## Marilyn Fox Building - Millstone Pool Schedule

## **Summer 2019**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LANE	LANE	LANE	LANE	LANE	LANE	LANE
Time 5:30am	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	1 2 3 4 5 6
5.50am							
6:00am		Lap/Rec Swim	Lap/Rec Swim	Lap/Rec Swim	Lap/Rec Swim	Lap/Rec Swim	
0.000		5:30-8:00am	5:30-8:00am	5:30-8:00am	5:30-8:00am	5:30-8:00am	
7:00am							
8:00am		Aqua Power		Aqua Power	Aqua Power	Aqua Power	
		8:00-9:00am		8:00-9:00am	8:00-9:00am	8:00-9:00am	
9:00am	Aqua Power Deep	Strength and Fexiblitiy	Aqua Flow				
	9:00-10:00am	9:00-10:00am	9:00-10:00am				
9:30am		Splash	Splash	Splash	Splash		
10:00am		Academy	Academy	Academy	Academy 9:30-		Lap/Rec Swim
10:00am		9:30- 10:30am	9:30- 10:30am	9:30- 10:30am	10:30am		Ongoing, see specific
10:30am	Splash Academy	20.000	201000	201000	20.000		lanes on
	9:30am-12pm						chart
11:00am							
12:00pm							
12:30pm		Splash	Splash	Splash	Splash		
12.50piii		Academy	Academy	Academy	Academy		
1:00pm		12:30-	12:30-	12:30-	12:30-		
		1:30pm	1:30pm	1:30pm	1:30pm		
1:30pm							
2:00pm							
2:30pm	Lap/Rec Swim	Lap/Rec Swim					
	Ongoing,	Ongoing,					
3:00pm	see specific lanes on	see specific lanes on					
	chart	chart					
3:30pm			J Sharks	J Sharks	J Sharks	J Sharks	
4.00			Swim Team	Swim Team	Swim Team	Swim Team	
4:00pm			3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	3:30-5:00pm	
5:00pm			Splash		Splash Academy		
·			3:30-		3:30-		
6:00pm			7:00pm		7:00pm		
6:30pm							
7:00pm			Aqua Power		Aqua Power		
7:00pm			6:30-7:30pm		6:30-7:30pm		
7:30pm							
8:00pm							
9:00pm							