## **Staenberg Family Complex - Millstone Indoor Lap Pool**

**FALL 2019** 

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	Sunday					Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				
		LANE			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																														
6:00am																														
7:00am												Swim going																		
8:00am					Lap Swim Ongoing				Aqua Boot Camp 9:30-10:30am																Aqua Boot Camp					
9:00am																									8:15-9:30am					
9:30am  10:00am																														
10:30am												Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing										
11:00am		La	p Swi	m				<b>5</b>												0 - 0				0- 0						
12:00pm			ngoin																											
1:00pm											Lap	Swim																		
2:00pm							Ongoing															Lap Swim								
3:00pm																								Ongoing						
4:00pm																														
5:00pm				J Sharks Swim Club 5-6pm			J Sharks Swim Club 5-6pm			J Sharks Swim Club 5-6pm				J Sharks																
5:30pm													<b>Swim Club</b> 5-6pm																	
6:00pm								ı <b>a Powe</b> ı 6:15-7p								<b>a Power</b> 6:15-7pi														
7:00pm																														
7:30pm																														
8:00pm																														
9:00pm							at area i																					without		

Notes: Dark shaded areas denotes that area is closed.

updated 9/16/19 • Schedule subject to change without notice.