Marilyn Fox Building - Millstone Pool Schedule

Sept. 2018 - May 2019

| | Sunday | Monday | Total Control Made and Control | | Thursday Eviden Caturday | | |
|-------------------|-----------------------------------|---|--|---|------------------------------------|---|---|
| | Sunday LANE | LANE | Tuesday LANE | Wednesday LANE | Thursday LANE | Friday LANE | Saturday LANE |
| Time | 1 2 3 4 5 6 | 1 2 3 4 5 6 | 1 2 3 4 5 6 | 1 2 3 4 5 6 | 1 2 3 4 5 6 | \$ | 1 2 3 4 5 6 |
| 5:30am 6:00am | | Lap/Rec Swim 5:30-8:00am | Lap/Rec Swim 5:30-8:00am | Lap/Rec Swim 5:30-8:00am | Lap/Rec Swim 5:30-8:00am | Lap/Rec Swim 5:30-8:00am | |
| 8:00am | | Aqua Power 8:00-9:00am | | Aqua Power 8:00-9:00am | Aqua Power 8:00-9:00am | Aqua Power 8:00-9:00am | |
| 9:00am 10:00am | Aqua Power Deep 9:00-10:00am | Strength and Fexiblitiy 9:00-10:00am | Aqua Flow 9:00-10:00am | | | | |
| 11:00am | | | | Lap/Rec Swim | Lap/Rec Swim Ongoing, | | Splash Academy 10:00-10:45am |
| 12:00pm | Splash Academy 10:00am-1:45pm | | Lap/Rec Swim Ongoing, see specific lanes on | Ongoing, see specific lanes on chart | see specific lanes on chart | | |
| 1:00pm 2:00pm | Jr Jaws 1:00 -1:45pm | Lap/Rec Swim Ongoing, see specific lanes on | chart | | | Lap/Rec Swim | Lap/Rec Swim |
| 3:00pm | | chart Splash Academy 1:00- | Splash Academy 1:00- 5:00pm | | Splash | Ongoing, see specific lanes on chart | Ongoing, see specific lanes on chart |
| 4:00pm 5:00pm | Lap/Rec Swim Ongoing, | 6:00pm J Sharks Swim | J Sharks | Jr. Jaws 4-5pm J Sharks Swim | Academy 3:15-5:00pm J Sharks Swim | | |
| 6:00pm | see specific lanes on chart | Team/Club 5 :00-6:00pm | Swim Team/Club 5:00-6:00pm | Splash Team/Club Academy 5:00-6:00pm 4:00- 7:00pm | Team/Club 5:00-6:00pm | | |
| 6:30pm | | | Aqua Power | | Aqua Power | | |
| 7:00pm 7:30pm | | | 6:30-7:30pm | | 6:30-7:30pm | | |
| 8:00pm | | | | | | | |
| 9:00pm | | | | | | | |