



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NAUGATUCK YMCA

## AQUATICS SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM		AM		AM		AM		AM		AM	
5:30-10:00	<b>Lap Swim</b> Lanes 4-6	5:30-10:00	<b>Lap Swim</b> Lanes 4-6	5:30-10:00	<b>Lap Swim</b> Lanes 4-6	5:30-10:00	<b>Lap Swim</b> Lanes 4-6	5:30-10:00	<b>Lap Swim</b> Lanes 4-6	7:00-3:00	<b>Lap Swim***</b> Lanes 4-6
5:30-9:00	<b>Open Swim</b> Lanes 1-3	5:30-10:00	<b>Open Swim</b> Lanes 1-3	5:30-9:00	<b>Open Swim</b> Lanes 1-3	5:30-9:00	<b>Open Swim</b> Lanes 1-3	5:30-9:00	<b>Open Swim</b> Lanes 1-3	7:00-3:00	<b>Open Swim***</b> Lanes 1-3
9:00-9:45	<b>DeepWater Aquafit</b> Lanes 1-3	10:00-10:45	<b>Lap Swim</b> Lanes 5-6	9:00-9:45	<b>Aquafit</b> Lanes 1-3	9:00-9:45	<b>DeepWater Aquafit</b> Lanes 1-3	9:00-9:45	<b>Aquafit</b> Lanes 1-4		
10:00-10:45	<b>Lap Swim</b> Lanes 5-6	10:00-10:45	<b>Aquamotion</b> Lanes 1-4	10:00-10:45	<b>Lap Swim</b> Lanes 5-6	10:00-10:45	<b>Lap Swim</b> Lanes 5-6	10:00-10:45	<b>Lap Swim</b> Lanes 5-6		
10:00-10:45	<b>Aquamotion</b> Lanes 1-4	10:45-12:00	<b>Lap Swim</b> Lanes 4-6	10:00-10:45	<b>Aquamotion</b> Lanes 1-4	10:00-10:45	<b>Aquamotion</b> Lanes 1-4	10:00-10:45	<b>Aquamotion</b> Lanes 1-4		
10:45-12:00	<b>Open Swim</b> Lanes 1-3	10:45-12:00	<b>Open Swim</b> Lanes 1-3	10:45-12:00	<b>Open Swim</b> Lanes 1-3	10:45-12:00	<b>Open Swim</b> Lanes 1-3	10:45-12:00	<b>Open Swim</b> Lanes 1-3		
10:45-12:00	<b>Lap Swim</b> Lanes 4-6			10:45-12:00	<b>Lap Swim</b> Lanes 4-6	10:45-12:00	<b>Lap Swim</b> Lanes 4-6	10:45-12:00	<b>Lap Swim</b> Lanes 4-6		
PM		PM		PM		PM		PM		SUNDAY	
12:00-4:30	<b>Lap Swim</b> Lanes 4-6	12:00-5:00	<b>Lap Swim</b> Lanes 4-6	12:00-5:30	<b>Lap Swim</b> Lanes 4-6	12:00-4:30	<b>Lap Swim</b> Lanes 4-6	12:00-9:00	<b>Lap Swim</b> Lanes 4-6	8:30-3:00	<b>Lap Swim</b> Lanes 4-6
12:00-5:15	<b>Open Swim</b> Lanes 1-3	12:00-5:00	<b>Open Swim</b> Lanes 1-3	12:00-5:15	<b>Open Swim</b> Lanes 1-3	12:00-5:15	<b>Open Swim</b> Lanes 1-3	12:00-3:30	<b>Open Swim</b> Lanes 1-3	8:30-3:00	<b>Open Swim ***</b> Lanes 1-3
4:30-7:45	<b>Adult Lap Swim</b> Lane 4	5:00-7:15	<b>Swim Lessons</b> Lane 1-3	4:30-7:30	<b>Adult Lap Swim</b> Lane 4	4:30-7:40	<b>Swim Lessons</b> Lanes 5-6	3:30-4:15	<b>SACC Swim</b> Lanes 1-3		
4:30-7:40	<b>Swim Lessons</b> Lanes 5-6	5:00-7:15	<b>Adult Lap Swim</b> Lanes 4-6	5:30-8:15	<b>Swim Lessons</b> Lanes 5-6	4:00-7:40	<b>Adult Lap Swim</b> Lane 6	4:15-9:00	<b>Open Swim</b> Lanes 1-3		
5:15-6:00	<b>Aquafit</b> Lanes 1-3	7:15-9:00	<b>Open Swim</b> Lanes 1-3	5:15-6:00	<b>Aquafit</b> Lanes 1-3	5:15-6:00	<b>Aquafit</b> Lanes 1-3				
6:15-7:15	<b>Aquacize</b> Lanes 1-3	7:15-9:00	<b>Lap Swim</b> Lanes 4-6	6:15-7:00	<b>DeepWater Aquafit</b> Lanes 1-3	6:15-7:00	<b>Aquablast</b> Lanes 1-3				
7:00-9:00	<b>Open Swim</b> Lanes 1-3			7:00-9:00	<b>Open Swim</b> Lanes 1-3	7:00-9:00	<b>Open Swim</b> Lanes 1-3				
7:40-9:00	<b>Lap Swim</b> Lanes 4-6			8:15-9:00	<b>Lap Swim</b> Lanes 4-6	7:40-9:00	<b>Lap Swim</b> Lanes 4-6				

