

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																		Lap Swim . Swimmers must be 13 yrs of age and swim full pool lengths continuously. Reservation required.					
	2																																		
	3																																		
	4																																		
	5																																		
	6	Family/Open Swim																																	
Saturday	1	CLOSED										HS Swim Team		CLOSED																					
	2																																		
	3											Swim Lessons												Family/Open Swim											
	4																																		
	5																																		
	6																																		
Friday	1	CLOSED											CLOSED			LASERS						CLOSED													
	2																																		
	3																																		
	4																																		
	5													Aquacise	Family/Open Swim																				
	6																																		
Thursday	1	CLOSED											CLOSED	HS Swim Team				LASERS						CLOSED											
	2																																		
	3																																		
	4																																		
	5																					Aquacise	Family/Open Swim												
	6																																		
Wednesday	1	CLOSED											CLOSED									CLOSED													
	2																																		
	3																																		
	4																																		
	5													Aquacise	CC					Family/Open Swim															
	6																																		
Tuesday	1	CLOSED											CLOSED	HS Swim Team				Swim Lessons						CLOSED											
	2																																		
	3																																		
	4																																		
	5																	Aquacise	Family/Open Swim																
	6																																		
Monday	1	CLOSED											CLOSED	HS Swim Team				Swim Lessons		Family/ Open Swim				CLOSED											
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