



Hudson YMCA

Updated: 4/5/2024

LAP POOL SCHEDULE

April 22 - April 28

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 - 7:55am Lap Swim (5) Open Swim (1)	5:00am - 7:20am Lap Swim (5) Water Exercise (1)	5:00am - 7:55am Lap Swim (5) Water Exercise (1)	5:00am - 7:20am Lap Swim (5) Water Exercise (1)	5:00am - 7:20am 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 - 9:00am Lap Swim (5) Water 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	8:10am - 8:55am Water X Class	
9:00am - 10:00am Water X Class	9:30am - 4:00pm 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 - 11:05am Lap Swim (2) Open Swim (2) Swim Lessons	9:00am - 4:45pm Lap Swim (4) Open Swim (2)
10:10am - 4:00pm Lap Swim (4) Open Swim (2)		10:10am - 6:00pm Lap Swim (4) Open Swim (2)		10:10am - 8:45pm Lap Swim (4) Open Swim (2)	11:05am-4:45pm Lap Swim (4) Open Swim (2)	
4:00pm - 6:00pm Lap Swim (1) Open Swim (1) Swim Lessons	4:00pm - 6:00pm Lap Swim (1) Open Swim (1) Swim Lessons				CLOSED	CLOSED
6:00pm - 6:40pm Swim Lessons Swim Team	6:00pm - 6:40pm Lap Swim (1) Swim Lessons	6:00pm - 6:40pm Swim Lessons Swim Team	6:00pm - 8:45pm Lap Swim (3) Open Swim (1) Swim Team (2)			
6:40pm - 8:45pm Lap Swim (3) Open Swim (1) Swim Team (2)	6:40pm - 8:45pm Lap Swim (3) Open Swim (1) Swim Team (2)	6:40pm - 8:45pm Lap Swim (3) Open Swim (1) Swim Team (2)				

During Lap swim, you are required to share a lane with another swimmer if all lanes are full. This may include circle swimming. Private Lessons will use a lap lane when needed.



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
					8:00am - 9:00am Open Swim	8:00am - 11:00am Open Swim
	9:30am - 12:00pm Open Swim		9:30am - 11:00am Open Swim		9:00am - 11:00am Open Swim Shallow-End	
10:10am - 1:00pm Open Swim		10:10am - 12:00pm Open Swim		10:10am - 12:00pm Open Swim	Swim Lessons	
			CLOSED		11:00am - 1:00pm Open Swim	11:00am - 2:00pm Open Swim
	CLOSED	CLOSED		CLOSED		SLIDE OPEN
CLOSED					1:00pm - 4:00pm Open Swim	
					SLIDE OPEN	2:00pm - 4:45pm Open Swim
4:00pm - 6:40pm Open Swim Shallow-End	4:00pm - 6:40pm Open Swim Shallow-End	4:00pm - 6:40pm Open Swim Shallow-End	4:00pm - 8:45pm Open Swim		4:00pm - 4:45pm Open Swim	
Swim Lessons	Swim Lessons	Swim Lessons		5:00pm - 7:00pm Open Swim	CLOSED	CLOSED
				SLIDE OPEN		
6:40pm - 8:45pm Open Swim	6:40pm - 8:45pm Open Swim	6:40pm - 8:45pm Open Swim		7:00pm - 8:00pm Open Swim		

SSwim Test will only be given when there is available staff.



Hudson YMCA

Updated: 4/5/2024

LAP POOL SCHEDULE

April 29 - May 5

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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 - 7:55am Lap Swim (5) Open Swim (1)	5:00am - 7:20am Lap Swim (5) Water Exercise (1)	5:00am - 7:55am Lap Swim (5) Water Exercise (1)	5:00am - 7:20am Lap Swim (5) Water Exercise (1)	5:00am - 7:20am 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 - 9:00am Lap Swim (5) Water 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	8:10am - 8:55am Water X Class	
9:00am - 10:00am Water X Class	9:30am - 4:00pm 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 - 11:05am Lap Swim (2) Open Swim (2) Swim Lessons	9:00am - 4:45pm Lap Swim (4) Open Swim (2)
10:10am - 4:00pm Lap Swim (4) Open Swim (2)		10:10am - 6:00pm Lap Swim (4) Open Swim (2)		10:10am - 8:45pm Lap Swim (4) Open Swim (2)	11:05am-4:45pm Lap Swim (4) Open Swim (2)	
4:00pm - 6:00pm Lap Swim (1) Open Swim (1)	4:00pm - 6:00pm Lap Swim (1) Open Swim (1)				CLOSED	CLOSED
Swim Lessons	Swim Lessons					
6:00pm - 6:40pm Swim Lessons Swim Team	6:00pm - 6:40pm Lap Swim (1) Swim Lessons	6:00pm - 6:40pm Swim Lessons Swim Team	6:00pm - 8:45pm Lap Swim (3) Open Swim (1) Swim Team (2)			
6:40pm - 8:45pm Lap Swim (3) Open Swim (1) Swim Team (2)	6:40pm - 8:45pm Lap Swim (3) Open Swim (1) Swim Team (2)	6:40pm - 8:45pm Lap Swim (3) Open Swim (1) Swim Team (2)				

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
					8:00am - 9:00am Open Swim	8:00am - 11:00am Open Swim
	9:30am - 12:00pm Open Swim		9:30am - 11:00am Open Swim		9:00am - 11:00am Open Swim Shallow-End	
10:10am - 1:00pm Open Swim		10:10am - 12:00pm Open Swim		10:10am - 12:00pm Open Swim	Swim Lessons	
			CLOSED		11:00am - 1:00pm Open Swim	11:00am - 2:00pm Open Swim
	CLOSED	CLOSED		CLOSED		SLIDE OPEN
CLOSED					1:00pm - 4:00pm Open Swim	
					SLIDE OPEN	2:00pm - 4:45pm Open Swim
4:00pm - 6:40pm Open Swim Shallow-End	4:00pm - 6:40pm Open Swim Shallow-End	4:00pm - 6:40pm Open Swim Shallow-End	4:00pm - 8:45pm Open Swim		4:00pm - 4:45pm Open Swim	
Swim Lessons	Swim Lessons	Swim Lessons		5:00pm - 7:00pm Open Swim	CLOSED	CLOSED
				SLIDE OPEN		
6:40pm - 8:45pm Open Swim	6:40pm - 8:45pm Open Swim	6:40pm - 8:45pm Open Swim		7:00pm - 8:00pm Open Swim		

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