

Marilyn Fox Building Millstone Indoor Pool Schedule

	SUNDAY						MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY															
TIMES	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	TIMES									
5:30 am							Lap/Rec Swim 5:30 - 6:00 am												Lap/Rec Swim 5:30 - 6:00 am																															5:30 am		
6:00 am							Lap/Rec Swim 6:00 - 7:00 am	Masters Swim 6:00 - 7:00 am									Lap/Rec Swim 6:00 - 7:00 am	Masters Swim 6:00 - 7:00 am									Lap/Rec Swim 5:30 - 8:00 am						Lap/Rec Swim 5:30 - 8:00 am																			6:00 am
7:00 am							Lap/Rec Swim 7:00 - 8:00 am												Lap/Rec Swim 7:00 - 8:00 am																															7:00 am		
8:00 am							Lap/Rec Swim 8:00 - 9:00 am	Aqua Burn & Firm 8:00 - 9:00 am									Lap/Rec Swim 8:00 - 9:00 am	Aqua Burn & Firm 8:00 - 9:00 am			Lap/Rec Swim 8:00 - 9:00 am	Aqua Burn & Firm 8:00 - 9:00 am			Lap/Rec Swim 8:00 - 9:00 am	Aqua Boot Camp 8:00 - 9:00 am																							8:00 am			
9:00 am							Aqua Burn & Firm 9:00 - 10:00 am			Multiple Sclerosis 9:00 - 9:45 am	Lap/Rec Swim 9:00 - 9:45 am			Arthritis Foundation 9:00 - 9:45 am	Lap/Rec Swim 9:00 - 9:45 am			Multiple Sclerosis 9:00 - 9:45 am	Lap/Rec Swim 9:00 - 9:45 am			Arthritis Foundation 9:00 - 9:45 am	Lap/Rec Swim 9:00 - 9:45 am			Group Swim Lessons 9:30 - 10:15 am	Lap/Rec Swim 9:00 - 10:30 am	Aqua Tai Chi 9:30 - 10:30 am																		9:00 am						
10:00 am													Group Swim Lessons 10:30 - 11:15 am	Lap/Rec Swim 9:45 - 11:15 am																																		10:00 am				
11:00 am							Group Swim Lessons 9:30 am - 1:45 pm						Lap/Rec Swim 9:45 am - 1:00 pm																																			11:00 am				
12:00 pm							Lap/Rec Swim 10:00 am - 1:45 pm												Lap/Rec Swim 11:15 am - 3:00 pm								Lap/Rec Swim 9:45 am - 3:00 pm																						12:00 pm			
1:00 pm																			Lap/Rec Swim 9:45 am - 5:00 pm																														1:00 pm			
2:00 pm													Group Swim Lessons 1:00 - 5:15 pm	Lap/Rec Swim 1:00 - 5:00 pm																																		2:00 pm				
3:00 pm																																																3:00 pm				
4:00 pm							Lap/Rec Swim 1:45 - 5:30 pm																																									4:00 pm				
5:00 pm							Lap/Rec Swim 5:15 - 6:00 pm	Swim Club 5:00 - 6:00 pm						Group Swim Lessons 3:00 - 7:30 pm	Swim Club 5:00 - 6:00 pm			Lap/Rec Swim 5:00 - 6:00 pm	Swim Club 5:00 - 6:00 pm			Group Swim Lessons 3:00 - 7:30 pm	Swim Club 5:00 - 6:00 pm																							5:00 pm						
5:30 pm																																																	5:30 pm			
6:00 pm													Lap/Rec Swim 6:30 - 7:30 pm	Aqua Burn & Firm 6:30 - 7:30 pm																																	6:00 pm					
7:00 pm							Lap/Rec Swim 6:00 - 9:00 pm												Lap/Rec Swim 6:00 - 9:00 pm																													7:00 pm				
8:00 pm													Lap/Rec Swim 7:30 - 9:00 pm												Lap/Rec Swim 7:30 - 9:00 pm																									8:00 pm		
9:00 pm																																																	9:00 pm			

REV 12/1/2010

Our aquatic staff will supervise the pool so that recreational swimmers, lap swimmers and water walkers can share the facility, so that we can obtain maximum usage.
J classes and programs take priority regarding pool usage.
Schedule subject to change.