



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

POOL SCHEDULE

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM		AM		AM		AM		AM		AM		AM	
8:30	Lap Swim	5:30	Lap Swim	5:30	Lap Swim	5:30	Lap Swim	5:30	Lap Swim	5:30	Lap Swim	7:00	Lap Swim
9:30	(Lanes 1-6)	9:00	(Lanes 1-6)	9:00	(Lanes 1-6)	9:00	(Lanes 1-6)	9:00	(Lanes 1-6)	9:00	(Lanes 1-6)	9:00	(Lanes 1-6)
9:30	Open Swim	9:00	Deep Water	9:00	AquaFit	9:00	AquaFit	9:00	Deep Water	9:00	AquaFit	9:00	Swim Lessons
12:00	(Lanes 1-3)	9:45	AquaFit	9:45	(Lanes 1-4)	9:45	(Lanes 1-4)	9:45	AquaFit	9:45	(Lanes 1-4)	11:15	(Lanes 1-5)
	Lap Swim		(Lanes 1-4)		Lap Swim		Lap Swim		(Lanes 1-4)		Lap Swim		Lap Swim
	(Lanes 4-6)		(Lanes 5-6)		(Lanes 5-6)		(Lanes 5-6)		(Lanes 5-6)		(Lanes 5-6)		(Lane 6)
10:30	Birthday Parties	10:00	Aquamotion	10:00	Aquamotion	10:00	Aquamotion	10:00	Aquamotion	10:00	Aquamotion	11:15	Open Swim
1:00	(Lanes 1-3)	10:45	(Lanes 1-4)	10:45	(Lanes 1-4)	10:45	(Lanes 1-4)	10:45	(Lanes 1-4)	10:45	(Lanes 1-4)	12:00	(Lanes 1-3)
	Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim
	(Lanes 4-6)		(Lanes 5-6)		(Lanes 5-6)		(Lanes 5-6)		(Lanes 5-6)		(Lanes 5-6)		(Lanes 4-6)
				11:00	Deep Water	11:00	Open Swim			11:00	Open Swim		
				11:45	AquaFit	12:00	(Lanes 1-3)			12:00	(Lanes 1-3)		
					(Lanes 1-4)		Lap Swim				(Lanes 4-6)		
					(Lanes 5-6)		(Lanes 4-6)						
PM		PM		PM		PM		PM		PM		PM	
12:00	Lap Swim	12:00	Open Swim	12:00	Open Swim	12:00	Open Swim	12:00	Open Swim	12:00	Open Swim	12:00	Open Swim
1:00	(Lanes 4-6)	5:00	(Lanes 1-3)	5:00	(Lanes 1-3)	5:00	(Lanes 1-3)	5:00	(Lanes 1-3)	5:00	(Lanes 1-3)	2:45	(Lanes 1-3)
			Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim
			(Lanes 4-6)		(Lanes 4-6)		(Lanes 4-6)		(Lanes 4-6)		(Lanes 4-6)		(Lanes 4-6)
		5:15	AquaFit	5:00	Swim Lessons	3:30	Swim Lessons	5:15	AquaFit	5:00	Swim Lessons	12:00	Birthday Parties
		6:00	(Lanes 1-4)	7:00	(Lanes 1-5)	7:30	(Lanes 4-5)	6:00	(Lanes 1-4)	7:30	(Lanes 1-5)	1:00	(Lanes 1-3)
			Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim
			(Lanes 5-6)		(Lane 6)		(Lane 6)		(Lanes 5-6)		(Lane 6)		(Lanes 4-6)
		6:15	Aquablast	7:00	Open Swim	5:15	Aquafit	6:15	Aquablast	7:30	Open Swim	Updated 4/5/2023 FACILITY HOURS Monday – Friday 5:30am – 9:00pm Saturday 7:00am – 3:00pm Sunday 8:30am – 1:00pm	
		7:00	(Lanes 1-4)	8:45	(Lanes 1-3)	6:00	(Lanes 1-3)	7:00	(Lanes 1-4)	8:45	(Lanes 1-3)		
			Lap Swim		Lap Swim		Lap Swim		Lap Swim		Lap Swim		
			(Lanes 5-6)		(Lanes 4-6)		(Lane 6)		(Lanes 5-6)		(Lanes 4-6)		
		7:00	Open Swim			6:15	Deep Water	7:00	Open Swim				
		8:45	(Lanes 1-3)			7:00	Aquafit	8:45	(Lanes 1-3)				
			Lap Swim				(Lanes 1-3)		Lap Swim				
			(Lanes 4-6)				(Lanes 5-6)		(Lanes 4-6)				
						7:00	Open Swim						
						8:45	(Lanes 1-3)						
							Lap Swim						
							(Lanes 4-6)						

* Pool lap lanes and availability are first come first serve with online reservation or with Welcome Center!