



Hudson YMCA

# LAP POOL SCHEDULE

September 30 - October 6

Updated 4/5/19

\*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 - 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)	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)				
SWIM LESSONS (5) NO OPEN SWIM			6:00pm - 8:00pm Lap Swim (4) Open Swim (2)			
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 lanes 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

Updated 4/5/20

# LEISURE POOL SCHEDULE

September 30 - October 6

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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 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	<b>CLOSED</b>	<b>CLOSED</b>
					7:00am - 7:55am Open Swim	7:00am - 4:45pm Open Swim
					<b>*POOL TRANSITION*</b>	
					8:00am - 9:00am Open Swim	
					9:00am - 11:00am SWIM LESSONS	
				10:05am - 12:00pm SWIM LESSONS	Limited Open Swim Shallow End Only	
				Limited Open Swim Shallow End Only	11:00am - 2:00pm Open Swim SLIDE RUNNING	
				12:00pm - 8:00pm Open Swim		
1:00pm - 3:00pm Open Swim  School Release Swimming					2:00pm - 4:45pm Open Swim	
3:00pm - 4:15pm Open Swim						
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 - 7:00pm Open Swim SLIDE OPEN		
6:45pm - 8:00pm Open Swim		6:45pm - 8:45pm Open Swim	7:00pm - 8:45pm Open Swim			
7:00pm - 8:00pm SLIDE OPEN	7:15pm - 8:45pm Open Swim					
8:00pm - 8:45pm Open Swim				8:00pm - 8:45pm Open Swim		
					<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.