



Hudson YMCA

# LAP POOL SCHEDULE

November 18 - November 24

Updated: 4/5/21

\*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) Adult Exercise (1)	5:00am - 7:25am Lap Swim (5) Adult Exercise (1)	5:00am - 8:00am Lap Swim (5) Adult Exercise (1)	5:00am - 7:25am Lap Swim (5) Adult Exercise (1)	5:00am - 7:25am Lap Swim (5) Adult 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 - 8:00am Lap Swim (5) Adult Exercise (1)	7:00am - 10:00am Lap Swim (5) Adult Exercise (1)
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 - 5:00pm Lap Swim (4) Open Swim (2)	9:00am - 10:00am Water X Class	9:30am - 8:00pm Lap Swim (4) Open Swim (2)	9:00am - 10:00am Water X Class	9:00am - 11:00am Lap Swim (3) Open Swim (1)	
10:05am - 5:00pm Lap Swim (4) Open Swim (2)		10:05am - 5:00pm Lap Swim (4) Open Swim (2)		10:00am - 11:45am Lap Swim (4) Open Swim (1-2) SWIM LESSONS	SWIM LESSONS (2)	10:00am - 4:45pm Lap Swim (4) Open Swim (2)
				11:45am - 8:00pm Lap Swim (4) Open Swim (2)	11:00am - 4:45pm Lap Swim (4) Open Swim (2)	
5:00pm - 7:15pm Lap Swim (2) SWIM LESSONS  NO OPEN SWIM	5:00pm - 7:15pm Lap Swim (1) Open Swim (1) SWIM LESSONS	5:00pm - 7:15pm Lap Swim (1) Open Swim (1) SWIM LESSONS			CLOSED	CLOSED
7:15pm - 8:00pm Lap Swim (4) Open Swim (2)	7:15pm - 8:00pm Lap Swim (4) Open Swim (2)	7:15pm - 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 lane lines 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

November 18 - November 24

Updated: 4/5/2012

\*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 - 4:55pm Open Swim	5:00am - 5:00pm Open Swim	5:00am - 5:00pm 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 - 11:45am SWIM LESSONS	Limited Open Swim Shallow End Only	
				Limited Open Swim Shallow End Only	11:00am - 4:45pm Open Swim	
				11:45am - 8:45pm Open Swim	SLIDE OPEN 11:00am - 12:00pm & 1:00pm - 2:00pm	1:00pm - 4:45pm Open Swim
						SLIDE OPEN 1:00pm - 3:00pm
5:00pm - 7:15pm SWIM LESSONS	5:00pm - 7:15pm SWIM LESSONS	5:00pm - 7:15pm SWIM LESSONS			CLOSED	CLOSED
NO OPEN SWIM	Limited Open Swim Shallow End Only	Limited Open Swim Shallow End Only	6:00pm - 8:45pm Open Swim			
			SLIDE OPEN 6:00pm - 7:00pm			
7:15pm - 8:45pm Open Swim SLIDE OPEN 7:15pm - 8:00pm	7:15pm - 8:45pm Open Swim	7:15pm - 8:45pm Open Swim				

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

November 25 - December 1

Updated 4/1/22

\*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) Adult Exercise (1)	5:00am - 7:20am Lap Swim (5) Adult Exercise (1)	5:00am - 8:00am Lap Swim (5) Adult Exercise (1)	CLOSED	5:00am - 7:20am Lap Swim (5) Adult Exercise (1)	CLOSED	CLOSED
					7:00am - 8:00am Lap Swim (5) Adult Exercise (1)	7:00am - 10:00am Lap Swim (5) Adult Exercise (1)
	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 - 8:55am Lap Swim (2) Water Exercise(4)	8:10am - 8:55am Water X Class	
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 - 10:00am Water X Class	9:00am - 11:00am Lap Swim (3) Open Swim (1)	
10:05am - 5:00pm Lap Swim (4) Open Swim (2)		10:05am - 5:00pm Lap Swim (4) Open Swim (2)		10:00am - 11:45am Lap Swim (4) Open Swim (1-2) SWIM LESSONS	SWIM LESSONS (2)	10:00am - 4:45pm Lap Swim (4) Open Swim (2)
				11:45am - 8:00pm Lap Swim (4) Open Swim (2)	11:00am - 4:45pm Lap Swim (4) Open Swim (2)	
5:00pm - 7:15pm Lap Swim (2) SWIM LESSONS  NO OPEN SWIM	5:00pm - 7:15pm Lap Swim (1) Open Swim (1) SWIM LESSONS	5:00pm - 7:15pm Lap Swim (1) Open Swim (1) SWIM LESSONS			CLOSED	CLOSED
7:15pm - 8:00pm Lap Swim (4) Open Swim (2)	7:15pm - 8:00pm Lap Swim (4) Open Swim (2)	7:15pm - 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)		

\*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

November 25 - December 1

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 - 4:55pm Open Swim	5:00am - 5:00pm Open Swim	5:00am - 5:00pm Open Swim	CLOSED	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 - 11:45am SWIM LESSONS	Limited Open Swim Shallow End Only	
				Limited Open Swim Shallow End Only	11:00am - 4:45pm Open Swim	
				11:45am - 8:45pm Open Swim	SLIDE OPEN 11:00am -12:00pm & 1:00pm - 2:00pm	1:00pm - 4:45pm Open Swim
						SLIDE OPEN 1:00pm - 3:00pm
5:00pm - 7:15pm SWIM LESSONS	5:00pm - 7:15pm SWIM LESSONS	5:00pm - 7:15pm SWIM LESSONS			CLOSED	CLOSED
NO OPEN SWIM	Limited Open Swim Shallow End Only	Limited Open Swim Shallow End Only				
7:15pm - 8:45pm Open Swim SLIDE OPEN 7:15pm - 8:00pm	7:15pm - 8:45pm Open Swim	7:15pm - 8:45pm Open Swim				

\*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

December 2 - December 8

Updated: 4/20/21

\*Pool Schedule is subjected to change with no no

15min Safety Breaks will be called if lifeguard to swimmer ratio is over 1:2!

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

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# LEISURE POOL SCHEDULE

December 2 - December 8

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					7:00am - 9:00am Open Swim	7:00am - 1:00pm Open Swim
					9:00am - 11:00am SWIM LESSONS	
				10:00am - 11:45am SWIM LESSONS	Limited Open Swim Shallow End Only	
				Limited Open Swim Shallow End Only	11:00am - 4:45pm Open Swim	
				11:45am - 8:45pm Open Swim	SLIDE OPEN 11:00am -12:00pm & 1:00pm - 2:00pm	1:00pm - 4:45pm Open Swim
						SLIDE OPEN 1:00pm - 3:00pm
5:00pm - 7:15pm SWIM LESSONS	5:00pm - 7:15pm SWIM LESSONS	5:00pm - 7:15pm SWIM LESSONS	6:00pm - 8:45pm Open Swim		CLOSED	CLOSED
NO OPEN SWIM	Limited Open Swim Shallow End Only	Limited Open Swim Shallow End Only	SLIDE OPEN 6:00pm - 7:00pm			
7:15pm - 8:45pm Open Swim SLIDE OPEN 7:15pm - 8:00pm	7:15pm - 8:45pm Open Swim	7:15pm - 8:45pm Open Swim				

\*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.