



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	5:30-9:00	Lap Swim Lanes 4-6	5:30-9:00	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	7:00-9:00	Open Swim*** Lanes 1-3
10:00-10:45	Lap Swim Lanes 5-6	9:00-11:45	Lap Swim Lanes 5-6	9:00-10:45	Lap Swim Lanes 5-6	10:00-10:45	Lap Swim Lanes 5-6	9:00-11:00	Lap Swim Lanes 5-6	9:00-12:00	Swim Lessons Lanes 1-3
9:00-9:45	DeepWater Aquafit Lanes 1-3	9:00-9:45	Aquafit Lanes 1-4	9:00-9:45	Aquafit Lanes 1-4	9:00-9:45	DeepWater Aquafit Lanes 1-3	9:00-9:45	Aquafit Lanes 1-4	12:00-3:00	Open Swim Lanes 1-3
10:00-10:45	Aquamotion Lanes 1-4	10:00-10:45	Aquamotion Lanes 1-4	10:00-10:45	Aquamotion Lanes 1-4	10:00-10:45	Aquamotion Lanes 1-4	10:00-10:45	Aquamotion Lanes 1-4		
10:45-12:00	Open Swim Lanes 1-3	11:00-12:00	Lap Swim Lanes 4-6	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	11:00-11:45	DeepWater Aquafit 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		
PM		PM		PM		PM		PM		SUNDAY	
12:00-5:00	Lap Swim Lanes 4-6	12:00-9:00	Lap Swim Lanes 4-6	12:00-4:15	Lap Swim Lanes 4-6	12:00-4:30	Lap Swim Lanes 4-6	12:00-9:00	Lap Swim Lanes 4-6	8:30-1:00	Lap Swim Lanes 4-6
12:00-5:10	Open Swim Lanes 1-3	12:00-5:30	Open Swim Lanes 1-3	12:00-5:10	Open Swim Lanes 1-3	12:00-5:15	Open Swim Lanes 1-3	12:00-9:00	Open Swim Lanes 1-3	8:30-1:00	Open Swim *** Lanes 1-3
3:30-4:15	AfterSchool Swim Lanes 1-3	5:30-6:45	Swim Lessons Lanes 1-3	3:30-4:15	AfterSchool Swim Lanes 1-3	5:15-6:00	Aquafit Lanes 1-3	<div><div>FACILITY HOURS</div><div><div>Monday – Friday</div><div>5:30am – 9:00pm</div></div><div><div>Saturday</div><div>7:00am-3:00pm</div></div><div><div>Sunday</div><div>8:30am-1:00pm</div></div></div>			
4:15-5:10	Open Swim Lanes 1-3	6:45-9:00	Open swim Lanes 1-3	4:15-7:30	Swim Lessons Lane 5-6	4:30-7:00	Lap Swim Lane 4 Only				
5:00-7:15	Lap Swim Lane 4			5:15-6:00	Aquafit Lanes 1-3	4:30-7:00	Swim Lessons Lanes 5-6				
5:00-7:15	Swim Lessons Lanes 5-6		6:15-7:00	DeepWater Aquafit Lanes 1-3	6:15-7:00	Aquablast Lanes 1-3					
5:15-6:00	Aquafit Lanes 1-3		7:00-9:00	Open Swim Lanes 1-3	7:15-9:00	Open Swim Lanes 1-3					
6:15-7:00	Aquablast Lanes 1-3		7:30-8:45	Lap Swim Lanes 4-6	7:00-9:00	Lap Swim Lanes 4-6					
7:00-8:45	Lap Swim Lanes 4-6										
7:00-9:00	Open Swim Lanes 1-3	Schedule is subject to change as needed.									
***Lap and Open swim may not be available 11:15-12pm on Saturdays and 9:15-11am on Sundays for Birthday Parties.											
Updated 01/05/2024											

Updated 01/05/2024



FOR YOUTH DEVELOPMENT®
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	5:30-9:00 Lap Swim Lanes 4-6	5:30-9:00 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
10:00-10:45 Lap Swim Lanes 5-6	9:00-10:45 Lap Swim Lanes 5-6	9:00-10:45 Lap Swim Lanes 5-6	10:00-10:45 Lap Swim Lane 5-6	9:00-10:45 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	
PM	PM	PM	PM	PM	SUNDAY
12:00-5:00 Lap Swim Lanes 4-6	12:00-9:00 Lap Swim Lanes 4-6	12:00-4:30 Lap Swim Lanes 4-6	12:00-4:30 Lap Swim Lanes 4-6	12:00-9:00 Lap Swim Lanes 4-6	8:30-1:00 Lap Swim Lanes 4-6
5:00-7:15 Lap Swim Lane 4 only		4:30-7:30 Lap Swim Lane 4	4:30-7:00 Lap Swim Lane 4		
7:15-9:00 Lap Swim Lanes 4-6		7:30-8:45 Lap Swim Lanes 4-6	7:00-9:00 Lap Swim Lanes 4-6		

*Schedule is subject to change as needed.

***Lap and Open swim may not be available 11:15-12pm on Saturdays and 9:15-11am on Sundays for Birthday Parties.

FACILITY HOURS

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

Saturday
7:00am-3:00pm

Sunday
8:30 - 1:00pm

Updated 01/05/2024