



Hudson YMCA LAP POOL SCHEDULE

April 6 - April 19

Pool Schedule is subjected to change with no notice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	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 - 8:00am Lap Swim (5) Adult Exercise (1)	CLOSED	CLOSED
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM	7:00am - 8:00am Lap Swim (5) Adult Exercise (1)	7:00am - 4:45pm Lap Swim (4) Open Swim (2)					
8:00 AM							
8:30 AM	8:10am - 8:55am 9:00am - 10:00am	7:30am - 8:15am 8:20am-9:20am	8:10am - 8:55am 9:00am - 10:00am	7:30am - 8:15am 8:20am-9:20am	8:10am - 8:55am 9:00am - 10:00am	7:00am - 8:00am Lap Swim (5) Adult Exercise (1)	7:00am - 4:45pm Lap Swim (4) Open Swim (2)
9:00 AM							
9:30 AM	9:30am - 4:30pm Lap Swim (4) Open Swim (2)	9:30am - 5:00pm Lap Swim (4) Open Swim (2)					
10:00 AM							
10:30 AM	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS
11:00 AM							
11:30 AM	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS
12:00 PM							
12:30 PM	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS
1:00 PM							
1:30 PM	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS
2:00 PM							
2:30 PM	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS
3:00 PM							
3:30 PM	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 4:30pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	10:05am - 8:45pm Lap Swim (4) Open Swim (2)	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS	9:00am - 12:00pm Lap Swim (2) Open Swim (1) SWIM LESSONS
4:00 PM							
4:30 PM	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	12:00pm - 4:45pm Lap Swim (4) Open Swim (2)	12:00pm - 4:45pm Lap Swim (4) Open Swim (2)
5:00 PM							
5:30 PM	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	12:00pm - 4:45pm Lap Swim (4) Open Swim (2)	12:00pm - 4:45pm Lap Swim (4) Open Swim (2)
6:00 PM							
6:30 PM	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	4:30pm - 7:30pm Lap Swim (1) Open Swim (1) SWIM LESSONS	12:00pm - 4:45pm Lap Swim (4) Open Swim (2)	12:00pm - 4:45pm Lap Swim (4) Open Swim (2)
7:00 PM							
7:30 PM	7:30pm - 8:45pm Lap Swim (4) Open Swim (2)	7:30pm - 8:45pm Lap Swim (4) Open Swim (2)	7:30pm - 8:45pm Lap Swim (4) Open Swim (2)	7:30pm - 8:45pm Lap Swim (4) Open Swim (2)	7:30pm - 8:45pm Lap Swim (4) Open Swim (2)	CLOSED	CLOSED
8:00 PM							
8:30 PM	7:30pm - 8:45pm Lap Swim (4) Open Swim (2)	7:30pm - 8:45pm Lap Swim (4) Open Swim (2)	7:30pm - 8:45pm Lap Swim (4) Open Swim (2)	7:30pm - 8:45pm Lap Swim (4) Open Swim (2)	7:30pm - 8:45pm Lap Swim (4) Open Swim (2)	CLOSED	CLOSED
9:00 PM							

LAP LANE ETIQUETTE

- 1) Swimmers are required to share lap lanes, this includes circle swimming with 3 or more in a lane.
- 2) Prior to getting into a lane, inform the other swimmer/s you will be getting in.

POOL INFORMATION

- 1) Safety Breaks will be called if lifeguard to swimmer ratio is over 1:25
- 2) Private Swim Lessons will take precedence of a space at anytime.



Hudson YMCA

LEISURE POOL SCHEDULE

April 6 - April 19

Pool Schedule is subjected to change with no notice

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:00 AM	5:00am - 4:30pm Open Swim	5:00am - 4:30pm Open Swim	5:00am - 4:30pm Open Swim	5:00am - 5:00pm Open Swim	5:00am - 5:00pm Open Swim	CLOSED	CLOSED					
5:30 AM												
6:00 AM												
6:30 AM												
7:00 AM											7:00am - 9:00am Open Swim	7:00am- 12:00pm Open Swim
7:30 AM												
8:00 AM												
8:30 AM												
9:00 AM											9:00am - 12:00am SWIM LESSONS Open Swim Shallow End Only	
9:30 AM												
10:00 AM												
10:30 AM												
11:00 AM												
11:30 AM												
12:00 PM	12:00pm - 4:00pm Open Swim	12:00pm - 4:00pm Open Swim										
12:30 PM	SLIDE RUNNING 12:00 - 1:00pm 1:30 - 2:30pm 3:00 - 4:00pm	SLIDE RUNNING 12:00 - 1:00pm 1:30 - 2:30pm 3:00 - 4:00pm										
1:00 PM												
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM												
3:30 PM												
4:00 PM												
4:30 PM	4:30pm - 7:30pm SWIM LESSONS	4:30pm - 7:30pm SWIM LESSONS	4:30pm - 7:30pm SWIM LESSONS			4:00pm - 4:45pm Open Swim	4:00pm - 4:45pm Open Swim					
5:00 PM	NO OPEN SWIM 5:00pm - 7:00pm	Open Swim Shallow-End Only	Open Swim Shallow-End Only	5:00pm - 7:30pm Open Swim	5:00pm - 7:30pm Open Swim	CLOSED	CLOSED					
5:30 PM												
6:00 PM				SLIDE RUNNING 5:00 - 6:00pm 6:30 - 7:30pm	SLIDE RUNNING 5:00 - 6:00pm 6:30 - 7:30pm							
6:30 PM												
7:00 PM												
7:30 PM	7:30pm - 8:45pm Open Swim	7:30pm - 8:45pm Open Swim	7:30pm - 8:45pm Open Swim	7:30pm - 8:45pm Open Swim	7:30pm - 8:45pm Open Swim							
8:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED							
8:30 PM												
9:00 PM												

SWIM TEST REQUIRMENTS

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

SLIDE REQUIRMENTS

- 1) ALL Swimmers 14 and younger **MUST** have a swim test wristband on to go down the slide.
- 2) Swimmers with BLUE wristband must be 48" tall to use the slide.