia	Aerobic
1,2,3	Queenax® Power Circuit Burn	6:30-7:15 P.M.	TH	8	FREE	\$5/CLASS	Patricia	FC
1,2,3	PiYo®	10:30-11:30 A.M.	F	8	FREE	\$5/CLASS	Brittney	Aerobic

Sports

T-Ball/Coach Pitch	Ages 3-8 yr		6	\$36	\$72	Starts June 4th	Field
Little Sluggers	12-36 Months	F	8	FREE	\$16	Brittney	Gym

Youth Beginner Volleyball

Ages 6-8 yr	4:45-5:45 P.M.	F	8	\$20	\$40	Kelsey	Gym
Ages 9-15 yr	5:45-6:45 P.M.	F	8	\$20	\$40	Kelsey	Gym

Self- Defense

			Ages			Instructor	
PreSchool Karate	3:30-4:15 P.M.	Th	3-4	\$25	\$50	Master Anthony Howard	Gym
Youth Karate	4:30-5:30 P.M.	Th	5-7	\$25	\$50	Master Anthony Howard	Gym
Youth Karate	5:30-6:30 P.M.	Th	8-11	\$25	\$50	Master Anthony Howard	Gym
PreSchool Karate	3:30-4:15 P.M.	F	3-4	\$25	\$50	Master Anthony Howard	Gym
Youth Karate	4:30-5:30 P.M.	F	5-7	\$25	\$50	Master Anthony Howard	Gym
Youth Karate	5:30-6:30 P.M.	F	8-11	\$25	\$50	Master Anthony Howard	Gym
Tai Chi/ Self Defense & Karate	5:30-6:45 P.M.	F	11+	\$25	\$50	Master Anthony Howard	Gym



**Hobart Family YMCA
Sprung
April 30-June 3, 2018**

FOR YOUTH DEVELOPMENT®
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CLOSED Monday, May 28, 2018 (Memorial Day)

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
1	Athritis	6:15-7:00pm	M	7	\$7	\$21	Mellisa/Rebekah	pool	20
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
1,2,3	Aqua Zumba	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	9:00-9:45 am	W	8	FREE	\$5 per class	Rebekah	pool	25
1	Arthritis	6:30-7:15pm	W	8	\$8	\$24	Mellisa/Rebeka	pool	20
1,2,3	Aqua Zumba	6:00-6:45am	TH	8	\$20	\$40	Janice Gryfakis	pool	20
1,2,3	Aqua Zumba	9:00-9:45am	TH	8	\$20	\$40	Janice Gryfakis	pool	20
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	
1	Arthritis	8:15-9:00am	Sat	8	\$8	\$24	Mellisa/Rebekah	pool	20

SPORTS

	Youth Water Sports Ages 9-14 (must be 4ft tall)	5:15-6:15pm	T	8	\$24	\$48	Mellisa/Rebekah	pool	25
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RED CROSS TRAININGS

	CPR for the Professional	3:30-8:45pm	TH		\$90		31-May-18		
	First Aid	3:30-7:00pm	F		\$50		1-Jun-18		
	CPR & FA combined				\$110		May 31 & June 1		

SWIM LESSONS

Sprung

April 30-June 23, 2018



FOR YOUTH DEVELOPMENT®
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No Class Memorial Day, Monday, May 28th-CLOSED

Monday

4:15 -4:45 pm

Swim Basics - (ages 3-5)-Mellisa

4:45-5:30 pm

Swim Basics-(ages 6-12)-Mellisa

4:45-5:30 pm

Swim Strokes-(ages 6-12)-Rebekah

5:30-6:15 pm

Swim Basics/Swim Strokes-(ages 13 -Adult) -Mellisa

Tuesday

8:30-9:00am

Swim Basics-(ages3-5)-Debbie (Parent participation required)

5:15-6:15pm

Youth Water Sports (ages 9-14 & must be 4ft. tall)

(Water Polo & Water Volleyball)

