

Staenberg Family Complex - Millstone Indoor Lap Pool																				Fall/Winter/Spring												
	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				
5:30 a.m.									Lap Swim Ongoing																							
6:00 a.m.																																
7:00 a.m.	Lap Swim Ongoing																															
8:00 a.m.																																
9:00 a.m.	Spash Academy Swim School 9 a.m.- 2 p.m.				Lap Swim Ongoing				Aqua Boot Camp 9-10:15 a.m.				Lap Swim Ongoing				Lap Swim Ongoing								Aqua Boot Camp 8-9:30 a.m.							
9:30 a.m.																																
10:00 a.m.									Lap Swim Ongoing																Spash Academy Swim School 9:30 a.m.- 12 p.m.							
10:30 a.m.																																
11:00 a.m.																																
12:00 p.m.																																
1:00 p.m.									Spash Academy Swim School 1-8 p.m.				Spash Academy Swim School 1-8 p.m.				Spash Academy Swim School 1-8 p.m.				Spash Academy Swim School 1-8 p.m.											
2:00 p.m.																																
3:00 p.m.																																
3:30 p.m.																									Lap Swim Ongoing							
4:00 p.m.																																
4:30 p.m.																																
5:00 p.m.					J Sharks Swim Team 5-6 p.m.				J Sharks Swim Team 5-6 p.m.				J Sharks Swim Team 5-6 p.m.				J Sharks Swim Team 5-6 p.m.															
5:30 p.m.																																
6:00 p.m.					Aqua Power Deep 6:15-7 p.m.								Aqua Power Deep 6:15-7 p.m.																			
7:00 p.m.																																
7:30 p.m.																																
8:00 p.m.																																
9:00 p.m.																																

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.

Schedule subject to change without notice.