



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 10:00	Lap Swim (Lanes 1-6)	5:30 10:00	Lap Swim (Lanes 1-6)	5:30 10:00	Lap Swim (Lanes 1-6)	5:30 10:00	Lap Swim (Lanes 1-6)	5:30 10:15	Lap Swim (Lanes 1-6)	7:00 8:30	Lap Swim (Lanes 1-6)
10:00 10:45	Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6)	10:00 10:45	Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6)	10:00 10:45	Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6)	10:00 10:45	Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6)	10:00 10:45	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 11:45	Aqua Aerobic (Lanes 1-4) Lap Swim (Lanes 5-6)	11:00 12:00	Preschool Swim (Lanes 1-6)	11:00 11:45	Aqua Aerobic (Lanes 1-4) Lap Swim (Lanes 5-6)	11:00 12:00	Lap Swim (Lanes 4-6)
PM		PM		PM		PM		PM		PM	
12:30 3:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30 3:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30 3:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30 3:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30 3:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30 3:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)
3:00 4:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:00 4:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:00 4:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:00 5:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:00 4:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	Updated 11/1/2021	
4:00 5:00	Afterschool Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	4:00 7:00	Swim Lessons (Lanes 1-5) Lap Swim (Lane 6)	4:00 5:00	Afterschool Swim (Lanes 1-3) Lap Swim (Lanes 4-6)			4:00 7:00	Swim Lessons (Lanes 1-5) Lap Swim (Lane 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)	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)	6:30 7:30	Aquablast (Lanes 1-4) Lap Swim (Lanes 5-6)				
7:00 9:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	7:00 9:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	7:00 9:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	7:30 9:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	7:00 9:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)		

*Pool lap lanes, times and availability are first come first serve online reservation.

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 **Winter**
2021