



# 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.



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# HOBART FAMILY YMCA

# Weekly Aquatic Calendar

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

	M	T	W	Th	F	S
<b>AM</b>	<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>
<b>PM</b>	<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.**