



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

Session Dates: March 3rd 2025– April 20th 2025

AQUATICS 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
5:30-9:00	Open Swim Lanes 1-3	5:30-10:00	Open Swim Lanes 1-3	5:30-9:00	Open Swim Lanes 1-3	5:30-9:00	Open Swim Lanes 1-3	5:30-9:00	Open Swim Lanes 1-3	7:00-9:00	Open Swim*** Lanes 1-3
9:00-9:45	DeepWater Aquafit Lanes 1-3	10:00-10:45	Lap Swim Lanes 5-6	9:00-9:45	Aquafit Lanes 1-3	9:00-9:45	DeepWater Aquafit Lanes 1-3	9:00-9:45	Aquafit Lanes 1-4	9:00-10:30	Open Swim DEEP END Lanes 1-3
10:00-10:45	Lap Swim Lanes 5-6	10:00-10:45	Aquamotion Lanes 1-4	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	9:00-10:30	Swim Lessons Shallow End Lanes 1-3
10:00-10:45	Aquamotion Lanes 1-4	10:45-12:00	Lap Swim Lanes 4-6	10:00-10:45	Aquamotion Lanes 1-4	10:00-10:45	Aquamotion Lanes 1-4	10:00-10:45	Aquamotion Lanes 1-4	10:30-3:00	Open Swim*** Lanes 1-3
10:45-12:00	Open Swim Lanes 1-3	10:45-12:00	Open Swim Lanes 1-3	10:45-12:00	Open Swim Lanes 1-3	10:45-12:00	Open Swim Lanes 1-3	10:45-12:00	Open Swim Lanes 1-3		
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	10:45-12:00	Lap Swim Lanes 4-6		
PM		PM		PM		PM		PM		SUNDAY	
12:00-4:00	Lap Swim Lanes 4-6	12:00-9:00	Lap Swim Lanes 4-6	12:00-6:00	Lap Swim Lanes 4-6	12:00-4:00	Lap Swim Lanes 4-6	12:00-5:00	Lap Swim Lanes 4-6	8:30-3:00	Lap Swim Lanes 4-6
12:00-5:15	Open Swim Lanes 1-3	12:00-4:30	Open Swim Lanes 1-3	12:00-5:15	Open Swim Lanes 1-3	12:00-5:15	Open Swim Lanes 1-3	12:00-3:30	Open Swim Lanes 1-3	8:30-3:00	Open Swim*** Lanes 1-3
4:00-7:15	Adult Lap Swim Lane 4	4:30-6:15	Open Swim DEEP End Lanes 1-3	6:00-7:00	Adult Lap Swim Lane 4-5	4:00-7:15	Swim Lessons Lanes 5-6	3:30-4:15	SACC Swim Lanes 1-3		
4:00-7:15	Swim Lessons Lanes 5-6	4:30-6:15	Swim Lessons Shallow End Lanes 1-3	5:15-6:00	Aquafit Lanes 1-3	4:00-7:15	Adult Lap Swim Lane 4	4:15-7:00	Open Swim Lanes 1-3		
5:15-6:00	Aquafit Lanes 1-3	6:15-9:00	Open Swim Lanes 1-3	6:00-7:00	Swim Lessons Lane 6	5:15-6:00	Aquafit Lanes 1-3	5:00-7:00	Lap Swim Lane 4		
6:15-7:15	Aquacize Lanes 1-3			6:15-7:00	DeepWater Aquafit Lanes 1-3	6:15-7:00	Aquablast Lanes 1-3	5:00-7:00	Swim Lessons Lanes 5-6		
7:00-9:00	Open Swim Lanes 1-3			7:00-9:00	Open Swim Lanes 1-3	7:00-9:00	Open Swim Lanes 1-3	7:00-9:00	Lap Swim Lanes 4-6		
7:15-9:00	Lap Swim Lanes 4-6			7:00-9:00	Lap Swim Lanes 4-6	7:15-9:00	Lap Swim Lanes 4-6	7:00-7:45	Open Swim DEEP END Lanes 1-3		
								7:45-9:00	Open Swim Lanes 1-3		

*Schedule is subject to change as needed.

FACILITY HOURS

Monday – Friday
5:30am – 9:00pm

Saturday
7:00am – 3:00pm

Sunday
8:30am – 3:00pm

Effective 03/03/2025



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FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

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	
12:00-4:00	Lap Swim Lanes 4-6	12:00-9:00	Lap Swim Lanes 4-6	12:00-6:00	Lap Swim Lanes 4-6	12:00-4:00	Lap Swim Lanes 4-6	12:00-5:00	Lap Swim Lanes 4-6	8:30-3:00	Lap Swim Lanes 4-6
4:00-7:15	Adult Lap Swim Lane 4			6:00-7:00	Adult Lap Swim Lane 4-5	4:00-7:15	Adult Lap Swim Lane 4	5:00-7:00	Lap Swim Lane 4		
7:15-9:00	Lap Swim Lanes 4-6			7:00-9:00	Lap Swim Lanes 4-6	7:15-9:00	Lap Swim Lanes 4-6	7:00-9:00	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