

Staenberg Family Complex - Millstone Indoor Lap Pool

	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 area				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Dark shaded area																																											
6:00am																																																																				
7:00am	Lap Swim Ongoing																								Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing				Lap Swim Ongoing																											
8:00am																																																																				
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10:00am																																																																				
10:30am																																																																				
11:00am																																																																				
12:00pm																																													Dark shaded area				Lap Swim & Splash Academy 12-3:30pm				Lap Swim & Splash Academy 12-3:30pm				Lap Swim & Splash Academy 12-3:30pm				Lap Swim & Splash Academy 12-3:30pm				Dark shaded area			
1:00pm																																																																				
2:00pm																																																																				
3:00pm																																																																				
3:30pm	J Sharks Swim Club 3:30-5pm				J Sharks Swim Club 3:30-5pm				J Sharks Swim Club 3:30-5pm				J Sharks Swim Club 3:30-5pm																																																							
4:00pm																																																																				
4:30pm																																																																				
5:00pm	Dark shaded area				Lap Swim & Splash Academy 5-8pm				Lap Swim & Splash Academy 5-8pm				Lap Swim & Splash Academy 5-8pm				Dark shaded area																																																			
5:30pm																																																																				
6:00pm					Aqua Power Deep 6:15-7pm				Lap Swim & Splash Academy 5-8pm				Aqua Power Deep 6:15-7pm								Lap Swim & Splash Academy 5-8pm																																															
7:00pm																																																																				
7:30pm					Dark shaded area				Dark shaded area				Dark shaded area								Dark shaded area																																															
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 5/21/2026 • Schedule subject to change without notice.