Wednesday

4:45-5:15 pm

Swim Basics - (ages 3-5)-Mellisa

5:15-6:00 pm

Swim Basics (ages 6-12)-Mellisa

5:15-6:00pm

Swim Strokes (ages 6-12)-Mellisa

6:00-6:30pm

Swim Starters (ages 6 mths-3yrs)-Mellisa

Thursday

5:15-6:15pm

Junior Lifeguard (ages 11-14) 16 weeks

Friday

8:30-9:00 am

Swim Starters-(ages 6 mths-3yrs) -Debbie

4:00-4:30pm

Swim Basics-(ages 3-5)-Mellisa

4:30-5:15pm

Swim Basics-(ages 6-12)-Mellisa

4:30-5:15pm

Swim Strokes-(ages 6-12)-Rebekah

5:15-6:00pm

Swim Mechanics-Rebekah

Saturday

9:00 - 9:45 am

Swim Basics/Swim Strokes- (ages 13 -Adult)-Rebekah

9:00 - 9:45 am

Swim Mechanics - (ages 6-12) - Mellisa

9:45 -10:30 am

Swim Basics- (ages 6-12)-Mellisa

9:45-10:30am

Swim Strokes-(ages 6-12)-Rebekah

10:30 -11:00 am

Swim Starters- (ages 6mths -3yr)-Rebekah

11:00 - 11:30 am

Swim Basics- (ages 3-5)-Mellisa

11:30-12:15 pm

Swim Basics-(ages 6-12)-Mellisa

Cost: \$24 members/\$48 non-members

PLEASE NOTE: No previous swim lesson:

Ages 3-5 (enroll in Swim Basics)

Ages 6-12 (enroll in Swim Basics)

Ages 13 & above (enroll in Swim Basics)

All other classes need referral from Aquatic Department!

Private & Semi- Private lessons By Appointment Only!



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HOBART FAMILY YMCA Weekly Fitness Calendar

June 25th – August 18th, 2018

	M	T	W	Th	F
MORNING	<p>Pure Fitness Heather(1,2) Gym 8:00 – 9:00 am</p> <p>Hardcore H.I.I.T Randi (1,2,3) FC 9:30 – 10:15 am</p>	<p>H.I.I.T me w/ your Best Shot Heather (2,3) AR 9:00 – 9:45 am</p> <p>PiYo® Brittney (1,2,3) AR 10:00 – 10:45 am</p>	<p>Pure Fitness Heather(1,2) Gym 8:00 – 9:00 am</p> <p>Queenax Heather (1,2,3) FC 9:00 – 9:45 am</p> <p>Meet me @the Barre Brittney (1,2,3) AR 9:30 – 10:15 am</p> <p>Yoga Kelly Rivera (1,2,3) AR 10:45 – 11:45 am \$24/members – 8 weeks \$48/nonmembers – 8 weeks</p>	<p>Welcome to TurboKick® (1,2,3) AR 9:00 – 9:45 am</p> <p>Hardcore H.I.I.T Randi (1,2,3) AR 9:45 – 10:30 am</p> <p>Strength&Cardio/Queenax Brittney (1,2,3) FC 10:30 – 11:00 am</p> <p>Bridge Basics/Queenax Brittney (1,2,3) FC 10:30 – 11:00 am</p>	<p>PiYo® Brittney (1,2,3) AR 9:30 – 10:15 am</p> <p>Barre Brittney (1,2,3) AR 10:30 – 11:00 am</p>
EVENING		<p>Fit & Firm Patricia (2,3) AR 5:30 – 6:15 pm</p> <p>TurboKick® Brittney (1,2,3) AR 6:30 – 7:15 pm</p>	<p>Inferno Boot Camp Patricia (2,3) AR 7:30 – 8:30 pm</p>	<p>Fit & Firm Patricia (2,3) AR 5:30 – 6:15 pm</p> <p>Youth Karate 5&up (1,2,3) gym 5:30 – 6:30 pm \$25/members – 8 weeks \$50/nonmembers – 8 weeks</p> <p>Power Circuit Burn/Queenax Patricia (1,2,3) FC 6:30 – 7:15 pm</p>	<p>Tai Chi/Self Defense & Karate 8 & up (1,2,3) gym 5:30 – 6:30 pm \$25/members – 8 weeks \$50/nonmembers – 8 weeks</p>

FREE FOR MEMBERS!

Unless there is a price listed these classes are FREE for YMCA Members! No need to register for our free for members classes, just come on in and have fun & stay fit with us!

BRING A FRIEND!

Non-member participants must visit the Welcome Center to complete a waiver & pay a \$5 fee before participating in any fitness classes.

