

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

Session Dates: April 28th-June 15th 2025

Lap Swim*** Lanes 4-6 Open Swim*** Lanes 1-3

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MONDAY		TUESDAY			EDNESDAY THURSDAY		SDAY	FRIDAY			SATURDAY	
AM		AM		AM		AM		AM		AM		
5:30- 10:00	Lap Swim Lanes 4-6	5:30- 10:00	Lap Swim Lanes 4-6	5:30- 10:00	Lap Swim Lanes 4-6	5:30 10:00	Lap Swim Lanes 4-6	5:30 - 10:00	Lap Swim Lanes 4-6	7:00- 3:00	Lap Swim** Lanes 4-6	
5:30- 9:00	Open Swim Lanes 1-3	5:30- 10:00	Open Swim Lanes 1-3	5:30- 9:00	Open Swim Lanes 1-3	5:30- 9:00	Open Swim Lanes 1-3	5:30- 9:00	Open Swim Lanes 1-3	7:00- 3:00	Open Swim Lanes 1-3	
9:00- 9:45	DeepWater Aquafit Lanes 1-3	10:00- 10:45	Lap Swim Lanes 5-6	9:00- 9:45	Aquafit Lanes 1-3	9:00- 9:45	DeepWater Aquafit Lanes 1-3	9:00- 9:45	Aquafit Lanes 1-4			
10:00- 10:45	Lap Swim Lanes 5-6	10:00- 10:45	Aquamotion Lanes 1-4	10:00- 10:45	Lap Swim Lanes 5-6	10:00- 10:45	Lap Swim Lanes 5-6	10:00- 10:45	Lap Swim Lanes 5-6			
10:00- 10:45	Aquamotion Lanes 1-4	10:45- 12:00	Lap Swim Lanes 4-6	10:00- 10:45	Aquamotion Lanes 1-4	10:00- 10:45	Aquamotion Lanes 1-4	10:00- 10:45	Aquamotion Lanes 1-4			
10:45- 12:00	Open Swim Lanes 1-3	10:45- 12:00	Open Swim Lanes 1-3	10:45- 12:00	Open Swim Lanes 1-3	10:45- 12:00	Open Swim Lanes 1-3	10:45- 12:00	Open Swim Lanes 1-3			
10:45- 12:00	Lap Swim Lanes 4-6			10:45- 12:00	Lap Swim Lanes 4-6	10:45- 12:00	Lap Swim Lanes 4-6	10:45- 12:00	Lap Swim Lanes 4-6			
PM		РМ		PM		РМ		PM		SUND	AY	
12:00- 4:00	Lap Swim Lanes 4-6	12:00- 9:00	Lap Swim Lanes 4-6	12:00- 5:00	Lap Swim Lane 4-6	12:00- 4:00	Lap Swim Lanes 4-6	12:00- 5:00	Lap Swim Lanes 4-6	8:30- 3:00	Lap Swim Lanes 4-6	
12:00- 4:00	Open Swim Lanes 1-3	12:00- 4:30	Open Swim Lanes 1-3	12:00- 5:15	Open Swim Lanes 1-3	12:00- 5:15	Open Swim Lanes 1-3	12:00- 3:30	Open Swim Lanes 1-3	8:30- 3:00	Open Swim Lanes 1-3	
4:00- 5:00	Open Swim DEEP End Lanes 1-3	4:30- 5:00	Open Swim DEEP End Lanes 1-3	5:00- 6:45	Adult Lap Swim Lane 6	4:00- 7:15	Swim Lessons Lanes 5-6	3:30- 4:15	SACC Swim Lanes 1-3			
4:00- 7:15	Adult Lap Swim Lane 4	5:00- 6:00	Swim Lessons Shallow End Lanes 1-3	5:00- 6:45	Swim Lessons Lanes 5-6	4:00- 7:15	Adult Lap Swim Lane 4	4:15- 5:00	Open Swim Lanes 1-3		FACILITY	
4:00- 7:15	Swim Lessons Lanes 5-6	6:00- 9:00	Open Swim Lanes 1-3	5:15- 6:00	Aquafit Lanes 1-3	5:15- 6:00	Aquafit Lanes 1-3	5:00- 7:00	Swim Lessons Lanes 1-3		londay - F	
6:15- 7:15	Aquafit Lanes 1-3			6:15- 7:00	DeepWater Aquafit Lanes 1-3	6:15- 7:00	Aquablast Lanes 1-3	5:30- 7:00	Open Swim DEEP End Lanes 1-3	S	:30am– 9: aturday	
6:15- 7:15	Aquacize Lanes 1-3			7:00- 9:00	Open Swim Lanes 1-3	7:00- 9:00	Open Swim Lanes 1-3	5:30- 7:00	Lap Swim Lane 4		:00am-3:0	
7:15- 9:00	Open Swim Lanes 1-3			7:00- 9:00	Lap Swim Lanes 4-6	7:15- 9:00	Lap Swim Lanes 4-6	5:30- 7:00	Swim Lessons Lanes 5-6		unday :30am-3:0	
7:15- 9:00	Lap Swim Lanes 4-6		*Schi	edule is	subject to change	as nee	ted	7:00- 9:00	Open Swim Lanes 1-3			
		1	Jein	Lauic 13	subject to change	as nec	acu.	7:00- 9:00	Lap Swim Lanes 4-6			
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FACILITY HOURS

