

ATTLEBORO NORTON YMCA – SWEET POOL – Break week, SEPTEMBER 6-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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) 5 AM – 6:30 PM	LAP SWIM (4 LANES) 5 – 9:25 AM		
AQUA HIT 9:30 – 10:30 AM		AQUA HIT 9:30 – 10:30 AM		AQUA HIT 9:30 – 10:30 AM	LAP SWIM (4 LANES) 7 – 4 :30 PM	LAP SWIM (4 LANES) 7 – 2:30 PM
LAP SWIM (4 LANES) 10:30 AM – 5:00 PM		LAP SWIM (4 LANES) 10:30 AM– 8:30 PM		LAP SWIM (4 LANES) 10:30 AM – 8:30 PM		
MASTERS SYNCHRO (2) 7:00 – 8:30 PM	SYNCHRO 6:30 – 8:30 PM		SYNCHRO 6:30 – 8:30 PM		Lap swim may include members in private lessons. Lane sharing should be expected during busy times	
LAP SWIM (2) 7:00 – 8:30 PM					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.	

ATTLEBORO NORTON YMCA – SWEET POOL (Effective Sep 13 – October 1)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
LAP SWIM (4 LANES) 5 - 9:25 AM	LAP SWIM 5 AM -5:00 PM	LAP SWIM (4 LANES) 5 - 9:25 AM	LAP SWIM 5 AM - 6:30 PM	LAP SWIM (4 LANES) 5 - 9:25 AM			
AQUA HIT 9:30 - 10:30 AM		AQUA HIT 9:30 - 10:30 AM		AQUA HIT 9:30 - 10:30 AM	LAP SWIM 7:00-4 :30 PM	LAP SWIM 7:00-2:00 PM	
LAP SWIM 10:30 AM - 6:00 PM		LAP SWIM 10:30 AM- 8:30PM		LAP SWIM 10:30 AM - 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.		
MASTERS 6:00-7:00 PM	SYNCHRO 6:30 - 8:30 PM			LAP SWIM (4) 6:30 - 8:00 PM			
MASTERS SYNCHRO (2) 7:00 - 8:30 PM							LAP (2) 7:00 - 8:30 PM