



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SAUNA SCHEDULE

WARREN COUNTY YMCA
 February 1–May 31, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30–10:30am SAUNA OPEN	5:30–10:30am SAUNA OPEN	5:30–10:30am SAUNA OPEN	5:30–10:30am SAUNA OPEN	5:30–10:30am SAUNA OPEN	
					8:30–11:30pm SAUNA OPEN
10:30–12:00pm SAUNA CLOSED	10:30–12:00pm SAUNA CLOSED	10:30–12:00pm SAUNA CLOSED	10:30–12:00pm SAUNA CLOSED	10:30–12:00pm SAUNA CLOSED	
					11:30–12:00pm SAUNA CLOSED
12:00–2:00pm SAUNA OPEN	12:00–2:00pm SAUNA OPEN	12:00–2:00pm SAUNA OPEN	12:00–2:00pm SAUNA OPEN	12:00–2:00pm SAUNA OPEN	12:00–3:30pm SAUNA OPEN
2:00–3:00pm SAUNA CLOSED	2:00–3:00pm SAUNA CLOSED	2:00–3:00pm SAUNA CLOSED	2:00–3:00pm SAUNA CLOSED	2:00–3:00pm SAUNA CLOSED	
3:00–7:30pm SAUNA OPEN	3:00–7:30pm SAUNA OPEN	3:00–7:30pm SAUNA OPEN	3:00–7:30pm SAUNA OPEN	3:00–7:30pm SAUNA OPEN	

Please note: The Sauna is only open when the Indoor Pool is open, and a lifeguard is on duty.