**FACILITY HOURS**

**Monday - Friday**      **Saturday**  
**5:30am - 9:00pm**      **7:00am-3:00pm**

**Sunday**  
**8:30am-3:00pm**

\*Schedule is subject to change as needed.



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## LAP SWIM SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM		AM		AM		AM		AM		AM	
5:30-10:00	Lap Swim Lanes 4-6	5:30-10:00	Lap Swim Lanes 4-6	5:30-10:00	Lap Swim Lanes 4-6	5:30-10:00	Lap Swim Lanes 4-6	5:30-10:00	Lap Swim Lanes 4-6	7:00-3:00	Lap Swim*** Lanes 4-6
10:00-10:45	Lap Swim Lanes 5-6	10:00-10:45	Lap Swim Lanes 5-6	10:00-10:45	Lap Swim Lanes 5-6	10:00-10:45	Lap Swim Lane 5-6	10:00-10:45	Lap Swim Lanes 5-6		
10:45-12:00	Lap Swim Lanes 4-6	10:45-12:00	Lane Swim Lanes 4-6	10:45-12:00	Lap Swim Lanes 4-6	10:45-12:00	Lap Swim Lanes 4-6	10:45-12:00	Lap Swim Lanes 4-6		
PM		PM		PM		PM		PM		SUNDAY	
12:00-4:30	Lap Swim Lanes 4-6	12:00-5:00	Lap Swim Lanes 4-6	12:00-5:30	Lap Swim Lanes 4-6	12:00-4:30	Lap Swim Lanes 4-6	12:00-9:00	Lap Swim Lanes 4-6	8:30-3:00	Lap Swim Lanes 4-6
4:30-7:40	Adult Lap Swim Lane 4	5:00-7:15	Adult Lap Swim Lanes 4-6	5:30-8:15	Adult Lap Swim Lane 4	4:30-7:40	Adult Lap Swim Lane 4				
7:40-9:00	Lap Swim Lanes 4-6	7:15-9:00	Lap Swim Lanes 4-6	8:15-9:00	Lap Swim Lanes 4-6	7:40-9:00	Lap Swim Lanes 4-6				

\*Schedule is subject to change as needed.

\*\*\*Lap and Open swim may not be available 11:15-12:45pm on Saturdays and/or Sunday am for Birthday Parties. Please call to confirm, if needed.

### FACILITY HOURS

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

**Saturday**  
7:00am-3:00pm

**Sunday**  
8:30 - 3:00pm