

Staenberg Family Complex - Millstone Lap Pool

Sept. 2018 - May 2019

	Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday																							
	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	Closed				Lap Swim 5:30am-5:00pm				Boot				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-7:30pm				Closed																							
6:00am																																																
7:00am	Lap Swim 7:00am-7:30am				Lap Swim 5:30am-5:00pm				Swim Boot Camp 9:20-10:30am				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-7:30pm				Lap Swim 7:00-8:15am																							
8:00am																									Swim Boot Camp 8:15-9:30am																							
9:00am																									Lap Swim 7:00am-7:30am				Lap Swim 5:30am-5:00pm				Lap Swim 10:30am-4:30pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-7:30pm				Kid's Swim Boot Camp 9:30-10:15am			
9:30am																																																
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11:00am																																																
12:00pm																																																
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4:00pm	J Sharks Swim Team 5:00-6:00pm				J Sharks Swim Team 5:00-6:00pm				J Sharks Swim Team 5:00-6:00pm				J Sharks Swim Team 5:00-6:00pm				Lap Swim 7:00am-7:30pm																															
5:00pm																																																
5:30pm																																																
6:00pm	Aqua Power Deep 6:15-7:00pm				Boot Camp 6-7pm				Aqua Power Deep 6:15-7:00pm				Lap Swim 4:30-9:00pm																																			
7:00pm																																																
7:30pm	Closed				Lap Swim 4:30-9:00pm				Lap Swim 4:30-9:00pm				Lap Swim 4:30-9:00pm				Lap Swim 4:30-9:00pm				Closed																											
8:00pm																																																
9:00pm																																																

Notes: Dark shaded areas denotes that area is closed.

Schedule subject to change without notice.

Aquatics staff will supervise pool area so recreational swimmers, lap swimmers and water walkers can share the facility, to maintain maximum usage.

updated 1/8/18