



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 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 | 5:30-9:00 Lap Swim Lanes 4-6 | 7:00-3:00 Lap Swim*** Lanes 4-6 |
| 5:30-9:00 Open Swim Lanes 1-3 | 5:30-9:00 Open Swim Lanes 1-3 | 5:30-9:00 Open Swim Lanes 1-3 | 5:30-9:00 Open Swim Lanes 1-3 | 5:30-9:00 Open Swim Lanes 1-3 | 7:00-9:30 Open Swim*** Lanes 1-3 |
| 9:00-9:45 DeepWater Aquafit Lanes 1-3 | 9:00-9:45 Aquafit Lanes 1-3 | 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 | 9:30-11:00 Swim Lessons Lanes 1-3 |
| 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 | 11:00-3:15 Open Swim*** Lanes 1-3 |
| 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 | 10:45-12:00 Lap Swim Lanes 4-6 | |
| PM | PM | PM | PM | PM | SUNDAY |
| 12:00-4:30 Lap Swim Lanes 4-6 | 12:00-9:00 Lap Swim Lanes 4-6 | 12:00-2:30 Lap Swim Lanes 4-6 | 12:00-4:30 Lap Swim Lanes 4-6 | 12:00-4:30 Lap Swim Lanes 4-6 | 8:30-3:00 Lap Swim*** Lanes 4-6 |
| 12:00-5:15 Open Swim Lanes 1-3 | 12:00-5:30 Open Swim Lanes 1-3 | 12:00-5:15 Open Swim Lanes 1-3 | 12:00-5:15 Open Swim Lanes 1-3 | 12:00-4:00 Open Swim Lanes 1-3 | 8:30-3:00 Open Swim*** Lanes 1-3 |
| 4:30-6:00 Lap Swim Lane 4 | 5:30-6:30 Swim Lessons Lanes 1-3 | 2:30-4:00 Lap Swim Lane 4 | 4:30-6:30 Swim Lessons Lanes 5-6 | 4:00-4:45 SACC Swim Lanes 1-3 | |
| 4:30-6:00 Westover Lanes 5-6 | 5:30-6:30 Open Swim Deep End Only Lanes 1-3 | 2:30-4:00 Westover Lanes 5-6 | 4:30-6:30 Adult Lap Swim Lane 4 | 4:30-6:00 Westover Lanes 4-5 | |
| 5:15-6:15 Aquafit Lanes 1-3 | 6:30-9:00 Open Swim Lanes 1-3 | 4:00-5:00 Lap Swim Lanes 4-6 | 5:15-6:00 Aquafit Lanes 1-3 | 4:45-9:00 Open Swim Lanes 1-3 | |
| 6:00-9:15 Lap Swim Lanes 4-6 | | 5:00-8:00 Swim Lessons Lanes 5-6 | 6:15-7:00 Aquablast Lanes 1-3 | 6:00-9:00 Lap Swim Lanes 4-6 | |
| 6:15-7:15 Aquacize Lanes 1-3 | | 5:15-6:00 Aquafit Lanes 1-3 | 6:30-9:00 Lap Swim Lanes 4-6 | | |
| 7:15-9:00 Open Swim Lanes 1-3 | | 6:15-7:00 DeepWater Aquafit Lanes 1-3 | 7:00-9:00 Open Swim Lanes 1-3 | | |
| | | 7:00-9:00 Open Swim Lanes 1-3 | | | |
| | | 8:00-9:00 Lap Swim Lanes 4-6 | | | |

*Schedule is subject to change as needed.

FACILITY HOURS

Monday – Friday
5:30am – 9:00pm

Saturday
7:00am – 3:00pm

Sunday
8:30am – 3:00pm

Effective 01/05/2026



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

LAP SWIM SCHEDULE

| MONDAY | TUESDAY | 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 | 5:30-9:00 Lap Swim Lanes 4-6 | 7:00-9:00 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 | 9:00-9:45 Lap Swim Lanes 5-6 | 9:00-11:00 Lap Swim Lane 4 |
| 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 | 10:00-12:00 Lap Swim Lanes 4-6 | 11:00-3:00 Lap Swim Lanes 4-6 |
| PM | PM | PM | PM | PM | SUNDAY |
| 12:00-9:00 Lap Swim Lanes 4-6 | 12:00-5:00 Lap Swim Lanes 4-6 | 12:00-5:00 Lap Swim Lanes 4-6 | 12:00-4:30 Lap Swim Lanes 4-6 | 12:00-9:00 Lap Swim Lanes 4-6 | 8:30-3:00 Lap Swim Lanes 4-6 |
| | 5:00-7:00 Adult Lap Swim Lane 4 | 5:00-6:00 Lap Swim Lane 4 | 4:30-6:30 Adult Lap Swim Lane 4 | | |
| | 7:00-9:00 Lap Swim Lanes 4-6 | 6:00-9:00 Lap Swim Lanes 4-6 | 6:30-9:00 Lap Swim Lanes 4-6 | | |

*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.

FACILITY HOURS

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

Saturday
7:00am-3:00pm

Sunday
8:30 - 3:00pm

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