

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																
2																																		
3																																		
4																																		
5																																		
6																																		
Saturday	1	CLOSED				HS Swim Team		Swim Lessons								Family/Open Swim		CLOSED																
2																																		
3																																		
4																																		
5																																		
6																																		
Friday	1	CLOSED	Family/Open Swim												CLOSED	NINJA		LASERS				Family/Open		CLOSED										
2																																		
3																																		
4																																		
5																																		
6																																		
Thursday	1	CLOSED	Family/Open Swim												CLOSED	HS Swim Team				LASERS				Aquacise		F/O	CLOSED							
2																																		
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6																																		
Wednesday	1	CLOSED	Family/Open Swim												CLOSED	NINJA		Family/Open Swim				CLOSED												
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6																																		
Tuesday	1	CLOSED	Family/Open Swim												CLOSED	HS Swim Team				Swim Lessons				Family/Open		CLOSED								
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6																																		
Monday	1	CLOSED	Family/Open Swim												CLOSED	HS Swim Team				Swim Lessons				Family/ Open Swim		CLOSED								
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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

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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