

ATTLEBORO NORTON YMCA – SWEET POOL (Effective Feb 21–March 8th.)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:00 AM	LAP SWIM (4 LANES) 5 – 9:25 AM	LAP SWIM (4 LANES) 5 AM – 5:00 PM	LAP SWIM (4 LANES) 5 – 9:25 AM	LAP SWIM (4 LANES) 5 AM – 6:30 PM	LAP SWIM (4 LANES) 5 – 9:25 AM	LAP SWIM (4 LANES) 7 – 4:30 PM	LAP SWIM (4 LANES) 7 – 9:40 AM					
7:00 AM								AQUA HIT 9:30 – 10:30 AM	AQUA HIT 9:30 – 10:30 AM	AQUA HIT 9:30 – 10:30 AM	SWIM LESSONS	LAP SWIM (2)
9:25 AM												
9:30 AM	LAP SWIM (4 LANES) 10:30 AM – 7:00 PM		LAP SWIM (4 LANES) 5 AM – 5:00 PM		LAP SWIM (4 LANES) 10:30 AM – 6:30 PM		LAP SWIM (4 LANES) 10:30 AM – 5:00 PM	LAP SWIM (4 LANES) 10:20–2:00 PM	LAP SWIM (4 LANES) 10:20–2:00 PM			
10:30 AM												
11:30 AM												
12:00 PM												
1:00 PM												
2:30 PM												
3:00 PM												
4:00 PM												
4:30 PM												
5:00 PM		MASTERS SWIM 6 – 7 PM		BLUEFISH 5 – 6:30 PM		SWIM LESSONS				LAP SWIM (2)	BLUEFISH 5 – 6:30 PM	<p>Lap swim may include members in private lessons. Lane sharing should be expected during busy times</p> <p>Massachusetts state law (105 CMR 435.00) requires all swimmers to take a cleansing shower with soap before entering a public swimming pool to maintain water hygiene and reduce harmful contaminants.</p>
6:00 PM												
6:30 PM	SYNCHRO (2) 7:00 – 8:30 PM	SYNCHRO 6:30 – 8:30 PM	LAP SWIM (4 LANES) 7:10– 8:30 PM	SYNCHRO 6:30 – 8:30 PM	LAP SWIM (4) 6:30 – 8:30 PM							
7:00 PM												
7:15 PM												
8:30 PM	LAP SWIM (2) 7:00 – 8:30 PM	SYNCHRO 6:30 – 8:30 PM	LAP SWIM (4 LANES) 7:10– 8:30 PM	SYNCHRO 6:30 – 8:30 PM	LAP SWIM (4) 6:30 – 8:30 PM							
8:30 PM												

ATTLEBORO NORTON YMCA – BALFOUR POOL (Effective Feb 21–March 8th.)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		LAP SWIM (4 LANES) 6 – 8:25 AM		LAP SWIM (4 LANES) 6 – 8:25 AM			
7:00 AM	LAP SWIM (4 LANES) 7 – 8:25 AM		LAP SWIM (4 LANES) 7 – 8:25 AM		LAP SWIM (4 LANES) 7 – 8:25 AM		
8:30 AM	WATER AEROBICS 8:30 – 9:30 AM	WATER IN MOTION 8:30 – 9:30 AM	WATER AEROBICS 8:30 – 9:30 AM	WATER IN MOTION 8:30 – 9:30 AM	ADULT VOLLEYBALL 8:30 – 9:30 AM	SWIM LESSONS 8:45 – 12 PM	SWIM LESSONS 8:45 – 12 PM
8:45 AM							
9:30 AM	Second Grade swim 9:30 AM – 11:00 AM	SWIM LESSONS FAMILY SWIM LAP SWIM (1)	Second Grade swim 9:30 AM – 11:00 AM	FAMILY SWIM LAP SWIM (1)	FAMILY SWIM LAP SWIM (1)		
10:00 AM							
10:30 AM							
11:00 AM	FAMILY SWIM LAP SWIM (2) 11 – 1:00 PM	FAMILY SWIM LAP SWIM (2) 11 – 1:00 PM	FAMILY SWIM LAP SWIM (2) 11 – 1:00 PM	LAP SWIM (4) 11 AM – 1 PM	LAP SWIM (4) 11 AM – 1 PM		
12:00 PM							
1:00 PM		STURDY PT LAP SWIM (1) 1:00 – 4:00 PM		STURDY PT LAP SWIM (1) 1:00 – 4:00 PM			
2:30 PM							
3:00 PM	TEEN SWIM (1)LAP SWIM		TEEN SWIM (1)LAP SWIM		TEEN SWIM	FAMILY SWIM 12 – 4:30 PM SWIM LESSONS LAP SWIM (1)	Massachusetts state law (105 CMR 435.00) requires all swimmers to take a cleansing shower with soap before entering a public swimming pool to maintain water hygiene and reduce harmful contaminants.
4:00 PM	SWIM LESSONS 4 – 7:10 PM	SWIM LESSONS 4 – 6:30 PM	SWIM LESSONS 4 – 6:30 PM	SWIM LESSONS 4 – 6:30 PM			
6:30 PM	FAMILY SWIM 7:10 – 8:30 PM LAP SWIM (1) 6:30 – 8:30 PM	FAMILY SWIM 7:10 – 8:30 PM LAP SWIM (1) 6:30 – 8:30 PM	FAMILY SWIM 6:30 – 8:30 PM LAP SWIM (1) 6:30 – 8:30 PM	FAMILY SWIM 7:10 – 8:30 PM LAP SWIM (1) 6:30 – 8:30 PM	FAMILY SWIM 4:00 – 8:30 PM LAP SWIM (1) 3:00 – 8:30 PM		
7:10 PM							
8:30 PM							