Schedule Guide

(Class Level) 1 Beginner; 2 Moderate, 3 Advanced
AR: Aerobics Room; FC: Fitness Center
Highlighted Class(s) require registration.



FOR YOUTH DEVELOPMENT®
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HOBART FAMILY YMCA

Weekly Aquatic Calendar

June 25th – August 18th, 2018

	M	T	W	Th	F	S
AM	<p>Aqua Sculpting Debbie (1,2) 6:15 – 7:00 am</p> <p>Aqua Arthritis Debbie (1) 9:45 – 10:30 am \$23/members – 8 weeks \$46/nonmembers – 8 weeks</p> <p>Aqua Jog Rebekah (1,2,3) 9:00 – 9:45 am</p>	<p>Aqua Zumba® Janice Gryfakis (1,2,3) 9:00 – 9:45 am \$20/members – 8 weeks \$40/nonmembers – 8 weeks</p> <p>Pilates h20 Debbie (1,2) 9:45 – 10:30 am \$8/members – 8 weeks \$32/nonmembers – 8 weeks</p>	<p>Aqua Sculpting Debbie (1,2) 6:15 – 7:00 am</p> <p>Aquacise Rebekah (1,2) 9:00 – 9:45 am</p> <p>Aqua Arthritis Debbie (1) 9:45 – 10:30 am \$23/members – 8 weeks \$46/nonmembers – 8 weeks</p>	<p>Aqua Zumba® Janice Gryfakis (1,2,3) 6:00 – 6:45 am \$20/members – 8 weeks \$40/nonmembers – 8 weeks</p> <p>Aqua Zumba® Janice Gryfakis (1,2,3) 9:00 – 9:45 am \$20/members – 8 weeks \$40/nonmembers – 8 weeks</p> <p>Pilates h20 Debbie (1,2) 9:45 – 10:30 am \$8/members – 8 weeks \$32/nonmembers – 8 weeks</p>	<p>Aqua Sculpting Debbie (1,2) 6:15 – 7:00 am</p> <p>Aqua Arthritis Debbie (1) 9:45 – 10:30 am \$23/members – 8 weeks \$46/nonmembers – 8 weeks</p> <p>Tabata h20 Rebekah (2,3) 9:00 – 9:45 am</p>	<p>Aqua Arthritis Mellisa (1) 8:15 – 9:00 pm \$8/members – 8 weeks \$24/nonmembers – 8 weeks</p>
PM	<p>H2O Walking Mellisa (1) 2:15 – 3:00 pm</p> <p>Aqua Arthritis Mellisa (1) 6:15 – 7:00 pm \$8/members – 8 weeks \$24/nonmembers – 8 weeks</p> <p>Circuit h20 Patricia (2,3) 7:00 – 7:45 pm</p>	<p>Tabata Tuesday Patricia (2,3) 6:30 – 7:15 pm</p> <p>Water Volleyball Adults Only (1,2,3) 7:15 – 8:45 pm</p>	<p>H2O Walking Mellisa (1) 2:15 – 3:00 pm</p> <p>Aqua Arthritis Rebekah (1) 6:30 – 7:15 pm \$7/members – 8 weeks \$21/nonmembers – 8 weeks</p>	<p>Aqua Jog Rebekah (1,2,3) 6:30 – 7:15 pm</p> <p>Water Volleyball Adults Only (1,2,3) 7:15 – 8:45 pm</p>	<p>H2O Walking Mellisa (1) 2:15 – 3:00 pm</p> <p>Hydro Kickboxing Rebekah (1,2,3) 6:00 – 6:45 pm</p>	

FREE FOR MEMBERS!

Unless there is a price listed these classes are FREE for YMCA Members! No need to register for our free for members classes, just come on in and have fun & stay fit with us!

BRING A FRIEND!

Non-member participants must visit the Welcome Center to complete a waiver & pay a \$5 fee before participating in any fitness classes.

Schedule Guide

(Class Level) 1 Beginner; 2 Moderate, 3 Advanced
Highlighted Class(s) require registration.



