



Hudson YMCA

# LAP POOL SCHEDULE

September 30 - October 6

Updated: 4/5/2022

\*Pool Schedule is subjected to change with no notice\*

15min Safety Breaks will be called if lifeguard to swimmer ratio is over 1:25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:00am - 8:00am Lap Swim (5) Water Exercise (1)	5:00am - 7:25am Lap Swim (5) Water Exercise (1)	5:00am - 8:00am Lap Swim (5) Water Exercise (1)	5:00am - 7:25am Lap Swim (5) Water Exercise (1)	5:00am - 7:25am Lap Swim (5) Water Exercise (1)	CLOSED	CLOSED		
	7:30am - 8:15am Water X Class		7:30am - 8:15am Water X Class	7:30am - 8:15am Water X Class			7:00am - 7:55am Lap Swim (5) Water Exercise (1)	7:00am - 10:00am Lap Swim (5) Water Exercise (1)
							*POOL TRANSITION*	
8:10am - 8:55am Water X Class	8:20am - 9:20am Water X Class	8:10am - 8:55am Water X Class	8:20am - 9:20am Water X Class	8:20am - 8:55am Lap Swim (2) Water Exercise(4)	8:10am - 8:55am Water X Class			
9:00am - 10:00am Water X Class	9:30am - 4:50pm Lap Swim (4) Open Swim (2)	9:00am - 10:00am Water X Class	9:30am - 6:00pm Lap Swim (4) Open Swim (2)	9:00am - 10:00am Water X Class	9:00am - 11:30am Lap Swim (3) Open Swim (1)			
10:05am - 1:00pm Lap Swim (4) Open Swim (2)		10:05am - 4:15pm Lap Swim (4) Open Swim (2)		10:05am - 12:00pm Lap Swim (4) Open Swim (2) SWIM LESSONS	SWIM LESSONS (2)	10:00am - 4:45pm Lap Swim (4) Open Swim (2)		
1:00pm - 3:00pm Lap Swim (4) Open Swim (2)				12:00pm - 8:00pm Lap Swim (4) Open Swim (2)	11:30am - 4:45pm Lap Swim (4) Open Swim (2)			
School Release Swimming								
3:00pm - 4:15pm Lap Swim (4) Open Swim (2)								
4:15pm - 6:45pm Lap Swim (1) SWIM LESSONS (5) NO OPEN SWIM	4:50pm - 6:45pm Lap Swim (1) Open Swim (1) SWIM LESSONS (4)	4:15pm - 6:45pm Lap Swim (2) Open Swim (1) SWIM LESSONS (3)						
6:45pm - 8:00pm Lap Swim (4) Open Swim (1) Swim Lessons (1)	6:45pm - 8:00pm Lap Swim (4) Open Swim (2)	6:45pm - 8:00pm Lap Swim (4) Open Swim (2)	6:00pm - 8:00pm Lap Swim (4) Open Swim (2)					
8:00pm - 8:45pm Lap Swim (5) Open Swim (1)	8:00pm - 8:45pm Lap Swim (5) Open Swim (1)	8:00pm - 8:45pm Lap Swim (5) Open Swim (1)	8:00pm - 8:45pm Lap Swim (5) Open Swim (1)	8:00pm - 8:45pm Lap Swim (5) Open Swim (1)				

- \*During Pool Transitions, Swimmers will be asked to exit the water for the lifeguard to help move lanelines if needed
- \* Swimmers are required to share lap lanes during lap swim, this may include circle swimming
- \* Private Swim Lessons will use a lap lane when needed. Lap Lanes are subjected to change with no notice.



Hudson YMCA

# LEISURE POOL SCHEDULE

September 30 - October 6

Updated: 4/5/2022

\*Pool Schedule is subjected to change with no notice\*

15min Safety Breaks will be called if lifeguard to swimmer ratio is over 1:25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 4:15pm <b>Open Swim</b>	5:00am - 4:50pm <b>Open Swim</b>	5:00am - 4:15pm <b>Open Swim</b>	5:00am - 6:00pm <b>Open Swim</b>	5:00am - 10:00am <b>Open Swim</b>	<b>CLOSED</b>	<b>CLOSED</b>
					7:00am - 7:55am <b>Open Swim</b>	7:00am - 4:45pm <b>Open Swim</b>
					<b>*POOL TRANSITION*</b>	
					8:00am - 9:00am <b>Open Swim</b>	
					9:00am - 11:00am <b>SWIM LESSONS</b>	
				10:05am - 12:00pm <b>SWIM LESSONS</b>	<b>Limited Open Swim</b> Shallow End Only	
				<b>Limited Open Swim</b> Shallow End Only	11:00am - 2:00pm <b>Open Swim</b> <b>SLIDE RUNNING</b>	
				12:00pm - 8:00pm <b>Open Swim</b>		
1:00pm - 3:00pm <b>Open Swim</b>					2:00pm - 4:45pm <b>Open Swim</b>	
<b>School Release</b> <b>Swimming</b>						
3:00pm - 4:15pm <b>Open Swim</b>						
4:15pm - 6:45pm <b>SWIM LESSONS</b>		4:15pm - 6:45pm <b>SWIM LESSONS</b>				
<b>NO OPEN SWIM</b>	4:50pm - 7:15pm <b>SWIM LESSONS</b>	<b>Limited Open Swim</b> Shallow End Only				
	<b>Limited Open Swim</b> Shallow End Only		6:00pm - 7:00pm <b>Open Swim</b> <b>SLIDE OPEN</b>			
6:45pm - 8:00pm <b>Open Swim</b>		6:45pm - 8:45pm <b>Open Swim</b>	7:00pm - 8:45pm <b>Open Swim</b>			
7:00pm - 8:00pm <b>SLIDE OPEN</b>	7:15pm - 8:45pm <b>Open Swim</b>					
8:00pm - 8:45pm <b>Open Swim</b>				8:00pm - 8:45pm <b>Open Swim</b>		
					<b>CLOSED</b>	<b>CLOSED</b>

\* ALL Swimmers 14 and younger MUST pass a swim test to swim without a adult in the water with them. Swimmers 5+ who can not pass a swim test may wear a lifejacket to swim without an adult in the water.

