



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<br>Lanes 4-6          | 5:30-10:00  | Lap Swim<br>Lanes 4-6                   | 5:30-10:00  | Lap Swim<br>Lanes 4-6          | 5:30-10:00  | Lap Swim<br>Lanes 4-6          | 5:30-10:00  | Lap Swim<br>Lanes 4-6     | 7:00-3:00 | Lap Swim***<br>Lanes 4-6  |
| 5:30-9:00   | Open Swim<br>Lanes 1-3         | 5:30-10:00  | Open Swim<br>Lanes 1-3                  | 5:30-9:00   | Open Swim<br>Lanes 1-3         | 5:30-9:00   | Open Swim<br>Lanes 1-3         | 5:30-9:00   | Open Swim<br>Lanes 1-3    | 7:00-3:00 | Open Swim***<br>Lanes 1-3 |
| 9:00-9:45   | DeepWater Aquafit<br>Lanes 1-3 | 10:00-10:45 | Lap Swim<br>Lanes 5-6                   | 9:00-9:45   | Aquafit<br>Lanes 1-3           | 9:00-9:45   | DeepWater Aquafit<br>Lanes 1-3 | 9:00-9:45   | Aquafit<br>Lanes 1-4      |           |                           |
| 10:00-10:45 | Lap Swim<br>Lanes 5-6          | 10:00-10:45 | Aquamotion<br>Lanes 1-4                 | 10:00-10:45 | Lap Swim<br>Lanes 5-6          | 10:00-10:45 | Lap Swim<br>Lanes 5-6          | 10:00-10:45 | Lap Swim<br>Lanes 5-6     |           |                           |
| 10:00-10:45 | Aquamotion<br>Lanes 1-4        | 10:45-12:00 | Lap Swim<br>Lanes 4-6                   | 10:00-10:45 | Aquamotion<br>Lanes 1-4        | 10:00-10:45 | Aquamotion<br>Lanes 1-4        | 10:00-10:45 | Aquamotion<br>Lanes 1-4   |           |                           |
| 10:45-12:00 | Open Swim<br>Lanes 1-3         | 10:45-12:00 | Open Swim<br>Lanes 1-3                  | 10:45-12:00 | Open Swim<br>Lanes 1-3         | 10:45-12:00 | Open Swim<br>Lanes 1-3         | 10:45-12:00 | Open Swim<br>Lanes 1-3    |           |                           |
| 10:45-12:00 | Lap Swim<br>Lanes 4-6          |             |   | 10:45-12:00 | Lap Swim<br>Lanes 4-6          | 10:45-12:00 | Lap Swim<br>Lanes 4-6          | 10:45-12:00 | Lap Swim<br>Lanes 4-6     |           |                           |
| PM          |                                | PM          |   | PM          |                                | PM          |                                | PM          |                           | SUNDAY    |                           |
| 12:00-4:00  | Lap Swim<br>Lanes 4-6          | 12:00-5:00  | Lap Swim<br>Lanes 4-6                   | 12:00-5:00  | Lap Swim<br>Lane 4-6           | 12:00-4:00  | Lap Swim<br>Lanes 4-6          | 12:00-5:00  | Lap Swim<br>Lanes 4-6     | 8:30-3:00 | Lap Swim<br>Lanes 4-6     |
| 12:00-3:00  | Camp Swim<br>Lanes 1-3         | 12:00-3:00  | Camp Swim<br>Lanes 1-3                  | 12:00-3:00  | Camp Swim<br>Lanes 1-3         | 12:00-3:00  | Camp Swim<br>Lanes 1-3         | 12:00-3:00  | Camp Swim<br>Lanes 1-3    | 8:30-3:00 | Open Swim<br>Lanes 1-3    |
| 3:00-4:00   | Open Swim<br>Lanes 1-3         | 3:00-5:30   | Open Swim<br>Lanes 1-3                  | 3:00-5:15   | Open Swim<br>Lanes 1-3         | 3:00-4:00   | Open Swim<br>Lanes 1-3         | 3:00-5:15   | Open Swim<br>Lanes 1-3    |           |                           |
| 4:00-7:15   | Adult Lap Swim<br>Lane 4       | 5:00-6:30   | Swim Lessons<br>Lanes 4-5               | 5:00-7:00   | Adult Lap Swim<br>Lane 6       | 4:00-7:15   | Swim Lessons<br>Lanes 5-6      | 5:00-5:45   | Swim Lessons<br>Lanes 1-3 |           |                           |
| 4:00-7:15   | Swim Lessons<br>Lanes 5-6      | 5:00-6:30   | Lap Swim<br>Lane 6                      | 5:00-7:00   | Swim Lessons<br>Lanes 5-6      | 4:00-7:15   | Adult Lap Swim<br>Lane 4       | 5:30-7:00   | Lap Swim<br>Lane 4        |           |                           |
| 6:15-7:15   | Aquafit<br>Lanes 1-3           | 5:30-6:30   | Swim Lessons<br>Lanes 1-3               | 5:15-6:00   | Aquafit<br>Lanes 1-3           | 5:15-6:00   | Aquafit<br>Lanes 1-3           | 5:30-7:00   | Swim Lessons<br>Lanes 5-6 |           |                           |
| 6:15-7:15   | Aquacize<br>Lanes 1-3          | 5:30-6:30   | Open Swim DEEP<br>End Only<br>Lanes 1-3 | 6:15-7:00   | DeepWater Aquafit<br>Lanes 1-3 | 6:15-7:00   | Aquablast<br>Lanes 1-3         | 5:45-9:00   | Open Swim<br>Lanes 1-3    |           |                           |
| 7:15-9:00   | Open Swim<br>Lanes 1-3         | 6:30-9:00   | Open Swim<br>Lanes 1-3                  | 7:00-9:00   | Open Swim<br>Lanes 1-3         | 7:00-9:00   | Open Swim<br>Lanes 1-3         | 7:00-9:00   | Lap Swim<br>Lanes 4-6     |           |                           |
| 7:15-9:00   | Lap Swim<br>Lanes 4-6          | 6:30-9:00   | Lap Swim<br>Lanes 4-6                   | 7:00-9:00   | Lap Swim<br>Lanes 4-6          | 7:15-9:00   | Lap Swim<br>Lanes 4-6          |             |                           |           |                           |

