

ATTLEBORO NORTON YMCA - SWEET POOL (Effective June 3- June 21.)

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		
7:00 AM						LAP SWIM (4 LANES) 7 - 9:40 AM	
9:25 AM							
9:30 AM	AQUA HIT 9:30 - 10:30 AM		AQUA HIT 9:30 - 10:30 AM		AQUA HIT 9:30 - 10:30 AM	SWIM LESSONS	
10:30 AM	LAP SWIM (4 LANES) 10:30 AM - 6:00 PM	LAP SWIM (4 LANES) 5 AM - 5:00 PM	LAP SWIM (4 LANES) 10:30 AM - 6:00 PM	LAP SWIM (4 LANES) 5 AM - 6:30 PM	LAP SWIM (4 LANES) 10:30 AM - 5:00 PM		LAP SWIM (4 LANES) 7 - 4:30 PM
11:30 AM							
12:00 PM							
1:00 PM							
2:30 PM							
3:00 PM							
4:00 PM							
4:30 PM							
5:00 PM		BLUEFISH 5 - 6:30 PM			BLUEFISH 5 - 6:30 PM	<p style="text-align: center;">Lap swim may include members in private lessons. Lane sharing should be expected during busy times</p> <p style="text-align: center; color: red;">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						
6:30 PM			SWIM LESSONS LAP SWIM (2)				
7:00 PM	SYNCHRO (2) 7:00 - 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		
7:15 PM							
8:30 PM							

ATTLEBORO NORTON YMCA - BALFOUR POOL (Effective June 3- June 21.)

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
10:00 AM									
10:30 AM									
11:00 AM									
12:00 PM									
1:00 PM		STURDY PT		STURDY PT				FAMILY SWIM 12 - 4:30 PM	SWIM LESSONS
2:30 PM		LAP SWIM (1) 1:00 - 4:00 PM		LAP SWIM (1) 1:00 - 4:00 PM					
3:00 PM	TEEN SWIM	(1)LAP SWIM	TEEN SWIM	(1)LAP SWIM	TEEN 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	FAMILY SWIM 4:00 - 8:30 PM	<p style="color: red; font-weight: bold; margin: 0;">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>			
6:30 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	LAP SWIM (1) 3:00 - 8:30 PM				
7:10 PM									
8:30 PM									