



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	
5:30-9:00	Lap Swim Lanes 4-6	5:30-9:00	Lap Swim Lanes 4-6	5:30-9:00	Lap Swim Lanes 4-6	5:30-9:00	Lap Swim Lanes 4-6	5:30-12:00	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	7:00-3:00	Open Swim*** Lanes 1-3
9:00-10:45	Lap Swim Lanes 5-6	9:00-11:45	Lap Swim Lanes 5-6	9:00-10:45	Lap Swim Lanes 5-6	9:00-10:45	Lap Swim Lanes 5-6	9:00-11:00	Lap Swim Lanes 5-6		
9:00-9:45	DeepWater Aquafit Lanes 1-4	9:00-9:45	Aquafit Lanes 1-4	9:00-9:45	Aquafit Lanes 1-4	9:00-9:45	DeepWater Aquafit Lanes 1-4	9:00-10:00	Aquafit 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	10:00-11:00	Aquamotion Lanes 1-4		
10:45-12:00	Open Swim Lanes 1-3	11:00-11:45	DeepWater Aquafit Lanes 1-4	10:45-12:00	Open Swim Lanes 1-3	10:45-12:00	Open Swim Lanes 1-3	11:00-12:00	Open Swim Lanes 1-3		
10:45-12:00	Lap Swim Lanes 4-6	11:45-12:00	Lap Swim Lanes 4-6	10:45-12:00	Lap Swim Lanes 4-6	10:45-12:00	Lap Swim Lanes 4-6	11:00-12:00	Lap Swim Lanes 4-6		
PM		PM		PM		PM		PM		SUNDAY	
12:00-6:00	Lap Swim Lanes 4-6	12:00-6:45	Lap Swim Lanes 4-6	12:00-9:00	Lap Swim Lanes 4-6	12:00-6:00	Lap Swim Lanes 4-6	12:00-5:00	Lap Swim Lanes 4-6	8:30-11:00	Lap Swim Lanes 4-6
12:00-3:30	Open Swim Lanes 1-3	12:00-5:00	Open Swim Lanes 1-3	12:00-3:30	Open Swim Lanes 1-3	12:00-5:15	Open Swim Lanes 1-3	12:00-5:00	Open Swim Lanes 1-3	8:30-11:00	Open Swim *** Lanes 1-3
3:30-4:15	AfterSchool Swim Lanes 1-3	5:00-6:15	Swim Lessons Lanes 1-3	3:30-4:15	AfterSchool Swim Lanes 1-3	5:15-6:00	Aquafit Lanes 1-3	5:00-7:30	Swim Lessons Lanes 1-4	11:00-12:00	Lap Swim Lanes 5-6
4:15-5:15	Open Swim Lanes 1-3	6:15-9:00	Open swim Lanes 1-3	4:15-5:15	Open Swim Lanes 1-3	6:00-7:45	Lap Swim Lane 6 Only	5:00-7:30	Lap Swim Lanes 5-6	11:00-12:00	Open Swim Lanes 1-2
5:15-6:00	Aquafit Lanes 1-3	6:45-7:45	Lap Swim Lane 6 only	5:15-6:00	Aquafit Lanes 1-3	6:00-7:45	Swim Lessons Lanes 4-5	7:30-8:45	Open Swim Lanes 1-3	11:00-12:15	Swim Lessons Lanes 3-4
6:15-7:00	Aquablast Lanes 1-3	6:45-7:45	Swim Lessons Lanes 4-5	6:15-7:00	DeepWater Aquafit Lanes 1-3	6:15-7:00	Aquablast Lanes 1-3	7:30-9:00	Lap Swim Lanes 4-6	12:15-1:00	Lap Swim Lanes 4-6
6:00-6:30	Lap Swim Lane 4	7:45-9:00	Lap Swim Lanes 4-6	7:00-9:00	Open Swim Lanes 1-3	7:15-9:00	Open Swim Lanes 1-3			12:15-1:00	Open Swim Lanes 1-3
6:30-7:15	Lap Swim Lane 5 and 6	Schedule is subject to change as needed.				7:30-9:00	Lap Swim Lanes 4-6				
7:15-8:45	Lap Swim Lanes 4-6										
7:15-9:00	Open Swim Lanes 1-3	***Open swim may not be available 11:30-1pm on Saturdays and 9:30-11am on Sundays for Birthday Parties.									
<div><div>FACILITY HOURS</div><div><div>Monday - Friday 5:30am - 9:00pm</div><div>Saturday 7:00am-3:00pm</div><div>Sunday</div></div></div>											

### FACILITY HOURS

Monday - Friday 5:30am - 9:00pm  
Saturday 7:00am-3:00pm  
Sunday 8:30am-1:00pm



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# NAUGATUCK YMCA

## LAP SWIM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
5:30-9:00 <b>Lap Swim</b> Lanes 4-6	5:30-9:00 <b>Lap Swim</b> Lanes 4-6	5:30-9:00 <b>Lap Swim</b> Lanes 4-6	5:30-9:00 <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
9:00-10:45 <b>Lap Swim</b> Lanes 5-6	9:00-11:45 <b>Lap Swim</b> Lanes 5-6	9:00-11:45 <b>Lap Swim</b> Lanes 5-6	9:00-11:45 <b>Lap Swim</b> Lanes 5-6	9:00-11:45 <b>Lap Swim</b> Lanes 5-6	
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	
PM	PM	PM	PM	PM	SUNDAY
12:00-6:00 <b>Lap Swim</b> Lanes 4-6	12:00-6:45 <b>Lap Swim</b> Lanes 4-6	12:00-9:00 <b>Lap Swim</b> Lanes 4-6	12:00-6:00 <b>Lap Swim</b> Lanes 4-6	12:00-5:00 <b>Lap Swim</b> Lanes 4-6	8:30-11:00 <b>Lap Swim</b> Lanes 4-6
6:00-6:30 <b>Lap Swim</b> Lane 4 only	6:45-7:45 <b>Lap Swim</b> Lane 6		6:00-7:45 <b>Lap Swim</b> Lane 6 Only	5:00-7:30 <b>Lap Swim</b> Lanes 5-6	11:00-12:15 <b>Lap Swim</b> Lanes 5-6
6:30-7:15 <b>Lap Swim</b> Lanes 5 and 6	7:45-9:00 <b>Lap Swim</b> Lanes 4-6		7:45-9:00 <b>Lap Swim</b> Lanes 4-6	7:30-9:00 <b>Lap Swim</b> Lanes 4-6	12:15-1:00 <b>Lap Swim</b> Lanes 4-6
7:15-8:45 <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**  
**8:30 - 1:00pm**

Updated 11/15/2023