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