



Hudson YMCA

LAP POOL SCHEDULE

December 8 - December 14

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	Water X Class 8:10am - 8:55am 9:00am - 10:00am	Lap Swim (1)	Water X Class 8:10am - 8:55am 9:00am - 10:00am	Lap Swim (1)	Water X Class 8:10am - 8:55am 9:00am - 10:00am	7:00am - 8:00am Lap Swim (5) Adult Exercise (1)	7:00am - 4:45pm Lap Swim (2) Open Swim (1) LIFEGUARD COURSE			
8:00 AM		Water X Class (5) 7:30am - 8:15am 8:20am-9:20am		Water X Class (5) 7:30am - 8:15am 8:20am-9:20am		Lap Swim (1) Water X Class (5) 8:10am - 8:55am				
8:30 AM		9:25am - 10:00am Lap Swim (5)		9:25am - 10:00am Lap Swim (5)		9:00am - 11:30am Lap Swim (2) Open Swim (1) SWIM LESSONS				
9:00 AM										
9:30 AM										
10:00 AM	10:05am - 5:00pm Lap Swim (4) Open Swim (2)	10:05am - 5:00pm Lap Swim (4) Open Swim (2)	10:05am - 5:00pm Lap Swim (4) Open Swim (2)	10:05am - 8:00pm Lap Swim (4) Open Swim (2)	10:05am - 8:00pm Lap Swim (4) Open Swim (2)	11:30am - 4:45pm Lap Swim (4) Open Swim (2)				
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM	5:00pm - 7:15pm Lap Swim (2) Open Swim (2) SWIM LESSONS (2)	5:00pm - 7:15pm Lap Swim (1) Open Swim (1) SWIM LESSONS (3)	5:00pm - 7:15pm Lap Swim (1) Open Swim (1) SWIM LESSONS (3)			CLOSED	CLOSED			
5:30 PM										
6:00 PM										
6:30 PM										
7:00 PM										
7:30 PM	7:15pm - 8:45pm Lap Swim (5) Open Swim (1)	7:15pm - 8:45pm Lap Swim (5) Open Swim (1)	7:15pm - 8:45pm Lap Swim (5) Open Swim (1)							
8:00 PM										
8:30 PM	CLOSED	CLOSED	CLOSED	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.



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LEISURE POOL SCHEDULE

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	5:00am - 4:15pm Open Swim	5:00am - 4:15pm Open Swim	5:00am - 4:15pm Open Swim	5:00am - 8:45pm Open Swim	5:00am - 8:45pm Open Swim	CLOSED	CLOSED
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM						7:00am - 9:15am Open Swim	7:00am- 1:00pm Open Swim
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM						9:15am - 10:20am SWIM LESSONS Limited Open Swim Shallow End Only	
9:30 AM							
10:00 AM						10:20am - 11:00am Open Swim	
10:30 AM							
11:00 AM						11:00am - 2:00pm Open Swim SLIDE OPEN	
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM						1:00pm - 4:45pm Open Swim	1:00pm - 4:00pm Open Swim SLIDE OPEN
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	4:15pm - 5:30pm SWIM LESSONS Limited Open Swim Shallow-End Only	4:15pm - 6:45pm SWIM LESSONS Limited Open Swim Shallow-End Only	5:00pm - 6:45pm SWIM LESSONS Limited Open Swim Shallow-End Only			CLOSED	CLOSED
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	5:30pm - 6:45pm SWIM LESSONS NO OPEN SWIM						
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM	6:45pm - 8:45pm Open Swim	6:45pm - 8:45pm Open Swim	6:45pm - 8:45pm Open Swim				
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.