

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									Lap Swim & Splash Academy Ongoing																															
6:00am																																								
7:00am	Lap Swim & Splash Academy Ongoing				Lap Swim & Splash Academy Ongoing				Lap Swim & Splash Academy Ongoing				Lap Swim & Splash Academy Ongoing				Lap Swim & Splash Academy Ongoing				Lap Swim & Splash Academy Ongoing																			
8:00am																																								
9:00am									Aqua Boot Camp 9-10:15am																Aqua Boot Camp 8-9:30am															
9:30am																																								
10:00am									Lap Swim & Splash Academy Ongoing																Lap Swim & Splash Academy Ongoing															
10:30am																																								
11:00am																																								
12:00pm									Lap Swim & Splash Academy Ongoing																															
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3:30pm																																								
4:00pm																																								
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																																								
6:00pm	Lap Swim & Splash Academy Ongoing				Aqua Power Deep 6:15-7pm				Lap Swim & S plash Academy Ongoing				Aqua Power Deep 6:15-7pm				Lap Swim & Splash Academy Ongoing																							
7:00pm																																								
7:30pm	Lap Swim & Splash Academy Ongoing				Splash Acad. 7-8pm				Lap Swim & Splash Academy Ongoing				Splash Academy 6-8pm																											
8:00pm																																								
9:00pm																																								

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