## **Staenberg Family Complex - Millstone Indoor Lap Pool**

|         |        | Sunday            |        |              |  | Monday                      |                  |                                |             | Tuesday     |  |     |   | Wednesday                 |                          |              |               | Thursday |                        |      |   | Friday |        |          |   | Saturday |       |                      |  |
|---------|--------|-------------------|--------|--------------|--|-----------------------------|------------------|--------------------------------|-------------|-------------|--|-----|---|---------------------------|--------------------------|--------------|---------------|----------|------------------------|------|---|--------|--------|----------|---|----------|-------|----------------------|--|
|         |        | LANE              |        |              | 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  |        |                   |        |              |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
|         |        |                   |        |              |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
| 6:00am  |        |                   |        |              |  |                             |                  |                                | _           |             | wim &                                    |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
| 7:00am  |        |                   |        |              |  |                             |                  |                                | S           |             | <b>Academ</b><br>going                   | У   |   |                           |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
| 8:00am  |        |                   |        |              |  |                             |                  |                                |             | J.12        | ,6                                       |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
|         |        |                   |        |              |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   |        |        |          | A | iqua Bo  |       |                      |  |
| 9:00am  |        |                   |        |              |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   | 8-9:     | 30am  |                      |  |
| 9:30am  |        |                   |        |              |  |                             | wim &            |                                | Α           |             | oot Cam                                  | р   |   | Lap Sv                    |                          |              |               |          | wim &                  |      |   |        |        |          |   |          |       |                      |  |
| 10:00am |        |                   |        | Splash Acad. | S  |                             | Academy<br>joing | <b>y</b>                       |             | 9-10:       | :15am                                    |     | S | <b>olash A</b><br>Ongo    |                          | ıy           | Sp            |          | <b>Acaden</b><br>going | ıy   |   |        |        |          |   |          |       | Splash               |  |
| 10:30am |        |                   |        | 9am-<br>12pm |  | Ong                         | Julig            |                                |             |             |  |     |   | Origi                     | Onig                     |              |               | Ulle     | Jonig                  |      |   |        |        |          |   |          |       | <b>Acad.</b> 9:30am- |  |
|         |        |                   |        |              |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   |          |       | 12pm                 |  |
| 11:00am | l on C | uim O             | Calach |              |  |                             |                  |                                |             | 6           | • • •                                    |     |   |                           |                          |              |               |          |                        |      |   | lan 9  | Swim 8 | <u>,</u> |   |          |       |                      |  |
| 12:00pm |        | wim & :<br>Academ |        |              |  |                             |                  |                                | S           |             | wim &<br>Academ                          | v   |   |                           |                          |              |               |          |                        |      | S | _      | Acade  |          |   |          |       |                      |  |
| 1:00pm  |        | Ongoin            | or I   | Jr. Jaws     |  |                             |                  |                                | J           |             | going                                    | ,   |   |                           |                          |              |               |          |                        |      |   | On     | going  |          |   |          |       |                      |  |
|         |        |                   |        | 1-2pm        |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
| 2:00pm  |        |                   |        |              |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
| 3:00pm  |        |                   |        |              |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   | Lap S    | wim 8 | <u> </u>             |  |
| 3:30pm  |        |                   |        |              |  |                             |                  | Coloob                         |             |             | Spla                                     | ash |   |                           |                          | Calaab       |               |          | Sp                     | lash |   |        |        |          | S | plash /  |       |                      |  |
| 4:00pm  |        |                   |        |              |  |                             |                  | Splash Acad.                   |             |             | Acad                                     |     |   |                           |                          | Splash Acad. |               |          | =                      | demy |   |        |        |          |   | Ung      | going |                      |  |
|         |        |                   |        |              |  |                             |                  | 3-5pm                          |             |             | 3-5                                      | pm  |   |                           |                          | 3-5pm        |               |          | 3-5                    | pm   |   |        |        |          |   |          |       |                      |  |
| 4:30pm  |        |                   |        |              |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
| 5:00pm  |        |                   |        |              | J Sharks Swim Club 5-6pm Aqua Power Deep |                             |                  | J Sharks<br>Swim Club<br>5-6pm |             |             | J Sharks Swim Club 5-6pm Aqua Power Deep |     |   | J Sharks                  |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
| 5:30pm  |        |                   |        |              |  |                             |                  |                                |             |             |  |     |   | <b>Swim Club</b><br>5-6pm |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
|         |        |                   |        |              |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
| 6:00pm  |        |                   |        |              |  |                             | 6:15-7pm         |                                | Lap Sv      | wim &       | Spla                                     | ash |   | -                         | <b>Power</b><br>5:15-7pr | -            | Lap Sw        |          | Sn                     | lash |   |        |        |          |   |          |       |                      |  |
| 7:00pm  |        |                   |        |              |  | ap Swim                     |                  | Splash                         | Spl<br>Acad | ash<br>Iemy | Acad                                     | emy |   | Swim 8                    |                          | Splash       | Spla<br>Acade |          | Aca                    | demy |   |        |        |          |   |          |       |                      |  |
| 7:30pm  |        |                   |        |              | _  | i <b>sh Acad</b><br>Ongoing | -                | <b>Acad.</b> 7-8pm             |             | oing        | 6-8ր                                     | pm  | _ | <b>h Acade</b><br>Ongoing | -                        | Acad. 7-8pm  | Ongo          | _        | 6-8                    | Bpm  |   |        |        |          |   |          |       |                      |  |
| 8:00pm  |        |                   |        |              |  | J., 50,118                  |                  | . Эртт                         |             |             |  |     |   | -1.001116                 |                          | , 55111      |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
| 9:00pm  |        |                   |        |              |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   |        |        |          |   |          |       |                      |  |
|         |        | Double ob         |        |              |  |                             |                  |                                |             |             |  |     |   |                           |                          |              |               |          |                        |      |   | 10/10/ | 'a= a  | hodulo a |   |          |       |                      |  |

Notes: Dark shaded areas denotes that area is closed.

updated 9/18/25 • Schedule subject to change without notice.