



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	Lap Swim Lanes 4-6	5:30-9:00	Lap Swim Lanes 4-6	5:30-9:00	Lap Swim Lanes 4-6	5:30-10:00	Lap Swim Lanes 4-6	5:30-9:00	Lap Swim Lanes 4-6	7:00-3:00	Lap Swim*** Lanes 4-6
5:30-9:00	Open Swim Lanes 1-3	5:30-9:00	Open Swim Lanes 1-3	5:30-9:00	Open Swim Lanes 1-3	5:30-9:00	Open Swim Lanes 1-3	5:30-9:00	Open Swim Lanes 1-3	7:00-3:00	Open Swim*** Lanes 1-3
10:00-10:45	Lap Swim Lanes 5-6	9:00-11:00	Lap Swim Lanes 5-6	9:00-10:45	Lap Swim Lanes 5-6	9:00-9:45	DeepWater Aquafit Lanes 1-3	9:00-10:45	Lap Swim Lanes 5-6		
9:00-9:45	DeepWater Aquafit Lanes 1-3	9:00-9:45	Aquafit Lanes 1-4	9:00-9:45	Aquafit Lanes 1-4	10:00-10:45	Lap Swim Lanes 5-6	9:00-9:45	Aquafit Lanes 1-4		
10:00-10:45	Aquamotion Lanes 1-4	10:00-10:45	Aquamotion Lanes 1-4	10:00-10:45	Aquamotion Lanes 1-4	10:00-10:45	Aquamotion Lanes 1-4	10:00-10:45	Aquamotion Lanes 1-4		
10:45-12:30	Open Swim Lanes 1-3	11:00-12:00	Lap Swim Lanes 4-6	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	11:00-11:45	DeepWater Aquafit 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		
PM		PM		PM		PM		PM		SUNDAY	
12:00-5:00	Lap Swim Lanes 4-6	12:00-9:00	Lap Swim Lanes 4-6	12:00-4:30	Lap Swim Lanes 4-6	12:00-9:00	Lap Swim Lanes 4-6	12:00-9:00	Lap Swim Lanes 4-6	8:30-1:00	Lap Swim Lanes 4-6
12:30-3:30	Camp Swim Lanes 1-3	12:00-12:30	Open Swim Lanes 1-3	12:00-12:30	Open Swim Lanes 1-3	12:00-5:15	Open Swim Lanes 1-3	12:00-12:30	Open Swim Lanes 1-3	8:30-1:00	Open Swim*** Lanes 1-3
3:30-5:15	Open Swim Lanes 1-3	12:30-3:30	Camp Swim Lanes 1-3	12:30-3:30	Camp Swim Lanes 1-3	5:15-6:00	Aquafit Lanes 1-3	12:30-3:30	Camp Swim Lanes 1-3	9:00-12:00	Lap Swim Lanes 4-5
5:00-7:45	Lap Swim Lane 4	4:30-8:00	Swim Lessons Lanes 1-3	3:30-5:15	Open Swim Lanes 1-3	6:15-7:00	Aquablast Lanes 1-3	3:30-9:00	Open Swim Lanes 1-3	12:00-1:00	Lap Swim Lanes 4-6
5:00-7:45	Swim Lessons Lanes 5-6	8:00-9:00	Open Swim Lanes 1-3	4:30-7:30	Lap Swim Lane 4	7:00-9:00	Open Swim Lanes 1-3				
5:15-6:00	Aquafit Lanes 1-3			4:30-7:45	Swim Lessons Lane 5-6						
6:15-7:00	Aquablast Lanes 1-3			5:15-6:00	Aquafit Lanes 1-3						
7:00-9:00	Open Swim Lanes 1-3			6:15-7:00	DeepWater Aquafit Lanes 1-3						
7:45-9:00	Lap Swim Lanes 4-6			7:30-9:00	Lap Swim Lanes 4-6						
				7:45-9:00	Open Swim Lanes 1-3						

**FACILITY HOURS**

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

Sunday  
8:30am-1:00pm

Schedule is subject to change as needed due to weather, special events, or unforeseen circumstances. Updated 6/14/2024



# NAUGATUCK YMCA

## LAP SWIM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>
5:30-10:00 <b>Lap Swim</b> Lanes 4-6	5:30-10:00 <b>Lap Swim</b> Lanes 4-6	5:30-9:00 <b>Lap Swim</b> Lanes 4-6	5:30-10:00 <b>Lap Swim</b> Lanes 4-6	5:30-9:00 <b>Lap Swim</b> Lanes 4-6	7:00-3:00 <b>Lap Swim***</b> Lanes 4-6
10:00-10:45 <b>Lap Swim</b> Lanes 5-6	10:00-10:45 <b>Lap Swim</b> Lanes 5-6	9:00-10:45 <b>Lap Swim</b> Lanes 5-6	10:00-10:45 <b>Lap Swim</b> Lane 5-6	9:00-10:45 <b>Lap Swim</b> Lanes 5-6	
10:45-12:00 <b>Lap Swim</b> Lanes 4-6	10:45-12:00 <b>Lane 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	
<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>SUNDAY</b>
12:00-5:00 <b>Lap Swim</b> Lanes 4-6	12:00-9:00 <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	12:00-9:00 <b>Lap Swim</b> Lanes 4-6	8:30-9:00 <b>Lap Swim</b> Lanes 4-6
5:00-7:45 <b>Lap Swim</b> Lane 4 only		4:30-7:30 <b>Lap Swim</b> Lane 4			9:00-12:00 <b>Lap Swim</b> Lanes 4-5
7:45-9:00 <b>Lap Swim</b> Lanes 4-6		7:30-9:00 <b>Lap Swim</b> Lanes 4-6			12:00-1:00 <b>Lap Swim</b> Lanes 4-6

Schedule is subject to change as needed due to weather, special events, or unforeseen circumstances.

\*\*\*Lap and Open swim may not be available 11:15-12:45 pm on Saturdays and 9:15-10:45 am on Sundays for Birthday Parties.

**FACILITY HOURS**

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

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

**Sunday**  
8:30 - 1:00pm