



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

GYMNASIUM SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM		AM									
5:30-6:00	Open Gym	5:30-9:00	Open Gym	5:30-6:00	Open Gym	5:30-11:00	Open Gym	5:30-6:00	Open Gym	7:00-1:00	Little Pal
6:00-9:00	Pickleball (Preregistration required)	9:00-10:30	Pickleball (Preregistration required)	6:00-9:00	Pickleball (Preregistration required)	11:00-12:00	*Preschool Program Play	6:00-9:00	Pickleball (Preregistration required)	1:00-3:00	Open Gym
9:00-11:00	Open Gym	10:30-11:00	Open Gym	9:00-11:00	Open Gym			9:00-11:00	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		
PM		PM		PM		PM		PM		SUNDAY	
12:00-6:30	Open Gym	12:00-4:00	Open Gym	12:00-5:00	Open Gym	12:00-1:30	Pickleball (Preregistration required)	12:00-5:00	Open Gym	9:00-11:00	Volleyball League
6:15-9:00	Volleyball League	4:00-5:00	SACC Program	5:00-6:00	Boxing Program	1:30-4:00	Open Gym	5:00-9:00	Little Pal	11:00-12:00	Open Gym
		5:00-9:00	Little Pal	6:30-9:15	Little Pal	4:00-5:00	SACC Program			12:00-1:45	Little Pal
						5:00-8:00	Little Pal			1:45-3:00	Open Gym
						8:00-9:00	Open Gym				

*Gym in use during inclement weather. Otherwise open gym is available.
Schedule is subject to change as needed.

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
P 203 729 9622 W naugatuckymca.org

FACILITY HOURS

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

Saturday
7:00am - 3:00pm

Sunday
8:30am-3:00pm

Updated 02/13/2026