



Attleboro Norton YMCA
POOL SCHEDULE
FEBRUARY 25-MARCH 31, 2023

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)		
7:30 AM	5:00-9:25 AM	5:00 AM-	5:00-9:25 AM	5:00 AM-	5:00-9:25 AM	LAP SWIM	LAP SWIM
8:00 AM		6:25 PM		6:25 PM		(4 lanes)	(4 lanes)
8:30 AM						7:00-9:30 AM	7:00-9:30 AM
9:00 AM							
9:30 AM	AQUA HIIT		AQUA HIIT		AQUA HIIT		
10:00 AM	9:30-10:30 AM		9:30-10:30 AM		9:30-10:30 AM	LESSONS	LESSONS
10:30 AM						Lap (2)	Lap (2)
11:00 AM							
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		6:30 PM		4:00 PM	4:30 PM	2:30 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					4:00-6:30 PM		
5:30 PM							
6:00 PM							
6:30 PM		SYNCHRO	LESSONS	SYNCHRO	LAP SWIM (4)		
7:00 PM		6:30-8:30 PM	Lap (2)	6:30-8:30 PM	6:30-8:30 PM		
7:30 PM			LAP SWIM (4)				
8:00 PM			7:30-8:30 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)	6:00-8:25 AM	(4 lanes)	6:00-8:25 AM	(4 lanes)		
8:00 AM	7:00-8:25 AM		7:00-8:25 AM		7:00-8:25 AM		
8:30 AM	WATER IN MOTION	WATER IN MOTION	WATER IN MOTION	WATER IN MOTION	ADULT		
9:00 AM	8:30-9:30 AM	8:30-9:30 AM	8:30-9:30 AM	8:30-9:30 AM	VOLLEYBALL		
9:30 AM	LESSONS	LESSONS	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIM LESSONS	SWIM LESSONS
10:00 AM			10:00-11:00 AM	10:00-11:00 AM	10:00-11:00 AM		
10:30 AM			LAP (1)	LAP (1)	LAP (1)		
11:00 AM							
11:30 AM	LAP (3)	LAP SWIM (4)	LAP SWIM (4)	LAP SWIM (4)	LAP SWIM (4)		
12:00 PM		11:00 AM-1:00 PM	11:00 AM-12:30 P	11:00 AM-1:00 PM	11:00 AM-12:30 P		
12:30 PM			Attleboro		Attleboro		
1:00 PM			Schools Lessons		Schools Lessons		
1:30 PM		STURDY PHYSICAL THERAPY		STURDY PHYSICAL THERAPY		FAMILY SWIM	FAMILY SWIM
2:00 PM						12:00 - 4:30 PM	12:00 - 2:30 PM
2:30 PM		1:00-4:00 PM		1:00-4:00 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							
4:30 PM	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	FAMILY SWIM		
5:00 PM	4:00-6:30 PM	4:00-6:30 PM	4:00-6:30 PM	4:00-6:30 PM	4:00-8:30 PM		
5:30 PM							
6:00 PM							
6:30 PM	PVT LESSON	ADULT LESSON		ADULT LESSON			
7:00 PM	LAP SWIM (1)	LAP SWIM (1)	FAMILY SWIM	LAP SWIM (1)	FAMILY SWIM		
7:30 PM	FAMILY SWIM	FAMILY SWIM	6:30-8:30 PM	FAMILY SWIM			
8:00 PM	7:00-8:30 PM	7:10-8:30 PM		7:10-8:30 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-3:00 PM