

Staenberg Family Complex - Millstone Indoor Lap Pool

Winter 2025

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

Notes: Dark shaded areas denotes that area is closed.

updated 12/18/24 • 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.