



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

Effective April 5th– May 2nd 2025

GYMNASIUM SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM		AM		AM		AM		AM		AM	
5:30-6:00	Open Gym	5:30-9:00	Open Gym	5:30-6:00	Open Gym	5:30-11:00	Open Gym	5:30-6:00	Open Gym	7:00-3:00	Open Gym ***
6:00-9:00	Pickleball (Preregistration required)	9:00-10:30	Pickleball (Preregistration required)	6:00-9:00	Pickleball (Preregistration required)	11:00-12:00	*Preschool Program Play	6:00-9:00	Pickleball (Preregistration required)		
9:00-11:00	Open Gym	10:30-11:00	Open Gym	9:00-11:00	Open Gym			9:00-11:00	Open Gym		
11:00-12:00	*Preschool Program Play	11:00-12:00	*Preschool Program Play	11:00-12:00	*Preschool Program Play			11:00-12:00	*Preschool Program Play		
PM		PM		PM		PM		PM		SUNDAY	
12:00-6:30	Open Gym	12:00-4:00	Open Gym	12:00-5:00	Open Gym	12:00-1:30	Pickleball (Preregistration required)	12:00-5:00	Open Gym	9:00-11:00	Volleyball League
6:30-9:00	Volleyball League	4:00-5:00	SACC Program	5:00-9:00	Little Pal	1:30-4:00	Open Gym	5:00-9:00	Little Pal	11:00-3:00	Open Gym***
		5:00-9:00	Little Pal			4:00-5:00	SACC Program				
						5:00-9:00	Little Pal				

*Gym in use during inclement weather. Otherwise open gym is available.
Schedule is subject to change as needed.
*** Birthday Parties may run on weekends. Please call to confirm Open Gym availability.

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
8:30am–3:00pm

Updated 03/28/2025