



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAUNA SCHEDULE

WARREN COUNTY YMCA

September 14 – December 19, 2026

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.

WARREN COUNTY YMCA

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