



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

AQUATICS SCHEDULE

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|----------------|--|----------------|---|----------------|--|----------------|---|----------------|--|-----------------------|--|
| AM | | AM | | AM | | AM | | AM | | AM | |
| 5:30 10:00 | Lap Swim (Lanes 1-6) | 5:30 10:00 | Lap Swim (Lanes 1-6) | 5:30 10:00 | Lap Swim (Lanes 1-6) | 5:30 10:00 | Lap Swim (Lanes 1-6) | 5:30 10:00 | Lap Swim (Lanes 1-6) | 7:00 8:30 | Lap Swim (Lanes 1-6) |
| 10:00 12:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 10:00 12:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 10:00 12:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 10:00 11:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 10:00 10:45 | Aquamation (Lanes 1-4) Lap Swim (Lanes 5-6) | 8:30 11:15 | Swim Lessons (Lane 1-5) Lap Swim (Lane 6) |
| | | 11:30 12:15 | Aquamation | | | 11:00 12:00 | Preschool Swim (Lanes 1-6) | 11:00 11:45 | Aquablast (Lanes 1-4) Lap Swim (Lanes 5-6) | 11:00 12:15 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) |
| | | | | | | 11:30 12:15 | Aquamation | | | | |
| PM | | PM | | PM | | PM | | PM | | PM | |
| 12:00 3:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 12:00 3:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 12:00 3:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 12:00 3:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 12:00 3:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 12:00 1:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) |
| 3:00 4:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 3:00 4:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 3:00 4:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 3:00 5:15 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 3:00 4:00 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 12:00 2:45 | Birthday Parties (Lanes 1-3) Lap Swim (Lanes 4-6) |
| 4:00 5:15 | Afterschool Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 4:00 7:00 | Swim Lessons (Lanes 1-5) Lap Swim (Lane 6) | 4:00 5:15 | Afterschool Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 5:15 6:30 | Aquafit (Lanes 1-4) Lap Swim (Lanes 5-6) | 4:00 7:15 | Swim Lessons (Lanes 1-5) Lap Swim (Lane 6) | Updated 05/23/2022 | |
| 5:15 6:00 | Aquafit (Lanes 1-4) Lap Swim (Lanes 5-6) | 7:00 8:45 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | 5:15 6:00 | Aquamation (Lanes 1-4) Lap Swim (Lanes 5-6) | 6:30 7:30 | Aquablast (Lanes 1-4) Lap Swim (Lanes 5-6) | 7:15 8:45 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | | |
| 6:00 6:45 | Aquacize (Lanes 1-4) Lap Swim (Lanes 5-6) | | | 6:00 6:45 | Aquacize (Lanes 1-4) Lap Swim (Lanes 5-6) | 7:30 8:45 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | | | | |
| 6:45 8:45 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | | | 6:45 8:45 | Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6) | | | | | | |

FACILITY HOURS

Monday – Friday
5:30am – 9:00pm

Saturday
7:00am – 3:00pm

Sunday
8:30 – 1:00pm

*Pool lap lanes, times and availability are first come first serve with online reservation. Only lane 6 will be open during swim lessons. Bathing suits and proper swim attire must be worn. Any non swimmers or swimmers under the age of 6 must be accompanied by an adult