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

HOBART FAMILY YMCA Weekly YOUTH Fitness

June 25th – August 18th, 2018

EVENING

M	T	W	Th	F
	<p>Youth Water Sports 9-14yrs (must be 4ft tall) pool (1,2,3) pool 5:15 – 6:15 pm \$24/members – 8 weeks \$48/nonmembers – 8 weeks</p>		<p>Preschool Karate 3-4 (1,2,3) gym 4:30 – 5:15 pm \$25/members – 8 weeks \$50/nonmembers – 8 weeks</p> <p>Youth Karate 5 & up (1,2,3) gym 5:30 – 6:30 pm \$25/members – 8 weeks \$50/nonmembers – 8 weeks</p> <p>Junior Lifeguard* * 11-14 (1,2,3) pool 5:15 – 6:15 pm \$55/members – 16 weeks \$55/nonmembers – 16 weeks *certification card included</p>	<p>Little Sluggers 12m-36m (1,2,3) gym 12:00 – 12:30 pm \$16/nonmembers – 8 weeks</p> <p>Preschool Karate 3-4 (1,2,3) gym 3:30 – 4:15 pm \$25/members – 8 weeks \$50/nonmembers – 8 weeks</p> <p>Youth Karate 5-7 (1,2,3) gym 4:30 – 5:30 pm \$25/members – 8 weeks \$50/nonmembers – 8 weeks</p> <p>Tai Chi/Self Defense & Karate 8 & up (1,2,3) gym 5:30 – 6:30 pm \$25/members – 8 weeks \$50/nonmembers – 8 weeks</p>

FOR YOUTH DEVELOPMENT

Youth Fitness helps children start a healthy lifestyle by learning the fundamentals of fitness. Classes are designed to help youth be more active through fun and engaging exercise!

TRY A CLASS!

Interested in a class? Come Try A Class for FREE! Stop at the Welcome Center to fill out waiver and Try A Class Pass.

Reminder! Everyone should check in at the Welcome Center each Y visit.

Schedule Guide

(Class Level) 1 Beginner; 2 Moderate, 3 Advanced
**Try A Class Pass Not Applicable.

Highlighted Class(s) require registration.



HOBART FAMILY YMCA

Weekly SWIM LESSON Calendar

June 25th – August 18th, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

M

T

W

F

S

AM

Swim Basics 3-5**
Parent/Child Class Debbie
8:30 – 9:00 am

Swim Starters 6m-3yr** Parent/Child Class Debbie
8:30 – 9:00 am

Swim Basics / Strokes 13&up Rebekah
9:00 – 9:45 am

Swim Mechanics 6-12 Mellisa
9:00-9:45 am

Swim Basics 6-12 Mellisa
9:45-10:30 am

Swim Strokes 6-12 Rebekah
9:45-10:30 am

Swim Starters 6m-3yr** Parent/Child Class Rebekah
10:30 – 11:00 am

Swim Basics 3-5 Mellisa
11:00 – 11:30 am

PM

Swim Basics 3-5 Mellisa
4:00 – 4:30 pm

Swim Basics 6-12 Rebekah
4:00 – 4:45 pm

Swim Strokes 6-12 Rebekah
4:45 – 5:30 pm

Swim Basics 6-12 Mellisa
4:45 – 5:30 pm

Swim Basics 13&up Rebekah
5:30 – 6:15 pm

Swim Basics 6-12 Mellisa
5:30 – 6:15 pm

Swim Basics 3-5 Mellisa
4:15 – 4:45 pm

Swim Basics 3-5 Mellisa
4:45 – 5:15 pm

Swim Basics 6-12 Mellisa
5:15 – 6:00 pm

Swim Strokes 6-12 Mellisa
5:15 – 6:00 pm

Swim Starters 6m-3yr** Parent/Child Class Mellisa
6:00 – 6:30 pm

Swim Basics 3-5 Mellisa
4:00 – 4:30 pm

Swim Basics 6-12 Mellisa
4:30 – 5:15 pm

Swim Strokes 6-12 Rebekah
4:30 – 5:15 pm

Swim Mechanics Rebekah
5:15-6:00 pm

Swim Basics 3-5 Mellisa
11:30 – 12:00 pm

Swim Basics 6-12 Rebekah
11:30 – 12:15 pm

NEW TO SWIM LESSONS?

The Y's youth swim lessons will help your kids stay fit, healthy and strong when they spend time in the water. But, most importantly, they will gain confidence and learn vital water safety skills that will last them a lifetime.

Cost & Schedule Guide

\$24 – Hobart Y Members / \$48 Community Participants

(All Swim Lesson Sessions are 8 Weeks Long) **Parent participation required.