



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

POOL SCHEDULE

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|----------------|--|---------------|---|----------------|---|----------------|--|----------------|---|-----------------------|--|
| AM | | AM | | AM | | AM | | AM | | AM | |
| 5:30 10:15 | Lap Swim (Lanes 1-6) | 5:30 12:00 | Lap Swim (Lanes 1-6) | 5:30 10:15 | Lap Swim (Lanes 1-6) | 5:30 11:00 | Lap Swim (Lanes 1-6) | 5:30 10:15 | Lap Swim (Lanes 1-6) | | |
| | | | | | | | | | | 7:00 8:30 | Lap Swim (Lanes 1-6) |
| 10:15 11:00 | Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6) | | | 10:15 11:00 | Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6) | 11:00 12:00 | Preschool Swim (Lanes 1-6) | 10:15 11:00 | Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6) | 8:30 11:00 | Swim Lessons (Lane 1-5) Lap Swim (Lane 6) |
| 11:00 12:00 | Lap Swim (Lanes 1-6) | | | 11:00 12:00 | Lap Swim (Lanes 1-6) | | | 11:00 12:00 | Lap Swim (Lanes 1-6) | 11:00 12:00 | Lap Swim (Lanes 1-6) |
| PM | | PM | | PM | | PM | | PM | | PM | |
| 12:00 5:15 | Lap Swim (Lanes 1-6) | 12:00 4:00 | Lap Swim (Lanes 1-6) | 12:00 4:15 | Lap Swim (Lanes 1-6) | 12:00 5:15 | Lap Swim (Lanes 1-6) | 12:00 4:15 | Lap Swim (Lanes 1-6) | 12:00 1:00 | Lap Swim (Lanes 1-6) |
| 5:15 6:00 | Aquafit (Lanes 1-4) Lap Swim (Lanes 5-6) | 4:00 7:00 | Swim Lessons (Lanes 1-5) Lap Swim (Lane 6) | 4:15 5:15 | Afterschool (Lanes 1-3) Lap Swim (Lanes 4-6) | | | 4:15 5:15 | Afterschool (Lanes 1-3) Lap Swim (Lanes 4-6) | Updated 12/10/2020 | |
| 6:00 6:45 | Aquacize (Lanes 1-4) Lap Swim (Lanes 5-6) | | | 5:15 6:00 | Aquafit (Lanes 1-4) Lap Swim (Lanes 5-6) | 5:15 6:00 | Aquafit (Lanes 1-4) Lap Swim (Lanes 5-6) | | | | |
| | | | | 6:00 6:45 | Aquacize (Lanes 1-4) Lap Swim (Lanes 5-6) | 6:00 6:45 | Aquacize (Lanes 1-4) Lap Swim (Lanes 5-6) | | | | |
| 7:00 8:00 | Lap Swim (Lanes 1-6) | 7:00 8:00 | Lap Swim (Lanes 1-6) | 7:00 8:00 | Lap Swim (Lanes 1-6) | 7:00 8:00 | Lap Swim (Lanes 1-6) | 5:15 8:00 | Lap Swim (Lanes 1-6) | | |

FACILITY HOURS

Monday - Friday
5:30am - 8:00pm

Saturday
7:00am - 1:00pm

Sunday Closed

NAUGATUCK YMCA
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