



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

\*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 11/03/2025



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## 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**

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