



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NAUGATUCK YMCA

Spring 1 Session Dates: March 3rd 2025 - April 19th 2025

## Youth Programs Spring 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AM		AM		AM		AM		AM		AM	
										7:45 - 1:15	Little Pal Gymnasium
										9:00 - 10:30	Swim Lessons Pool
										11:00 - 12:00	Martial Arts Little Tigers Group X
										12:00 - 1:00	Martial Arts Intermediate Group X
PM		PM		PM		PM		PM		SUNDAY	
4:00 - 7:30	Swim Lessons Pool	5:00 - 7:00	Swim Lessons Pool	5:30 - 7:45	Swim Lessons Pool	4:30 - 7:00	Swim Lessons Pool	5:30 - 7:45	Swim Lessons Pool	12:00 - 1:00	Little Pal Gymnasium
5:00 - 5:45	Gymnastics Tumbling Tigers Activity Room	5:00 - 9:00	Little Pal Gymnasium	5:30 - 6:15	Arts & Crafts Activity Room	5:00 - 8:00	Little Pal Gymnasium				
6:00 - 6:45	Gymnastics Tumbling Tigers Activity Room	6:00 - 7:00	Martial Arts Little Tigers Performance Room	5:30 - 6:30	Youth Boxing Gymnasium Performance Room	6:00 - 7:00	Martial Arts Little Tigers Performance Room				
6:55 - 7:55	Gymnastics Flipping Frogs Activity Room	7:00 - 8:00	Martial Arts Intermediate Performance Room	6:30 - 7:15	Dance Group X	7:00 - 8:00	Martial Arts Intermediate Performance Room				
				6:30 - 9:00	Little Pal Gymnasium						

**FACILITY HOURS**

<b>Monday - Friday</b> 5:30am - 9:00pm	<b>Sunday</b> 8:30am - 3:00pm
<b>Saturday</b> 7:00am - 3:00pm	

\*Please note, programs require preregistration for participation.  
Please see the Front Desk with any questions.

NAUGATUCK YMCA  
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