

Staenberg Family Complex - Millstone Indoor Lap Pool

Fall 2022

	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				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				Dark shaded																															
8:00am																																																								
9:00am									Lap Swim Ongoing				Lap Swim Ongoing				Aqua Boot Camp 9-10:15am				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Aqua Boot Camp 8-9:30am																							
9:30am																																																								
10:00am																																	Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing			
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5:00pm	Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																																			
5:30pm																																																								
6:00pm																									Dark shaded				Aqua Power Deep 6:15-7pm				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Dark shaded											
7:00pm																																																								
7:30pm																																																								
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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 9/8/22 • Schedule subject to change without notice.