ATTLEBORO NORTON YMCA – SWEET POOL (October 1– November 13)

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

ATTLEBORO NORTON YMCA – BALFOUR POOL (Effective October 20– November 13)

TiME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00		ADULT OPEN / LAP SWIM		ADULT OPEN / LAP SWIM		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	ADULT OPEN / LAP SWIM		ADULT OPEN / LAP SWIM		ADULT OPEN / LAP SWIM		
8:00							
8:30	WATER AROBICS	WATER AROBICS	WATER AROBICS	WATER AROBICS	VOLLEYBALL	SWIM LESSONS	SWIM LESSONS
9:00							
9:30	ADULT OPEN / LAP SWIM 2 LANES	ADULT OPEN 2 LANES / LAP SWIM 2 LANES	Second Grade Swim	ADULT OPEN 2 LANES / LAP SWIM 2 LANES	Second Grade Swim		
10:00							
10:30	FAMILY SWIM						
11:00							
12:00							
1:00	CLOSED	Rental / LAP SWIM 1 LANE	CLOSED	Rental / LAP SWIM 1 LANE	CLOSED	FAMILY SWIM 2 LANES / LAP SWIM 2 LANES	FAMILY SWIM 2 LANES / LAP SWIM 2 LANES
1:30							
2:00	Pool Closed 1–3		Pool Closed 1–3		Pool Closed 1–3		
2:30							
3:00	ADULT OPEN / LAP SWIM 2 LANES	FAMILY SWIM	FAMILY SWIM / ADULT OPEN / LAP SWIM 2 LANES	FAMILY SWIM / ADULT OPEN 2 LANES	LAP SWIM 2 LANES		
3:30							
4:00							
4:30	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	FAMILY SWIM 2 LANES	FAMILY SWIM 2 LANES	**IMPORTANT THINGS TO NOTE:**	
5:00						1. Children 6 and under MUST have an adult in the pool	
5:30		LAP SWIM 2 LANES				2. NEW! Adult Open Swim – Leisure swimming, water walking, or aqua aerobics for adults.	
6:00	ADULT OPEN		Water Arobics			3. Lap swim may include private lessons. Lane sharing should be expected during busy times.	
6:30						4. Our Second Grade Swim program may also be in on some Mondays. **please note that the Universal l locker room is closed during Second grade*	
7:00							
7:30	FAMILY SWIM 2 LANES / LAP SWIM 2 LANES		Pool closed				
8:00							
8:30							