

Northwest CT YMCA
Schedule subject to change,
please check with Member Services
or NWCTY.org.

Torrington Pool Schedule

Effective July 2023

Day	Lane	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00
Sunday	1	CLOSED				Family/Open Swim																CLOSED												
	2																																	
	3																																	
	4																																	
	5																																	
	6																																	
Saturday	1	CLOSED				HS Swim Team		Swim Lessons					Family/Open Swim					CLOSED												Lap Swim Swimmers must be 13 yrs of age and swim full pool lengths continuously. Reservation required.				
	2																																	
	3																																	
	4																																	
	5																																	
	6																																	
Friday	1	CLOSED	Family/Open Swim														CLOSED	G&S		Lasers Swim Team				Family/Open		CLOSED								
	2																																	
	3																																	
	4																																	
	5																																	
	6																																	
Thursday	1	CLOSED	Family/Open Swim														CLOSED	HS Swim Team				Lasers Swim Team				Aquacise		Swim		CLOSED				
	2																																	
	3																																	
	4																																	
	5																																	
	6																																	
Wednesday	1	CLOSED	Family/Open Swim														CLOSED	Be Active / N&S				Swim Lessons		Open Swim				CLOSED						
	2																																	
	3																																	
	4																																	
	5																																	
	6																																	
Tuesday	1	CLOSED	Family/Open Swim														CLOSED	HS Swim Team				Swim Lessons				Aquacise		Family/Open		CLOSED				
	2																																	
	3																																	
	4																																	
	5																																	
	6																																	
Monday	1	CLOSED	Family/Open Swim														CLOSED	HS Swim Team				Swim Lessons				Family/Open Swim		CLOSED	Schedule subject to change, please check with the Member Services.					
	2																																	
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