

Marilyn Fox Building - Millstone Pool Schedule

Summer 2023

Time	Sunday						Monday						Tuesday						Wednesday						Thursday						Friday						Saturday																																															
	LANE						LANE						LANE						LANE						LANE						LANE																																																					
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6																																										
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						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						Lap/Rec Swim Ongoing, see specific lanes on chart																																															
8:00am																																																																																				
8:30am																																																																																				
9:00am																																																																																				
9:30am	British Swim School 9am-2pm						Wet Sweat 9-10am						Aqua Flow 9-9:45am						Aqua Power 8-9am						Aqua Power 8-9am						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-5:30pm												British Swim School 9am-2pm																																									
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4:00pm																																																																																				
4:30pm																																					J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm																							
5:00pm																																																																																				
5:30pm	Grey shaded						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						British Swim School 9am-2pm																																															
6:00pm																																																																																				
6:30pm																																											Aqua Fit 6:30-7:30pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-5:30pm						British Swim School 9am-2pm											
7:00pm																																																																																				
7:30pm	Special Programming Inflatable Obstacle course will be available on the first Sunday of each month from 3-5pm.						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-5:30pm						British Swim School 9am-2pm																																																					
8:00pm																																																																																				
9:00pm																																																																																				

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

Schedule subject to change without notice.

Updated 5/23/23