



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NAUGATUCK YMCA

## AQUATICS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>
5:30-10:00 <b>Lap Swim</b> Lanes 4-6	5:30-10:00 <b>Lap Swim</b> Lanes 4-6	5:30-10:00 <b>Lap Swim</b> Lanes 4-6	5:30-10:00 <b>Lap Swim</b> Lanes 4-6	5:30-9:00 <b>Lap Swim</b> Lanes 4-6	7:00-3:00 <b>Lap Swim***</b> Lanes 4-6
5:30-9:00 <b>Open Swim</b> Lanes 1-3	5:30-9:00 <b>Open Swim</b> Lanes 1-3	5:30-9:00 <b>Open Swim</b> Lanes 1-3	5:30-9:00 <b>Open Swim</b> Lanes 1-3	5:30-9:00 <b>Open Swim</b> Lanes 1-3	7:00-9:30 <b>Open Swim***</b> Lanes 1-3
9:00-9:45 <b>DeepWater Aquafit</b> Lanes 1-3	9:00-9:45 <b>Aquafit</b> Lanes 1-3	9:00-9:45 <b>Aquafit</b> Lanes 1-3	9:00-9:45 <b>DeepWater Aquafit</b> Lanes 1-3	9:00-9:45 <b>Aquafit</b> Lanes 1-4	9:30-11:00 <b>Swim Lessons</b> Lanes 1-3
10:00-10:45 <b>Lap Swim</b> Lanes 5-6	10:00-10:45 <b>Aquamotion</b> Lanes 1-4	10:00-10:45 <b>Lap Swim</b> Lanes 5-6	10:00-10:45 <b>Lap Swim</b> Lanes 5-6	10:00-10:45 <b>Lap Swim</b> Lanes 5-6	11:00-3:15 <b>Open Swim***</b> Lanes 1-3
10:00-10:45 <b>Aquamotion</b> Lanes 1-4	10:45-12:00 <b>Lap Swim</b> Lanes 4-6	10:00-10:45 <b>Aquamotion</b> Lanes 1-4	10:00-10:45 <b>Aquamotion</b> Lanes 1-4	10:00-10:45 <b>Aquamotion</b> Lanes 1-4	
10:45-12:00 <b>Open Swim</b> Lanes 1-3	10:45-12:00 <b>Open Swim</b> Lanes 1-3	10:45-12:00 <b>Open Swim</b> Lanes 1-3	10:45-12:00 <b>Open Swim</b> Lanes 1-3	10:45-12:00 <b>Open Swim</b> Lanes 1-3	
10:45-12:00 <b>Lap Swim</b> Lanes 4-6	10:45-12:00 <b>Lap Swim</b> Lanes 4-6	10:45-12:00 <b>Lap Swim</b> Lanes 4-6	10:45-12:00 <b>Lap Swim</b> Lanes 4-6	10:45-12:00 <b>Lap Swim</b> Lanes 4-6	
<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>SUNDAY</b>
12:00-4:30 <b>Lap Swim</b> Lanes 4-6	12:00-9:00 <b>Lap Swim</b> Lanes 4-6	12:00-2:30 <b>Lap Swim</b> Lanes 4-6	12:00-4:30 <b>Lap Swim</b> Lanes 4-6	12:00-4:30 <b>Lap Swim</b> Lanes 4-6	8:30-3:00 <b>Lap Swim***</b> Lanes 4-6
12:00-5:15 <b>Open Swim</b> Lanes 1-3	12:00-5:30 <b>Open Swim</b> Lanes 1-3	12:00-5:15 <b>Open Swim</b> Lanes 1-3	12:00-5:15 <b>Open Swim</b> Lanes 1-3	12:00-4:00 <b>Open Swim</b> Lanes 1-3	8:30-3:00 <b>Open Swim***</b> Lanes 1-3
4:30-6:00 <b>Lap Swim</b> Lane 4	5:30-6:30 <b>Swim Lessons</b> Lanes 1-3	2:30-4:00 <b>Lap Swim</b> Lane 4	4:30-6:30 <b>Swim Lessons</b> Lanes 5-6	4:00-4:45 <b>SACC Swim</b> Lanes 1-3	
4:30-6:00 <b>Westover</b> Lanes 5-6	5:30-6:30 <b>Open Swim Deep End Only</b> Lanes 1-3	2:30-4:00 <b>Westover</b> Lanes 5-6	4:30-6:30 <b>Adult Lap Swim</b> Lane 4	4:30-6:00 <b>Westover</b> Lanes 4-5	
5:15-6:15 <b>Aquafit</b> Lanes 1-3	6:30-9:00 <b>Open Swim</b> Lanes 1-3	4:00-5:00 <b>Lap Swim</b> Lanes 4-6	5:15-6:00 <b>Aquafit</b> Lanes 1-3	4:45-9:00 <b>Open Swim</b> Lanes 1-3	
6:00-9:15 <b>Lap Swim</b> Lanes 4-6		5:00-8:00 <b>Swim Lessons</b> Lanes 5-6	6:15-7:00 <b>Aquablast</b> Lanes 1-3	6:00-9:00 <b>Lap Swim</b> Lanes 4-6	
6:15-7:15 <b>Aquacize</b> Lanes 1-3		5:15-6:00 <b>Aquafit</b> Lanes 1-3	6:30-9:00 <b>Lap Swim</b> Lanes 4-6		
7:15-9:00 <b>Open Swim</b> Lanes 1-3		6:15-7:00 <b>DeepWater Aquafit</b> Lanes 1-3	7:00-9:00 <b>Open Swim</b> Lanes 1-3		
		7:00-9:00 <b>Open Swim</b> Lanes 1-3			
		8:00-9:00 <b>Lap Swim</b> 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



