

ATTLEBORO NORTON YMCA – SWEET POOL (Effective July 5th –August 5th)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:00 AM	LAP SWIM (4 LANES) 5 – 9:25 AM		LAP SWIM (4 LANES) 5 – 9:25 AM		LAP SWIM (4 LANES) 5 – 9:25 AM							
7:00 AM						LAP SWIM (4 LANES) 7 – 4:30 PM	LAP SWIM (4 LANES) 7 – 2:30 PM					
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							
10:30 AM	LAP SWIM (4 LANES) 10:30 AM – 5:00 PM		LAP SWIM (4 LANES) 10:30 AM– 1:00PM	LAP SWIM (4 LANES) 5 AM – 6:30 PM	LAP SWIM (4 LANES) 10:30 AM – 5:00 PM							
11:30 AM	LAP SWIM (4 LANES) 5 AM –5:00 PM	PLEASE ENJOY BALFOUR POOL DURING THIS TIME!										
12:00 PM												
1:00 PM												
2:30 PM												
3:00 PM		LAP SWIM (4 LANES) 4:00– 8:30 PM										
4:00 PM												
4:30 PM												
5:00 PM	BLUEFISH 5 – 6:30 PM	BLUEFISH 5 – 6:30 PM	Lap swim may include members in private lessons. Lane sharing should be expected during busy times 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.									
6:00 PM	SYNCHRO 6:30 – 8:30 PM											
6:30 PM	LAP SWIM (4) 6:30 – 8:30 PM											
7:00 PM					SYNCHRO 6:30 – 8:30 PM							
7:15 PM												
8:30 PM												
	MASTERS SYNCHRO (2) 7:00 – 8:30 PM	LAP SWIM (2) 7:00 – 8:30 PM										

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00		LAP 4 LANES		LAP 4 LANES		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.			
7:00	LAP 4 LANES		LAP 4 LANES		LAP 4 LANES				
8:00									
8:30	WATER AROBICS	WATER AROBICS	WATER AROBICS	WATER AROBICS	VOLLEYBALL	SWIM LESSONS	SWIM LESSONS		
9:00									
9:30	FAMILY SWIM 2 LANES	LAP SWIM 2 LANES	ADULT OPEN 2 LANES	LAP SWIM 2 LANES	FAMILY SWIM 2 LANES			LAP SWIM 2 LANES	
10:00									
11:00									
12:00									
12:30									
1:00		Rental	LAP SWIM 1 LANE	FAMILY SWIM 2 LANES	LAP SWIM 2 LANES	FAMILY SWIM 2 LANES	LAP SWIM 2 LANES		
1:30									
2:00									
2:30									
3:00	FAMILY SWIM 2 LANES	LAP SWIM 2 LANES	FAMILY SWIM		FAMILY SWIM		FAMILY SWIM 2 LANES	LAP SWIM 2 LANES	
3:30									
4:00									
4:30			SWIM LESSONS 4 LANES	ADULT OPEN	LAP SWIM 2 LANES	ADULT OPEN 2 LANES			LAP SWIM 2 LANES
5:00									
5:30									
6:00									
6:30									
7:00			FAMILY SWIM 2 LANES	SWIM LESSONS	SWIM LESSONS 4 LANES	FAMILY SWIM 2 LANES			LAP SWIM 2 LANES
7:30									
8:00									
8:30									
						IMPORTANT THINGS TO NOTE: 1. Children 6 and under MUST have an adult in the pool 2. NEW! Adult Open Swim – Leisure swimming, water walking, or aqua aerobics for adults. 3. Balfour will be closed 6:00–9:00pm 7/24/26 for our Summer Sleigh Splash Family Pool Party. (registration required) 4. Lap swim may include private lessons. Lane sharing should be expected during busy times.			