### FACILITY HOURS

Monday – Friday  
5:30am – 9:00pm

Saturday  
7:00am – 3:00pm

Sunday  
8:30am – 3:00pm

\*Schedule is subject to change as needed.

Effective 06/23/2025



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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><br>Lanes 4-6   | 5:30-10:00 <b>Lap Swim</b><br>Lanes 4-6   | 5:30-10:00 <b>Lap Swim</b><br>Lanes 4-6   | 5:30-10:00 <b>Lap Swim</b><br>Lanes 4-6   | 5:30-10:00 <b>Lap Swim</b><br>Lanes 4-6  | 7:00-3:00 <b>Lap Swim***</b><br>Lanes 4-6 |
| 10:00-10:45 <b>Lap Swim</b><br>Lanes 5-6  | 10:00-10:45 <b>Lap Swim</b><br>Lanes 5-6  | 10:00-10:45 <b>Lap Swim</b><br>Lanes 5-6  | 10:00-10:45 <b>Lap Swim</b><br>Lane 5-6   | 10:00-10:45 <b>Lap Swim</b><br>Lanes 5-6 |   |
| 10:45-12:00 <b>Lap Swim</b><br>Lanes 4-6  | 10:45-12:00 <b>Lane Swim</b><br>Lanes 4-6 | 10:45-12:00 <b>Lap Swim</b><br>Lanes 4-6  | 10:45-12:00 <b>Lap Swim</b><br>Lanes 4-6  | 10:45-12:00 <b>Lap Swim</b><br>Lanes 4-6 |   |
| PM  | PM  | PM  | PM  | PM                                       | SUNDAY                                    |
| 12:00-4:00 <b>Lap Swim</b><br>Lanes 4-6   | 12:00-9:00 <b>Lap Swim</b><br>Lanes 4-6   | 12:00-5:00 <b>Lap Swim</b><br>Lanes 4-6   | 12:00-4:00 <b>Lap Swim</b><br>Lanes 4-6   | 12:00-5:30 <b>Lap Swim</b><br>Lanes 4-6  | 8:30-3:00 <b>Lap Swim</b><br>Lanes 4-6    |
| 4:00-7:15 <b>Adult Lap Swim</b><br>Lane 4 |   | 5:00-6:45 <b>Adult Lap Swim</b><br>Lane 4 | 4:00-7:15 <b>Adult Lap Swim</b><br>Lane 4 | 5:30-7:00 <b>Lap Swim</b><br>Lane 4      |   |
| 7:15-9:00 <b>Lap Swim</b><br>Lanes 4-6    |   | 6:45-9:00 <b>Lap Swim</b><br>Lanes 4-6    | 7:15-9:00 <b>Lap Swim</b><br>Lanes 4-6    | 7:00-9:00 <b>Lap Swim</b><br>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**

Effective 04/28/2025