

Staenberg Family Complex - Millstone Lap Pool

updated 11/20/15

	Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday																							
	LANE				LANE				LANE				LANE				LANE				LANE																											
Time	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4																				
5:30am	Dark shaded				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-9:30pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-7:30pm				Dark shaded																							
6:00am																																																
7:00am	Lap Swim 7:00am-7:30am				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-9:30pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-7:30pm				Lap Swim 7:00-8:15am																							
8:00am																									Swim Boot Camp 8:15-9:20am																							
9:00am																									Aqua Power 9:30-10:25am				Lap Swim 10:30am-4:30pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-5:00pm				Kid's Swim Boot Camp 9:30-10:20am							
9:30am																																																
10:00am																																																
11:00am																									Lap Swim 7:00am-7:30am				Lap Swim 10:30am-4:30pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-7:30pm				Lap Swim 7:00am-7:30pm			
12:00pm																																																
1:00pm																																																
2:00pm																																																
3:00pm																																																
4:00pm																																																
5:00pm	Swim Club & J Sharks 5:00-6:00pm				Swim Club & J Sharks 5:00-6:00pm				Swim Club & J Sharks 5:00-6:00pm				Swim Club & J Sharks 5:00-6:00pm																																			
5:30pm																																																
6:00pm	Aqua Power Deep 6:15-7:10pm																																															
7:00pm																																																
7:30pm	Dark shaded				Lap Swim 4:30-9:00pm				Lap Swim 4:30-9:00pm				Lap Swim 4:30-9:00pm				Lap Swim 4:30-9:00pm				Dark shaded																											
8:00pm																																																
9:00pm																																																

Note: Dark shaded areas denotes that area is closed. Schedule subject to change without notice.

**Aquatics staff will supervise pool area so recreational swimmers, lap swimmers and water walkers can share the facility, to maintain maximum usage.