

Staenberg Family Complex - Millstone Indoor Lap Pool

FALL 2021

	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 Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Dark shaded															
6:00am																																				
7:00am	Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing															
8:00am									Aqua Boot Camp 8:15-9:30am																											
9:00am									Aqua Boot Camp 9:30-10:30am																											
9:30am																									Lap Swim											
10:00am									Lap Swim Ongoing																											
10:30am																									Lap Swim Ongoing											
11:00am									Lap Swim Ongoing																											
12:00pm																									Lap Swim Ongoing											
1:00pm									J Sharks Swim Club 5-6pm																J Sharks Swim Club 5-6pm				J Sharks Swim Club 5-6pm				J Sharks Swim Club 5-6pm			
2:00pm																																				
3:00pm	Aqua Power Deep 6:15-7pm				Aqua Power Deep 6:15-7pm				Dark shaded				Dark shaded																							
4:00pm																																				
5:00pm	Dark shaded				Dark shaded				Dark shaded				Dark shaded																							
5:30pm																																				
6:00pm	Dark shaded				Dark shaded				Dark shaded				Dark shaded																							
7:00pm																																				
7:30pm	Dark shaded				Dark shaded				Dark shaded				Dark shaded																							
8:00pm																																				
9:00pm	Dark shaded				Dark shaded				Dark shaded				Dark shaded																							

Notes: Dark shaded areas denotes that area is closed.

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

updated 9/17/21 • Schedule subject to change without notice.