

# Staenberg Family Complex - Millstone Indoor Lap Pool

## Summer 2024

	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									Dark shaded																Aqua Boot Camp 8-9:30am				Dark shaded											
9:00am									Aqua Boot Camp 9-10:15am																Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing			
9:30am									Lap Swim Ongoing																Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing			
10:00am									Lap Swim Ongoing																Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing			
10:30am	Dark shaded				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Dark shaded															
11:00am																																								
12:00pm																																								
1:00pm																																								
2:00pm																																								
3:00pm	J Sharks Swim Club 3:30-5pm				J Sharks Swim Club 3:30-5pm				J Sharks Swim Club 3:30-5pm				J Sharks Swim Club 3:30-5pm				Dark shaded																							
3:30pm																																								
4:00pm																																								
4:30pm	Dark shaded				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Dark shaded																			
5:00pm																																								
5:30pm																									Aqua Power Deep 6:15-7pm				Aqua Power Deep 6:15-7pm				Lap Swim Ongoing				Dark shaded			
6:00pm																																								
7:00pm																																								
7:30pm	Dark shaded				Dark shaded				Dark shaded				Dark shaded				Dark shaded																							
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 6/1/24 • Schedule subject to change without notice.