



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HOBART FAMILY YMCA

# Weekly Aquatic Calendar

June 25<sup>th</sup> – August 18<sup>th</sup>, 2018

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



# HOBART FAMILY YMCA

# Weekly SWIM LESSON Calendar

June 25<sup>th</sup> – August 18<sup>th</sup>, 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.



FOR YOUTH DEVELOPMENT®  
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# HOBART FAMILY YMCA Weekly Fitness Calendar

June 25<sup>th</sup> – August 18<sup>th</sup>, 2018

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

June 25<sup>th</sup> – August 18<sup>th</sup>, 2018

EVENING

M

T

W

Th

F

**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

**Preschool Karate 3-4** (1,2,3) gym  
**4:30 – 5:15 pm**  
\$25/members – 8 weeks  
\$50/nonmembers – 8 weeks

**Little Sluggers 12m-36m** (1,2,3) gym  
**12:00 – 12:30 pm**  
\$16/nonmembers – 8 weeks

**Youth Karate 5 & up** (1,2,3) gym  
**5:30 – 6:30 pm**  
\$25/members – 8 weeks  
\$50/nonmembers – 8 weeks

**Preschool Karate 3-4** (1,2,3) gym  
**3:30 – 4:15 pm**  
\$25/members – 8 weeks  
\$50/nonmembers – 8 weeks

**Junior Lifeguard\***  
\* 11-14 (1,2,3) pool  
**5:15 – 6:15 pm**  
\$55/members – 16 weeks  
\$55/nonmembers – 16 weeks  
\*certification card included

**Youth Karate 5-7** (1,2,3) gym  
**4:30 – 5:30 pm**  
\$25/members – 8 weeks  
\$50/nonmembers – 8 weeks

**Tai Chi/Self Defense & Karate 8 & up** (1,2,3) gym  
**5:30 – 6:30 pm**  
\$25/members – 8 weeks  
\$50/nonmembers – 8 weeks

## 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.