

Marilyn Fox Building - Millstone Pool Schedule

Winter-Spring 2023

| Time | Sunday | | | | | | Monday | | | | | | Tuesday | | | | | | Wednesday | | | | | | Thursday | | | | | | Friday | | | | | | Saturday | | | | | |
|---------|---|---|---|---|---|---|------------------------------------|---|---|---|---|---|------------------------------------|---|---|---|---|---|------------------------------------|---|---|---|---|---|------------------------------------|---|---|---|---|---|---|---|---|---|---|---|-------------|---|---|---|---|---|
| | LANE | | | | | | LANE | | | | | | LANE | | | | | | LANE | | | | | | LANE | | | | | | LANE | | | | | | | | | | | |
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| 5:30am | Grey shaded | | | | | | Lap/Rec Swim 5:30am-8pm | | | | | | Lap/Rec Swim 5:30am-8pm | | | | | | Lap/Rec Swim 5:30am-8pm | | | | | | Lap/Rec Swim 5:30am-8pm | | | | | | Lap/Rec Swim 5:30am-5:30pm | | | | | | Grey shaded | | | | | |
| 6:00am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:00am | Lap/Rec Swim Ongoing, see specific lanes on chart | | | | | | Aqua Power 8-9am | | | | | | Aqua Power 8-9am | | | | | | Aqua Power 8-9am | | | | | | Aqua Power 8-9am | | | | | | Lap/Rec Swim Ongoing, see specific lanes on chart | | | | | | | | | | | |
| 8:00am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:00am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30am | British Swim School 9am-2pm | | | | | | Aqua Flow 9-9:45am | | | | | | Aqua Flow 9-9:45am | | | | | | Aqua Flow 9-9:45am | | | | | | British Swim School 9am-2pm | | | | | | | | | | | | | | | | | |
| 10:00am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30am | British Swim School 10am-8pm | | | | | | British Swim School 10am-8pm | | | | | | British Swim School 10am-8pm | | | | | | British Swim School 10am-8pm | | | | | | British Swim School 10am-8pm | | | | | | British Swim School 10am-5:30pm | | | | | | | | | | | |
| 11:00am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1:30pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2:30pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3:30pm | J Sharks Swim Club 5-6pm | | | | | | J Sharks Swim Club 5-6pm | | | | | | J Sharks Swim Club 5-6pm | | | | | | J Sharks Swim Club 5-6pm | | | | | | Grey shaded | | | | | | | | | | | | | | | | | |
| 5:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30pm | Special Programming Inflatable Obstacle course will be available on the first Sunday of each month from 3-5pm. | | | | | | Aqua Fit 6:30-7:30pm | | | | | | Aqua Fit 6:30-7:30pm | | | | | | Aqua Fit 6:30-7:30pm | | | | | | Grey shaded | | | | | | | | | | | | | | | | | |
| 6:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30pm | Special Programming Inflatable Obstacle course will be available on the first Sunday of each month from 3-5pm. | | | | | | Aqua Fit 6:30-7:30pm | | | | | | Aqua Fit 6:30-7:30pm | | | | | | Aqua Fit 6:30-7:30pm | | | | | | Grey shaded | | | | | | | | | | | | | | | | | |
| 8:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:00pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Note: Grey shaded = pool closed; blue shaded = lap/rec swim.

Schedule subject to change without notice.

Updated 10/25/22