



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 10:45	Aquamotion (Lanes 1-4)	9:00 9:45	AquaFit (Lanes 1-4)	9:00 9:45	AquaFit (Lanes 1-4)	10:00 11:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	9:00 9:45	AquaFit (Lanes 1-4)	8:30 11:15	Swim Lessons (Lane 1-5) Lap Swim (Lane 6)
11:00 12:15	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	10:00 10:45	Aquamotion (Lanes 1-4)	10:00 10:45	Aquamotion (Lanes 1-4)	11:00 12:00	Preschool Swim (Lanes 1-6)	10:00 10:45	Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6)	11:00 12:15	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)
		10:00 12:15	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	10:45 12:15	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)			11:00 12:15	Open Swim (Lanes 1-3) Lap Swim (Lanes 5-6)		
PM		PM		PM		PM		PM		PM	
12:30 3:30	Camp Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30 3:30	Camp Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30 3:30	Camp Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30 3:30	Camp Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30 3:30	Camp Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:00 1:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)
3:30 4:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:30 4:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:30 4:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:30 5:15	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:30 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	Open 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	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	5:15 6:30	Aquafit (Lanes 1-4) Lap Swim (Lanes 5-6)	4:00 8:00	Swim Lessons (Lanes 1-5) Lap Swim (Lane 6)	Updated 05/28/2022	
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	Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6)	6:30 7:30	Aquablast (Lanes 1-4) Lap Swim (Lanes 5-6)	8:00 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. During camp swim lanes 1-3 will be closed and