

Marilyn Fox Building - Millstone Pool Schedule

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

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

Schedule subject to change without notice.

Updated 9/18/25