



Attleboro Norton YMCA
POOL SCHEDULE
July-August 2022

For the most up-to-date schedules, please use the **Y's Mobile App** or go to attleboroymca.org/schedules.

SWEET POOL

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
7:00 AM	(4 lanes)	(4 lanes)	(4 lanes)	(4 lanes)	(4 lanes)		LAP SWIM
7:30 AM	5:00-9:30 AM	5:00 AM-	5:00-9:30 AM	5:00 AM-	5:00-9:30 AM	LAP SWIM	(4 lanes)
8:00 AM		7:00 PM		7:00 PM		(4 lanes)	7:00-9:25 AM
8:30 AM						7:00-9:30 AM	
9:00 AM							
9:30 AM	AQUA HIIT		AQUA HIIT		AQUA HIIT		
10:00 AM	9:30-10:25 AM		9:30-10:25 AM		9:30-10:25 AM	LESSONS	LESSONS
10:30 AM						Lap (2)	Lap (2)
11:00 AM							Lap (4)
11:30 AM	LAP SWIM		LAP SWIM		LAP SWIM	LAP SWIM	BLUEFISH
12:00 PM	(4 lanes)		(4 lanes)		(4 lanes)	(4 lanes)	11:00 AM-12:30 PM
12:30 PM	10:30 AM-		10:30 AM-		10:30 AM-	10:30 AM-	
1:00 PM	8:30 PM		8:30 PM		4:00 PM	4:30 PM	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM					BLUEFISH		
5:00 PM					4:00-6:15PM		
5:30 PM							
6:00 PM							
6:30 PM					LAP SWIM		
7:00 PM		SYNCHRO		SYNCHRO	(4 lanes)		
7:30 PM		7:00-8:30 PM		6:30-8:30 PM	6:30-8:30 PM		
8:00 PM							
8:30 PM							
9:00 PM							



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BALFOUR POOL

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM		LAP SWIM		LAP SWIM			
7:00 AM	LAP SWIM	(4 lanes)	LAP SWIM	(4 lanes)	LAP SWIM		
7:30 AM	(4 lanes)	6:00-8:30 AM	(4 lanes)	6:00-8:30 AM	(4 lanes)		
8:00 AM	7:00-8:30 AM		7:00-8:30 AM		7:00-8:30 AM		
8:30 AM	WATER IN MOTION	WATER IN MOTION	WATER IN MOTION	WATER IN MOTION	Senior Volleyball		
9:00 AM	8:30-9:30 AM	8:30-9:30 AM	8:30-9:30 AM	8:30-9:30 AM	8:30-9:30 AM		FAMILY LAP
9:30 AM	FAMILY SWIM		FAMILY SWIM		FAMILY SWIM	SWIM LESSONS	SWIM LESSONS
10:00 AM	9:30-11:00 AM	LESSONS	9:30-11:00 AM		9:30-11:00 AM	8:50 AM-	9:25-
10:30 AM	LAP (1)	FAMILY SW	LAP (1)		LAP (1)	12:00 PM	11:45 AM
11:00 AM	LAP SWIM (4)	LAP SWIM (4)	LAP SWIM (4)	LAP SWIM (4)	LAP SWIM (4)		
11:30 AM	11:00 AM–1:00 PM	11:00 AM-1:00 PM	11:00 AM-1:00 PM	11:00 AM-1:00 PM	11:00 AM–1:00 P		
12:00 PM						FAMILY SWIM	
12:30 PM						LAP SWIM	
1:00 PM		STURDY PHYSICAL THERAPY		STURDY PHYSICAL THERAPY			
1:30 PM							
2:00 PM		1:00-4:00 PM		1:00-4:00 PM			
2:30 PM		LAP SWIM (1 lane)		LAP SWIM (1 lane)			
3:00 PM	TEEN SWIM		TEEN SWIM		TEEN SWIM		
3:30 PM	LAP (1)		LAP (1)				
4:00 PM					FAMILY SWIM		
4:30 PM	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	4:00-8:30 PM		
5:00 PM	4:00-6:30 PM	4:00-6:30 PM	4:00-6:30 PM	4:00-6:30 PM			
5:30 PM					LAP SWIM (1 lane)		
6:00 PM		ADULT LESSON					
6:30 PM	FAMILY SWIM		FAMILY SWIM	FAMILY SWIM			
7:00 PM	6:30-8:30 PM	FAMILY SWIM	6:30-8:30 PM	6:30-8:30 PM			
7:30 PM	LAP SWIM (1)	7:10-8:30 PM	LAP SWIM (1)	LAP SWIM (1)			
8:00 PM							
8:30 PM							
9:00 PM							

DOWNTOWN BRANCH – Facility Hours

MON-FRI 5:00 AM-9:00 PM
 SAT 7:00 AM-5:00 PM
 SUN 7:00 AM-12:00 PM