



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
5:30-6:00 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
6:30-9:00 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 01/06/2026