

# ATTLEBORO NORTON YMCA - SWEET POOL (Effective April 13- June 3.)

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 - 5:00 PM		LAP SWIM (4 LANES) 10:30 AM- 5:00PM		LAP SWIM (4 LANES) 10:30 AM - 5:00PM			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	SPECIAL OLYMPICS 5-6PM	BLUEFISH 5 - 6:30 PM	SPECIAL OLYMPICS 5-6PM	Lap swim may include members in private lessons. Lane sharing should be expected during busy times	BLUEFISH 5 - 6:30 PM	<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	MASTERS SWIM 6 - 7 PM		SWIM LESSONS				LAP SWIM (2)					
6:30 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			SYNCHRO (2) 7:00 - 8:30 PM				LAP SWIM (2) 7:00 - 8:30 PM					
7:15 PM			8:30 PM									

# ATTLEBORO NORTON YMCA - BALFOUR POOL (Effective April 13- June 3.)

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	FAMILY SWIM	LAP SWIM	SWIM LESSONS	FAMILY SWIM	LAP SWIM (1)			FAMILY SWIM	LAP SWIM	LAP SWIM(4) 9:30 AM - 11:00 AM
10:00 AM										
10:30 AM										
11:00 AM	SWIM LESSONS	FAMILY SWIM	LAP SWIM (2) 11 - 1:00 PM	SWIM LESSONS	LAP SWIM (4) 11 AM - 1 PM			SWIM LESSONS	FAMILY SWIM 12 - 4:30 PM	SWIM LESSONS
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	FAMILY SWIM 12 - 4:30 PM	SWIM LESSONS
2:30 PM										
3:00 PM	TEEN SWIM	(1)LAP SWIM		TEEN SWIM	(1)LAP SWIM				FAMILY SWIM 12 - 4:30 PM	LAP SWIM (1)
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 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										

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