



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 (Lanes 1-6)	5:30	Lap Swim (Lanes 1-6)	5:30	Lap Swim (Lanes 1-6)	5:30	Lap Swim (Lanes 1-6)	5:30	Lap Swim (Lanes 1-6)	5:30	Lap Swim (Lanes 1-6)	7:00	Lap Swim (Lanes 1-6)
9:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	10:00	Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6)	9:00	AquaFit (Lanes 1-4) Lap Swim (Lanes 5-6)	9:00	AquaFit (Lanes 1-4) Lap Swim (Lanes 5-6)	10:00	Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6)	9:00	AquaFit (Lanes 1-4) Lap Swim (Lanes 5-6)	8:30	Swim Lessons (Lanes 1-5) Lap Swim (Lane 6)
		11:00	Preschool Swim (Lanes 1-6)	10:00	Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6)	10:00	Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6)	11:00	Deep Water AquaFit (Lanes 1-4) Lap Swim (Lanes 5-6)	10:00	Aquamotion (Lanes 1-4) Lap Swim (Lanes 5-6)	11:15	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)
10:30	Birthday Parties (Lanes 1-3) Lap Swim (Lanes 4-6)			11:00	Deep Water AquaFit (Lanes 1-4) Lap Swim (Lanes 5-6)	11:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)			11:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)		
PM		PM		PM		PM		PM		PM		PM	
12:00	Lap Swim (Lanes 4-6)	12:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)
10:30	Birthday Parties (Lanes 1-3) Lap Swim (Lanes 4-6)	3:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	3:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	12:00	Birthday Parties (Lanes 1-3) Lap Swim (Lanes 4-6)
		4:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	4:00	Swim Lessons (Lanes 1-5) Lap Swim (Lane 6)	4:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	5:15	AquaFit (Lanes 1-4) Lap Swim (Lanes 5-6)	4:00	Swim Lessons (Lanes 1-5) Lap Swim (Lane 6)		
		5:15	AquaFit (Lanes 1-4) Lap Swim (Lanes 5-6)	8:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)	5:15	AquaFit (Lanes 1-4) Lap Swim (Lanes 5-6)	6:30	Aquablast (Lanes 1-4) Lap Swim (Lanes 5-6)	8:00	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)		
		6:00	Aquacize (Lanes 1-4) Lap Swim (Lanes 5-6)			6:00	Aquacize (Lanes 1-4) Lap Swim (Lanes 5-6)	7:30	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)				
		6:45	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)			6:45	Open Swim (Lanes 1-3) Lap Swim (Lanes 4-6)						

Updated 1/11/2023

**FACILITY HOURS**

Monday - Friday  
5:30am - 9:00pm

Saturday  
7:00am - 3:00pm

Sunday  
8:30am - 1:00pm

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