

Marilyn Fox Building - Millstone Pool Schedule

Summer 2026

Time	Sunday						Monday						Tuesday						Wednesday						Thursday						Friday						Saturday					
	LANE						LANE						LANE						LANE						LANE						LANE											
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
5:30am	Grey shaded						Lap/Rec Swim 5:30am-8pm						Lap/Rec Swim 5:30am-8pm						Lap/Rec Swim 5:30am-8pm						Lap/Rec Swim 5:30am-8pm						Lap/Rec Swim 5:30am-7:30pm						Grey shaded					
6:00am																																										
7:00am	Blue shaded						Blue shaded						Blue shaded						Blue shaded						Blue shaded						Blue shaded											
8:00am																																										
8:30am	Blue shaded						Blue shaded						Blue shaded						Blue shaded						Blue shaded						Blue shaded											
9:00am																																										
9:30am	British Swim School 9am-2pm						Wet Sweat 9-10am						Aqua Flow 9-9:45am						Aqua Power 8-9am						Aqua Flow 9-9:45am						British Swim School 9am-2pm											
10:00am																																										
10:30am	British Swim School 9am-2pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-5:30pm						British Swim School 9am-2pm											
11:00am																																										
11:30am	British Swim School 9am-2pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-5:30pm						British Swim School 9am-2pm											
12:00pm																																										
12:30pm	British Swim School 9am-2pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-5:30pm						British Swim School 9am-2pm											
1:00pm																																										
1:30pm	British Swim School 9am-2pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-5:30pm						British Swim School 9am-2pm											
2:00pm																																										
2:30pm	British Swim School 9am-2pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-8pm						British Swim School 10am-5:30pm						British Swim School 9am-2pm											
3:00pm																																										
3:30pm	Lap/Rec Swim Ongoing, see specific lanes on chart						British Swim School 10am-8pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						Lap/Rec Swim Ongoing, see specific lanes on chart					
4:00pm																																										
4:30pm	Lap/Rec Swim Ongoing, see specific lanes on chart						British Swim School 10am-8pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						Lap/Rec Swim Ongoing, see specific lanes on chart					
5:00pm																																										
5:30pm	Lap/Rec Swim Ongoing, see specific lanes on chart						British Swim School 10am-8pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						J Sharks Swim Team 3:30-5pm						Lap/Rec Swim Ongoing, see specific lanes on chart					
6:00pm																																										
6:30pm	Grey shaded						Grey shaded						Aqua Fit 6:30-7:30pm						Grey shaded						Grey shaded						Grey shaded											
7:00pm																																										
7:30pm	Grey shaded						Grey shaded						Aqua Fit 6:30-7:30pm						Grey shaded						Grey shaded						Grey shaded											
8:00pm																																										
9:00pm	Grey shaded						Grey shaded						Grey shaded						Grey shaded						Grey shaded						Grey shaded											

Note: Grey shaded = pool closed; blue shaded = lap/rec swim.

Schedule subject to change without notice.

Updated 5/21/2026