



Hobart YMCA Pool Schedule Summer III July 31–August 13, 2017

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>	Guard Break 7:00-7:15	<i>Sculpting 6:15 – 7:00</i>	Guard Break 7:00-7:15	<i>Sculpting 6:15 – 7:00</i>	Swim Instr. 9:00 – 12:15
Guard Break 7:00 – 7:15	Open Swim 7:15 – 9:00	Guard Break 7:00 – 7:15	Open Swim 7:15 – 9:00	Guard Break 7:00 – 7:15	Open Swim 12:15-12:45
Adult/lap Swim 7:15-9:00	<i>Pilates H2O 9:00-9:45</i>	Adult/lap Swim 7:15 – 9:00	<i>Pilates H2O 9:00-9:45</i>	Adult/lap Swim 7:15 – 8:30	
<i>Arthritis 9:00-9:45</i>	Swim Instr. 9:45-10:30	<i>Arthritis 9:00- 9:45</i>	Open Swim 9:45-10:30	Swim Instr. 8:30-9:00	
<i>Aqua Jog 9:45-10:30</i>	Camp 10:30-Noon	<i>Aquacise 9:45 – 10:30</i>	Camp 10:30-Noon	<i>Arthritis 9:00-9:45</i>	SUNDAY
Camp 10:30-Noon	Adult Swim Noon-1:00	Camp 10:30 – Noon	Adult/lap Swim Noon-1:00	<i>Tabata H2O 9:45 – 10:30</i>	*Open/Lap Swim 7:00-9:00
Adult/lap Swim 12:00 – 1:00	Camp 1:00 – 2:00	Adult/lap Swim Noon-1:00	Camp 1:00-2:00	Camp 10:30 – Noon	Guard Break 9:00 – 9:15
Camp 1:00-2:00	Camp Instr. 2:00-2:30	Camp 1:00-2:00	Open Swim 2:00-3:00	Adult Swim Noon – 1:00	*Open/Lap Swim 9:15-10:45
Guard Break 2:00-2:15	<i>Power Splash 2:30-3:00</i>	Guard Break 2:00-2:15	Guard Break 3:00-3:15	Camp 1:00-2:00	
<i>H2O Walking 2:15-3:00</i>	Guard Break 3:00-3:15	<i>H2O Walking 2:15 – 3:00</i>	Open Swim 3:15– 4:00	Guard Break 2:00-2:15	
Open Swim 3:00 – 4:30	Open Swim 3:15– 4:00	Open Swim 3:00 – 4:00	Adult/Lap 4:00-5:00	<i>H2O Walking 2:15-3:00</i>	
Swim Instr. 4:30-6:30	Adult/Lap 4:00-5:15	Swim Instr. 4:00-6:30	Guard Break 5:00-5:15	Adult/Lap Swim 3:00 – 4:00	
Adult / Lap 5:45 – 7:00	Guard Break 5:15-5:30	Guard Break 6:30-6:45	Open Swim 5:15-6:30	Swim Instr. 4:00 – 6:00	
<i>BootCamp 7:00-7:45</i>	Open Swim 5:30-6:30	*Open /lap Swim 6:45-8:45	<i>Aqua Jog 6:30-7:15</i>	Open Swim 5:15-6:00 2 lanes	
*Open/lap Swim 7:45-8:45	<i>Tabata Tuesday 6:30-7:15</i>		Adult Volleyball 7:15-8:45	Aqua Core 6:00 – 6:45	
	Adult Volleyball 7:15-8:45			Adult / Lap 6:00 – 6:45	

Adult Swim – 18 Years +

Family Swim – Children Must be accompanied by a parent at any age.

Open Swim – Children under 12 yrs. of age must be accompanied by an adult 18 + years.

*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 7/20/2017

219-942-2183

www.hobartymca.org