

Staenberg Family Complex - Millstone Indoor Lap Pool

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

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 9/5/23 • Schedule subject to change without notice.