



**Attleboro Norton YMCA**  
**POOL SCHEDULE**  
**January 2–February 5, 2024**

For the most up-to-date schedules,  
 please use the **Y's Mobile App** or  
 go to [attleboroymca.org/schedules](http://attleboroymca.org/schedules).

**SWEET POOL**

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM	LAP SWIM (4 lanes) 5:00–9:25 AM	LAP SWIM (4 lanes) 5:00 AM– 2:30 PM	LAP SWIM (4 lanes) 5:00–9:25 AM	LAP SWIM (4 lanes) 5:00 AM– 2:30 PM	LAP SWIM (4 lanes) 5:00–9:25 AM	LAP SWIM (4 lanes) 7:00–9:30 AM	LAP SWIM (4 lanes) 7:00–9:30 AM
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM	AQUA HIIT 9:30–10:30 AM		AQUA HIIT 9:30–10:30 AM		AQUA HIIT 9:30–10:30 AM	LES- SONS	LES- SONS
9:00 AM							
9:30 AM	LAP SWIM (4 lanes) 10:30 AM– 2:30 PM		LAP SWIM (4 lanes) 10:30 AM– 2:30 PM		LAP SWIM (4 lanes) 10:30 AM– 2:30 PM	LAP SWIM (4 lanes) 11:30 AM– 4:30 PM	LAP SWIM (4 lanes) 10:30 AM– 2:30 PM
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Attleboro HS 2:30–5:00 PM	Attleboro HS 2:30–5:00 PM	Attleboro HS 2:30–5:00 PM	Attleboro HS 2:30–5:00 PM	Attleboro HS 2:30–4:00 PM	BLUEFISH 4:00–6:30 PM	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	LAP SWIM 5:00–6:00 PM	BLUEFISH 5:00–6:30 PM	LAP SWIM	LAP SWIM 5:00–6:30 PM			
5:00 PM							
5:30 PM	MASTERS SWIM						
6:00 PM							
6:30 PM	LAP SWIM 7:00–8:30 PM	SYNCHRO 6:30–8:30 PM	SYNCHRO 7:00–8:30 PM	SYNCHRO 6:30–8:30 PM	LAP SWIM (4) 6:30–8:30 PM		
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

Attleboro High School practice will end at 4:00 on days before meets—January 2, 11, 18 and no practice on meet days—January 3, 12, 19



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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 AEROBICS	WATER IN MOTION	WATER AEROBICS	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	Second Grade	LESSONS	Second Grade	LESSONS	Second Grade	SWIM LESSONS	SWIM LESSONS
10:00 AM	Lessons	FAMILY SW	Lessons	FAMILY SW	Lessons	8:45 AM-	8:45 AM-
10:30 AM	LESSONS	LAP (1)	Lessons	LAP (1)	Lessons	12:00 PM	12:00 PM
11:00 AM	LAP SWIM (3)						
11:30 AM		LAP SWIM (4)	LAP SWIM (4)	LAP (3)	LAP SWIM (4)		
12:00 PM		11:00 AM-1:00 PM	10:30 AM-1:00 PM		10:30 AM-1:00 P		
12:30 PM							
1:00 PM						FAMILY SWIM	FAMILY SWIM
1:30 PM		STURDY PHYSICAL THERAPY		STURDY PHYSICAL THERAPY		12:00 –	12:00 –
2:00 PM						4:30 PM	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	ADULT LESSON	LESSONS		ADULT LESSON			
7:00 PM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM			
7:30 PM	7:10-8:30 PM	7:10-8:30 PM	6:30-8:30 PM	7:10-8:30 PM			
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-3:00 PM

Second Grade Lessons will run to 11:00 on Wednesdays January 10 and 17. The Balfour Women's and Family Locker Rooms are closed during Second Grade Lessons on M, W and F from 9:15am until 10:30am; January 10 and 17 to 11:00am. Sweet Women's Locker Room is available.