

# Staenberg Family Complex - Millstone Indoor Lap Pool

# Summer 2023

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

Notes: Dark shaded areas denotes that area is closed.

updated 5/23/23 • 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.