

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

Torrington Pool Schedule

Effective June 2025

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												CLOSED																				
	2																																	
	3																																	
	4																																	
	5																																	
	6																																	
Saturday	1	CLOSED												CLOSED																				
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	3																																	
	4																																	
	5																																	
	6																																	
Friday	1	C	CLOSED												CLOSED																			
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	4																																	
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	6																																	
Thursday	1	C	CLOSED												CLOSED																			
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	4																																	
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Wednesday	1	C	CLOSED												CLOSED																			
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Tuesday	1	C	CLOSED												CLOSED																			
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	5																																	
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Monday	1	C	CLOSED												CLOSED																			
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	5																																	
	6																																	

Lap Swim .
Swimmers must be
13 yrs of age and
swim full pool
lengths
continuously.
Reservation
required.

Family/Open Swim
Open to adults and
children.
Reservation
required for lane
use. An adult must
accompany children
under the age of
13.

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