

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				Family/Open Swim																CLOSED												Lap Swim - Swimmers must be 13 yrs of age and swim full pool lengths continuously. Reservation required.	
2																																			
3																																			
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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.
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3																																			
4																																			
5																																			
6																																			
Friday	1	C	Family/Open Swim																C	CC		LASERS				Family/Open				C	Family/Open Swim Open to adults and children. Reservation required for lane use. An adult must accompany children under the age of 13.				
2	L	C																	C																
3	O	C																	C																
4	S	C																	C																
5	E	C																	C																
6	D	C	C																																
Thursday	1	C	Family/Open Swim																C	HS Swim Team				LASERS				Aquacise		F/O		C	Family/Open Swim Open to adults and children. Reservation required for lane use. An adult must accompany children under the age of 13.		
2	L	C																	C																
3	O	C																	C																
4	S	C																	C																
5	E	C																	C																
6	D	C	C																																
Wednesday	1	C	Family/Open Swim																C	CC		Family/Open Swim				Family/Open				C	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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3	O	C																	C																
4	S	C																	C																
5	E	C																	C																
6	D	C	C																																
Tuesday	1	C	Family/Open Swim																C	HS Swim Team				Swim Lessons				Family/Open		C		Schedule subject to change, please check with the Member Services.			
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4	S	C																	C																
5	E	C																	C																
6	D	C	C																																
Monday	1	C	Family/Open Swim																C	HS Swim Team				Swim Lessons				Family/ Open Swim					C	Schedule subject to change, please check with the Member Services.	
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