



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
5:30 10:45 Open Gym	5:30 10:45 Open Gym	5:30 10:45 Open Gym	5:30 10:45 Open Gym	5:30- 10:45 Open Gym	7:00 7:30 Open Gym
11:00- 12:00 *Preschool Program Play	11:00- 12:00 *Preschool Program Play	11:00- 12:00 *Preschool Program Play	11:00 - 12:00 *Preschool Program Play	11:00 - 12:00 *Preschool Program Play	7:30- 3:00 Little PAL (Starting 11/27/23)
PM	PM	PM	PM	PM	SUNDAY
12:00- 2:00 *Preschool Program Play	12:00- 2:00 *Preschool Program Play	12:00- 2:00 *Preschool Program Play	12:00 -2:00 *Preschool Program Paly	12:00 -2:00 *Preschool Program Play	9:30- 11:00 Volleyball League
2:00- 5:00 Open Gym	2:00- 4:15 Open Gym	2:00- 4:45 Open Gym	2:00- 4:15 Open Gym	2:00- 5:00 Open Gym	
6:45- 9:00 Volleyball League (Starting 9/18/23)	4:15- 5:00 SACC Program	5:30- 6:30 Youth Boxing (Starting 12/6/23)	4:15- 5:00 SACC Program	5:00- 9:00 Little PAL (Starting 11/27/23)	
	5:00- 9:00 Little PAL (Starting 11/27/23)	6:30- 9:00 Open Gym	5:00- 9:00 Little PAL (Starting 11/27/23)		

*Gym in use during inclement weather. Otherwise open gym is available.

For programs with a start date, open gym is available during that time block until the start date of the program.

NAUGATUCK YMCA
284 Church Street Naugatuck, CT 06770

FACILITY HOURS

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

Saturday
7:00am - 3:00pm

Sunday
8:30am-1:00pm

Updated 11/02/2023