\* SLIDE - ALL Swimmers 14 and younger MUST pass a swim test to go down the slide - Swimmers with BLUE wristband must be 48" tall to use the slide.

\*Please see Lifeguards for swim tests.



Hudson YMCA

# LAP POOL SCHEDULE

October 7 - October 13

Updated: 4/9/2022

\*Pool Schedule is subjected to change with no notice\*

15min Safety Breaks will be called if lifeguard to swimmer ratio is over 1:25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 8:00am Lap Swim (5) Water Exercise (1)	5:00am - 7:25am Lap Swim (5) Water Exercise (1)	5:00am - 8:00am Lap Swim (5) Water Exercise (1)	5:00am - 7:25am Lap Swim (5) Water Exercise (1)	5:00am - 7:25am Lap Swim (5) Water Exercise (1)	CLOSED	CLOSED
	7:30am - 8:15am Water X Class		7:30am - 8:15am Water X Class	7:30am - 8:15am Water X Class		
8:10am - 8:55am Water X Class	8:20am - 9:20am Water X Class	8:10am - 8:55am Water X Class	8:20am - 9:20am Water X Class	8:20am - 8:55am Lap Swim (2) Water Exercise(4)	8:10am - 8:55am Water X Class	
9:00am - 10:00am Water X Class	9:30am - 4:50pm Lap Swim (4) Open Swim (2)	9:00am - 10:00am Water X Class	9:30am - 5:00pm Lap Swim (4) Open Swim (2)	9:00am - 10:00am Water X Class	9:00am - 11:30am *Lap Swim (2-3) Open Swim (1)	
10:05am - 4:15pm Lap Swim (4) Open Swim (2)		10:05am - 4:15pm Lap Swim (4) Open Swim (2)		10:05am - 12:00pm Lap Swim (4) Open Swim (2) SWIM LESSONS	SWIM LESSONS (2) *Lifeguard In-service	10:00am - 4:45pm Lap Swim (4) Open Swim (2)
				12:00pm - 8:00pm Lap Swim (4) Open Swim (2)	11:30am - 4:45pm Lap Swim (4) Open Swim (2)	
4:15pm - 6:45pm Lap Swim (1) SWIM LESSONS (5) NO OPEN SWIM	4:50pm - 6:45pm Lap Swim (1) Open Swim (1) SWIM LESSONS (4)	4:15pm - 6:45pm Lap Swim (2) Open Swim (1) SWIM LESSONS (3)	5:00pm - 8:00pm *Lap Swim (3-4) Open Swim (1-2)  *Lifeguard In-service 5:00pm - 6:30pm		CLOSED	CLOSED
6:45pm - 8:00pm Lap Swim (4) Open Swim (1) Swim Lessons (1)	6:45pm - 8:00pm Lap Swim (4) Open Swim (2)	6:45pm - 8:00pm Lap Swim (4) Open Swim (2)				
8:00pm - 8:45pm Lap Swim (5) Open Swim (1)	8:00pm - 8:45pm Lap Swim (5) Open Swim (1)	8:00pm - 8:45pm Lap Swim (5) Open Swim (1)	8:00pm - 8:45pm Lap Swim (5) Open Swim (1)	8:00pm - 8:45pm Lap Swim (5) Open Swim (1)		

- \*During Pool Transitions, Swimmers will be asked to exit the water for the lifeguard to help move lanelines if needed
- \* Swimmers are required to share lap lanes during lap swim, this may include circle swimming
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Hudson YMCA

# LEISURE POOL SCHEDULE

October 7 - October 13

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5:00am - 4:15pm Open Swim	5:00am - 4:50pm Open Swim	5:00am - 4:15pm Open Swim	5:00am - 6:00pm Open Swim	5:00am - 10:00am Open Swim	CLOSED	CLOSED
					7:00am - 9:00am Open Swim	7:00am - 1:00pm Open Swim
					9:00am - 11:00am SWIM LESSONS	
				10:00am - 12:00pm SWIM LESSONS	Limited Open Swim Shallow End Only	
				Limited Open Swim Shallow End Only	11:00am - 4:45pm Open Swim	
				12:00pm - 8:45pm Open Swim	SLIDE OPEN 11:00am - 12:00pm & 1:00pm - 2:00pm	1:00pm - 4:45pm Open Swim
						SLIDE OPEN 1:00pm - 4:00pm
4:15pm - 6:45pm SWIM LESSONS  NO OPEN SWIM	4:50pm - 7:15pm SWIM LESSONS  Limited Open Swim Shallow End Only	4:15pm - 6:45pm SWIM LESSONS  Limited Open Swim Shallow End Only	6:00pm - 8:45pm Open Swim		CLOSED	CLOSED
6:45pm - 8:45pm Open Swim  SLIDE OPEN 7:00pm - 8:00pm	7:15pm - 8:45pm Open Swim	6:45pm - 8:45pm Open Swim	SLIDE OPEN 6:00pm - 7:00pm			

\*ALL Swimmers 14 and younger MUST pass a swim test to swim without a adult in the water with them. Swimmers 5+ who can not pass a swim test may wear a lifejacket to swim without an adult in the water.

\*SLIDE - ALL Swimmers 14 and younger MUST pass a swim test to go down the slide - Swimmers with BLUE wristband must be 48" tall to use the slide.

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