Marilyn Fox Building - Millstone Pool Schedule

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 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
5:30am							
5.00			. 12	. 12	. /2	. /2	
6:00am		Lap/Rec Swim 5:30am-9pm	Lap/Rec Swim 5:30am-9pm	Lap/Rec Swim 5:30am-9pm	Lap/Rec Swim 5:30am-9pm	Lap/Rec Swim 5:30am-7:30pm	
7:00am		5:30am-9pm	5:30am-9pm	5:30am-9pm	5:30am-9pm	5:30am-7:30pm	
7:00am							
8:00am		Aqua Power		Aqua Power	Aqua Power	Aqua Power	
o.oou		8-9am		8-9am	8-9am	8-9am	
9:00am	Aqua Power Deep						
	9-10am		Aqua Flow	Aqua Flow			
9:30am			9-10am	9-10am			
3.30am							Lap/Rec Swim
10:00am							Ongoing,
							see specific
10:30am							lanes on
							chart
11:00am							
	Splash Academy						
12:00pm	9:30am-2pm						
12:30pm							
12.50pm							
1:00pm							
p		Splash	Splash				
1:30pm		Academy	Academy				
		1-1:45pm	1-1:45pm				
2:00pm							
2:30pm							
3:00pm							
3:30pm		Splash	Splash		Splash		
3.30pm	Lap/Rec Swim	Academy	Academy		Academy		
4:00pm	Ongoing,	3-5pm	3-5pm		3-5pm		
•	see specific			Splash			
5:00pm	lanes on chart			Academy 3-7pm J Sharks			
	Citait	J Sharks Swim Club	J Sharks Swim Club	3-7pm J Sharks Swim Club	J Sharks Swim Club		
6:00pm		Splash 5-6pm	5-6pm	5-6pm	5-6pm		
		Academy					
6:30pm		6-15-7pm					
7:00pm			Aqua Power 6:30-7:30pm		Aqua Power 6:30-7:30pm		
7:00pm			6.30-7.30μΠ		6.30-7.30pm		
7:30pm							
	Special Programming						
8:00pm	Inflatable Obstacle course will be						
-	available on the first Sunday of						
9:00pm	each month from 3-5pm.						
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