Monday - Friday 5:30am-9:00pm

Lanes 4-6 Open Swim *** Lanes 1-3

Saturday 7:00am-3:00pm

Sunday 8:30am-3:00pm

Effective 04/28/2025





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NAUGATUCK YMCA

MONDAY		TUESDAY		WEDN	WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM		AM		AM		AM		AM		AM		
5:30- 10:00	Lap Swim Lanes 4-6	5:30- 10:00	Lap Swim Lanes 4-6	5:30- 10:00	Lap Swim Lanes 4-6	5:30 10:00	Lap Swim Lanes 4-6	5:30 - 10:00	Lap Swim Lanes 4-6	7:00- 3:00	Lap Swim*** Lanes 4-6	
10:00- 10:45	Lap Swim Lanes 5-6	10:00- 10:45	Lap Swim Lanes 5-6	10:00- 10:45	Lap Swim Lanes 5-6	10:00- 10:45	Lap Swim Lane 5-6	10:00- 10:45	Lap Swim Lanes 5-6			
10:45- 12:00	Lap Swim Lanes 4-6	10:45- 12:00	Lane Swim Lanes 4-6	10:45- 12:00	Lap Swim Lanes 4-6	10:45- 12:00	Lap Swim Lanes 4-6	10:45- 12:00	Lap Swim Lanes 4-6			
РМ		PM		PM		PM		PM		SUN	DAY	
12:00- 4:00	Lap Swim Lanes 4-6	12:00- 9:00	Lap Swim Lanes 4-6	12:00- 5:00	Lap Swim Lanes 4-6	12:00- 4:00	Lap Swim Lanes 4-6	12;00- 5:30	Lap Swim Lanes 4-6	8:30- 3:00	Lap Swim Lanes 4-6	
4:00- 7:15	Adult Lap Swim Lane 4			5:00- 6:45	Adult Lap Swim Lane 4	4:00- 7:15	Adult Lap Swim Lane 4	5:30- 7:00	Lap Swim Lane 4			
7:15- 9:00	Lap Swim Lanes 4-6			6:45- 9:00	Lap Swim Lanes 4-6	7:15- 9:00	Lap Swim Lanes 4-6	7:00- 9:00	Lap Swim Lanes 4-6			

FACILITY HOURS

Monday - Friday 5:30am - 9:00pm

Saturday 7:00am-3:00pm

Sunday 8:30 - 3:00pm

^{*}Schedule is subject to change as needed.

^{***}Lap and Open swim may not be available 11:15-12:45pm on Saturdays and/or Sunday am for Birthday Parties. Please call to confirm, if needed.