

# Staenberg Family Complex - Millstone Lap Pool

updated 11/03/16

	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	Dark shaded				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-9:30pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-7:30pm				Dark shaded																							
6:00am																																																
7:00am	Lap Swim 7:00am-7:30am				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-9:30pm				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 8:15-9:20am																							
9:00am																									Aqua Power 9:30-10:25am				Kid's Swim Boot Camp 9:30-10:20am																			
9:30am																									Lap Swim 7:00am-7:30am				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-9:30pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-7:30pm				Lap Swim 7:00am-7:30pm			
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5:00pm	Swim Club & J Sharks 5:00-6:00pm				Swim Club & J Sharks 5:00-6:00pm				Swim Club & J Sharks 5:00-6:00pm				Swim Club & J Sharks 5:00-6:00pm																																			
5:30pm	Aqua Power Deep 6:15-7:10pm				Aqua Power Deep 6:15-7:10pm																																											
6:00pm	Lap Swim 7:00am-7:30am				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-9:30pm				Lap Swim 5:30am-5:00pm				Lap Swim 5:30am-7:30pm				Lap Swim 7:00am-7:30pm																											
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8:00pm																									Dark shaded				Lap Swim 4:30-9:00pm				Lap Swim 4:30-9:00pm				Lap Swim 4:30-9:00pm				Dark shaded							
9:00pm																																																

Note: 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.