

Marilyn Fox Building - Millstone Indoor Pool Schedule

Summer 2018

Time	Sunday						Monday						Tuesday						Wednesday						Thursday						Friday						Saturday					
	LANE						LANE						LANE						LANE						LANE						LANE											
	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	Grey shaded						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						Grey shaded					
6:00am																																										
7:00am	Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim											
8:00am																																										
8:00am	Lap/Rec Swim						Aqua Power 8:00-9:00am						Lap/Rec Swim						Aqua Power 8:00-9:00am						Lap/Rec Swim						Aqua Power 8:00-9:00am											
9:00am																																										
9:00am	Lap/Rec Swim						Aqua Power Deep 9:00-10:00am						Strength and Flexibility 9:00-10:00am						Lap/Rec Swim						Aqua Flow 9:00-10:00am						Lap/Rec Swim						Lap/Rec Swim Ongoing, see specific lanes on chart					
10:00am																																										
10:00am	Splash Academy 10:00am-12:00pm						Lap/Rec Swim						Parkinson's Aqua Fitness 10:00-11:00am						Lap/Rec Swim						Parkinson's Aqua Fitness 10:00-11:00am						Lap/Rec Swim						Lap/Rec Swim Ongoing, see specific lanes on chart					
11:00am																																										
12:00pm	Lap/Rec Swim						Lap/Rec Swim						Splash Academy 12:35-1:20pm						Lap/Rec Swim						Splash Academy 12:35-1:20pm						Lap/Rec Swim						Lap/Rec Swim Ongoing, see specific lanes on chart					
1:00pm																																										
2:00pm	Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim											
3:00pm																																										
3:30pm	Lap/Rec Swim Ongoing, see specific lanes on chart						Lap/Rec Swim Ongoing, see specific lanes on chart						Jr Jaws 3:30 - 4:30pm						J Sharks Swim Team 3:30-5:00pm						Jr Jaws 3:30 - 4:30pm						J Sharks Swim Team 3:30-5:00pm						Lap/Rec Swim Ongoing, see specific lanes on chart					
4:00pm																																										
4:30pm	Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim											
5:00pm																																										
6:00pm	Lap/Rec Swim						Lap/Rec Swim						Splash Academy 5:00-7:00pm						Lap/Rec Swim						Splash Academy 5:00-7:00pm						Lap/Rec Swim						Lap/Rec Swim Ongoing, see specific lanes on chart					
6:30pm																																										
7:00pm	Lap/Rec Swim						Lap/Rec Swim						Aqua Power 6:30-7:30pm						Lap/Rec Swim						Aqua Power 6:30-7:30pm						Lap/Rec Swim						Lap/Rec Swim Ongoing, see specific lanes on chart					
7:30pm																																										
8:00pm	Grey shaded						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Lap/Rec Swim						Grey shaded					
9:00pm																																										

Note: Grey shaded = pool closed; blue shaded = lap/rec swim.
Schedule subject to change without notice.

Updated 6/1/18