

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									Dark shaded																Aqua Boot Camp 8-9:30am				Dark shaded															
9:00am									Aqua Boot Camp 9-10:15am																Dark shaded				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				Lap Swim Ongoing			
10:00am									Lap Swim Ongoing																Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing			
10:30am									Lap Swim Ongoing																Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing			
11:00am									Lap Swim Ongoing																Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing			
12:00pm									Lap Swim Ongoing																Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing			
1:00pm									Lap Swim Ongoing																Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing			
2:00pm									Lap Swim Ongoing																Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing			
3:00pm	Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																							
3:30pm	Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																							
4:00pm	Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				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				Lap Swim Ongoing																							
5:00pm	Lap Swim Ongoing				J Sharks Swim Club 5-6pm				J Sharks Swim Club 5-6pm				J Sharks Swim Club 5-6pm				J Sharks Swim Club 5-6pm				Lap Swim Ongoing																							
5:30pm	Dark shaded				J Sharks Swim Club 5-6pm				J Sharks Swim Club 5-6pm				J Sharks Swim Club 5-6pm				J Sharks Swim Club 5-6pm				Lap Swim Ongoing																							
6:00pm	Dark shaded				Aqua Power Deep 6:15-7pm				Aqua Power Deep 6:15-7pm				Aqua Power Deep 6:15-7pm				Lap Swim Ongoing				Lap Swim Ongoing																							
7:00pm	Dark shaded				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Dark shaded																							
7:30pm	Dark shaded				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Dark shaded																							
8:00pm	Dark shaded				Dark shaded				Dark shaded				Dark shaded				Dark shaded				Dark shaded																							
9:00pm	Dark shaded				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 9/27/24 • Schedule subject to change without notice.