



Attleboro Norton YMCA
POOL SCHEDULE
DECEMBER 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							9:25-10:05
11:30 AM	LAP SWIM		LAP SWIM		LAP SWIM	LAP SWIM	LAP SWIM
12:00 PM	(4 lanes)		(4 lanes)		(4 lanes)	(4 lanes)	(4 lanes)
12:30 PM	10:30 AM-		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	2:30 PM
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	AHS SWIM TEAM	AHS SWIM TEAM	AHS SWIM TEAM	AHS SWIM TEAM	AHS SWIM TEAM		
3:30 PM	2:30-5:30 PM	2:30-5:30 PM	2:30-5:30 PM	2:30-5:30 PM	2:30-5:30 PM		
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	+++	+++	+++	+++	BLUEFISH		
6:00 PM	+++	+++	+++		4:00-6:30 PM		
6:30 PM					LAP SWIM		
7:00 PM		SYNCHRO	Aquatic Cond (1)	SYNCHRO	(4 lanes)		
7:30 PM		6:30-8:30 PM		6:30-8:30 PM	6:30-8:30 PM		
8:00 PM							
8:30 PM							
9:00 PM							

+++ One Lane Reserved for Private Swim Lessons



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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					
9:30 AM	LESSONS 9:30-2:00 PM	+++	FAMILY SWIM	LAP SWIM (4)	FAMILY SWIM	SWIM LESSONS	SWIM LESSONS			
10:00 AM			9:30-11:00 AM		9:30-11:00 AM					
10:30 AM			LAP (1)		LAP (1)			8:50 AM-	8:50 AM-	
11:00 AM								12:00 PM	12:00 PM	
11:30 AM		LAP SWIM (4)	LAP SWIM (4)		LAP SWIM (4)					
12:00 PM	LAP SWIM (4)	9:30 AM-1:00 PM	+++							
12:30 PM	11:00 AM-1:00 PM		+++Wed 10:30AM-12:15PM			+++	+++			
1:00 PM		STURDY PHYSICAL THERAPY 1:00-4:00 PM		STURDY PHYSICAL THERAPY 1:00-4:00 PM						
1:30 PM			LAP SWIM (1 lane)		LAP SWIM (1 lane)		FAMILY SWIM	Family Swim		
2:00 PM							12:--4:30 PM	12:00-2:30 PM		
2:30 PM								LAP SWIM (1)		
3:00 PM	TEEN SWIM		TEEN SWIM		TEEN SWIM					
3:30 PM	+++		LAP (1)							
4:00 PM	SWIM LESSONS 4:00-6:30 PM	SWIM LESSONS 4:00-7:00 PM	SWIM LESSONS 4:00-6:30 PM	SWIM LESSONS 4:00-6:30 PM	FAMILY SWIM					
4:30 PM							4:00-8:30 PM			
5:00 PM							+++			
5:30 PM							+++			
6:00 PM			+++							
6:30 PM	FAMILY SWIM		+++							
7:00 PM	6:30-8:30 PM		LAP SWIM (1)							
7:30 PM		FAMILY SWIM	FAMILY SWIM	FAMILY SWIM						
8:00 PM		7:10-8:30 PM	6:30-8:30 PM	6:30-8:30 PM						
8:30 PM										
9:00 PM										

+++ One Line reserved for Private Swim Lessons

DOWNTOWN BRANCH – Facility Hours
 MON-FRI 5:00 AM-9:00 PM
 SAT 7:00 AM-5:00 PM
 SUN 7:00 AM-3:00 PM