ATTLEBORO NORTON YMCA – BALFOUR POOL (November 14–November 29)

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	ADULT OPEN 2 LANES / LAP SWIM 2 LANES	ADULT OPEN 2 LANES / LAP SWIM 2 LANES	FAMILY SWIM / LAP SWIM 2 LANES		
10:00							
10:30	FAMILY SWIM / LAP SWIM 2 LANES						
11:00							
12:00							
1:00	CLOSED Pool Closed 1–3	Rental / LAP SWIM 1 LANE	CLOSED Pool Closed 1–3	Rental / LAP SWIM 1 LANE	CLOSED Pool Closed 1–3	FAMILY SWIM 2 LANES / LAP SWIM 2 LANES	FAMILY SWIM 2 LANES / LAP SWIM 2 LANES
1:30							
2:00							
2:30							
3:00	ADULT OPEN / LAP SWIM 2 LANES	FAMILY SWIM / LAP SWIM 2 LANES	FAMILY SWIM / LAP SWIM 2 LANES	FAMILY SWIM / LAP SWIM 2 LANES	FAMILY SWIM 2 LANES / LAP SWIM 2 LANES		
3:30							
4:00							
4:30	SWIM LESSONS / ADULT OPEN	SWIM LESSONS / LAP SWIM 2 LANES	SWIM LESSONS / LAP SWIM 2 LANES	ADULT OPEN 2 LANES / LAP SWIM 2 LANES			
5:00							
5:30							
6:00							
6:30				FAMILY SWIM 2 LANES			
7:00							
7:30	FAMILY SWIM 2 LANES / LAP SWIM 2 LANES						
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. Lap swim may include private lessons. Lane sharing should be expected during busy times.
4. Our Second Grade Swim program may also be in on some Mondays. **please note that the Universal I locker room is closed during Second grade*

ATTLEBORO NORTON YMCA – SWEET POOL (November 13– November 29)

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– 2:30 PM
AQUA HIT 9:30 – 10:30 AM	SYNCHRO 6:30 – 8:30 PM	AQUA HIT 9:30 – 10:30 AM	SYNCHRO 6:30 – 8:30 PM	AQUA HIT 9:30 – 10:30 AM		
LAP SWIM 10:30 AM – 6:00 PM		LAP SWIM 10:30 AM– 8:30PM		LAP SWIM 10:30 AM – 8:30 PM		
MASTERS 6:00– 7:00 PM						
MASTERS SYNCHRO (2) 7:00 – 8:30 PM / LAP (2) 7:00 – 8:30 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.