



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE

NAUGATUCK YMCA

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
6:30- 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