

POOL SCHEDULE - SUMMER 2019

Pool Schedule Summer 2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
Schedule FOR BEGINS June 17	5:30-8:00 Adult	5:30-8:00 Adult	5:30-8:00 Adult	5:30-8:00 Adult	5:30-8:00 Adult	7:00-9:00 Adult	С
and is subject to change	8:00-8:30 Adult	8:00-9:00 Aquatone/ Ed		8:00-9:00 Aquafit/ Naida	8:00-9:00 Adult	7:30 & 8:00 Autism Private 8:00 & 8:30 Private lessons	L
Multiple activities are often scheduled in this pool at the same time.	8:30-9:30 Aquafit/Winnie		8:30-9:15 Aquafit/ Naida				0
Swimming Tips Please enter the pool from the shallow end		9:00-9:30 Adult		9:00-9:30 Adult	9:00-10:00 Aqua Sampler Winnie	9:00-9:30 A/B Disc/Expl	S
To avoid accidents, when entering an occupied lane, please	9:30-10:00 Open	9:30-10:00 Adult	9:30-10:00 Adult	9:30-10:00 Adult		9:00-9:30 1/Pre & 1/Youth No Lap	Е
get the first swimmer's acknowledgement that you are there. Directions	10:00-11:00 Warm Water No Lap 10:15-11:00	10:00-11:00 Warm Water No Lap 10:15-11:00	10:00-11:00 Warm Water No Lap 10:15-11:00	10:0011:00 Warm Water No Lap 10:15-11:00	10:00-11:00 Warm Water Ex No Lap 10:15-11:00	9:30-10:00 2/Pre & 2/ Youth 9:45-10:30 3/Youth No Lap	D
If there are 1 or 2 swimmers in a lane, they may elect to split	11:00-12:00 Open	11:00-12:00 Pre School No Lap	11:00-12:30 Open	11:00-12:00 Preschool No Lap	11:00-12:30 Open	10:00-10:30 3/Youth No Lap	
the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming	12:00-12:30 OPEN	12:00-12:30 OPEN	12:00-12:30 OPEN	12:00-3:00 CLOSED FOR CLEANING		10:15-11:0 4/Youth 10:30-11:15 5/ Youth& 6/Youth No Lap	
format. Speed Please try to choose a	12:30-3:00 Camp	12:30-3:00 Camp	12:30-3:00 Camp		12:30-3:00 Camp	11:00-11:45 Adult swim No Lap	
lane with swimmers – that most nearly match your speed.	3:00-5:30 OPEN	3:00-4:00 OPEN	3:00-4:00 OPEN	3:00-4:00 OPEN	3:00-4:45 OPEN	11:30-12:00 Autism private	
Shower Please shower with		4:15-5:00 1/Pre & Youth	4:00-5:30 OPEN	4:00-5:30 OPEN	4:00-4:30 Private Lessons	12:00-2:30 OPEN	
warm water and soap before entering the pool. Clothing Proper swim attire is required. Infants must wear a swim diaper. No street shoes on pool deck.	5:30-6:30 Aquafit	5:00-5:45 2/ Pre &Youth 5:45-6:30 3/Y 7:15-8:00 5/6 Youth 1 LAP	5:30-6:30 Aquafit	5:30-6:30 Aquafit	5:00-5:45 1/Pre & Youth 5/6 Youth 5:30-6:00 2/ Pre 5:45-6:30 2/Youth No Lap	2:30 Pool Closes 2:30-3:30 Special Olympics	
	6:30-7:15 Aquafit (No class July & Aug)	6:30-7:30 Aquatone/ Naida	6:30-7:15 Aqua Step/ Winnie (Starts July 3)	6:30-7:15 Aquafit/ Larry	6:00 -6:45 3/Pre & Youth 6:30-7:15 3/Y 6:45-7:30 4/ Y No Lap		
	6:30-8:25 OPEN (July & Aug)	7:15-8:25 OPEN	7:15-8:25 OPEN	7:15-8:25 OPEN	7:15-8:00 5/6 Youth 7:30-8:15 4/5 Youth No Lap 7:15-8:25 OPEN		





Naugatuck YMCA - 284 Church St Naugatuck Ct 06770 - (203)729-9622 - www.naugatuckymca.org