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# NAUGATUCK YMCA

## LAP SWIM SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM		AM		AM		AM		AM		AM	
5:30-10:00	<b>Lap Swim</b> Lanes 4-6	5:30-10:00	<b>Lap Swim</b> Lanes 4-6	5:30-10:00	<b>Lap Swim</b> Lanes 4-6	5:30-10:00	<b>Lap Swim</b> Lanes 4-6	5:30-9:00	<b>Lap Swim</b> Lanes 4-6	7:00-9:00	<b>Lap Swim**</b> Lanes 4-6
10:00-10:45	<b>Lap Swim</b> Lanes 5-6	10:00-10:45	<b>Lap Swim</b> Lanes 5-6	10:00-10:45	<b>Lap Swim</b> Lanes 5-6	10:00-10:45	<b>Lap Swim</b> Lane 5-6	9:00-9:45	<b>Lap Swim</b> Lanes 5-6	9:00-11:00	<b>Lap Swim</b> Lane 4
10:45-12:00	<b>Lap Swim</b> Lanes 4-6	10:45-12:00	<b>Lane Swim</b> Lanes 4-6	10:45-12:00	<b>Lap Swim</b> Lanes 4-6	10:45-12:00	<b>Lap Swim</b> Lanes 4-6	10:00-12:00	<b>Lap Swim</b> Lanes 4-6	11:00-3:00	<b>Lap Swim</b> Lanes 4-6
PM		PM		PM		PM		PM		SUNDAY	
12:00-9:00	<b>Lap Swim</b> Lanes 4-6	12:00-5:00	<b>Lap Swim</b> Lanes 4-6	12:00-5:00	<b>Lap Swim</b> Lanes 4-6	12:00-4:30	<b>Lap Swim</b> Lanes 4-6	12:00-9:00	<b>Lap Swim</b> Lanes 4-6	8:30-3:00	<b>Lap Swim</b> Lanes 4-6
		5:00-7:00	<b>Adult Lap Swim</b> Lane 4	5:00-6:00	<b>Lap Swim</b> Lane 4	4:30-6:30	<b>Adult Lap Swim</b> Lane 4				
		7:00-9:00	<b>Lap Swim</b> Lanes 4-6	6:00-9:00	<b>Lap Swim</b> Lanes 4-6	6:30-9:00	<b>Lap Swim</b> 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**