



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NAUGATUCK YMCA

## GYMNASIUM SCHEDULE

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

\*Gym in use during inclement weather. Otherwise open gym is available.

Schedule is subject to change as needed.

For programs with a start date, open gym is available during that time block until the start date of the program.

**NAUGATUCK YMCA**  
284 Church Street Naugatuck, CT 06770  
P 203 729 9622 W [naugatuckymca.org](http://naugatuckymca.org)

### FACILITY HOURS

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

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

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

Updated 11/11/2024