

# Staenberg Family Complex - Millstone Indoor Lap Pool

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

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 9/18/24 • Schedule subject to change without notice.