

Pool	Day	Lane Swim	Parent & Tot	Rec Swim	Older Adult AquaFit	AquaFit	Note
Milliken Mills Pool Jun. 14 – Sep. 5	Mon.	6:30-8:00 a.m. 11:30-1:00 p.m. 8:30-10:00 p.m.	6:30 - 8:00 a.m. 11:30-1:00 p.m.	2:00-4:00 p.m.** 7:30-8:30 p.m.		8:15-9:00 a.m. (begins Jun. 27)	Holiday Schedule: Jul.1, Aug. 1 & Sep. 5 Lane Swim: 1:00-2:00 p.m. Rec Swim: 2:00-4:00 p.m. * Ladies Only ** Rec Swim begins Jun. 30
	Tue.	6:30-8:00 a.m. 12:30-2:00 p.m. 8:30-10:00 p.m.	6:30 - 8:00 a.m. 11:30-2:00 p.m.	2:00-4:00 p.m.**	11:30 a.m.-12:30 p.m.	7:30-8:15 p.m.*	
	Wed.	6:30-8:00 a.m. 11:30-1:00 p.m. 8:30-10:00 p.m.	6:30 - 8:00 a.m. 11:30-1:00 p.m.	2:00-4:00 p.m.** 7:30-8:30 p.m.		8:15-9:00 a.m. (begins Jun. 29)	
	Thu.	6:30-8:00 a.m. 12:30-2:00 p.m. 8:30-10:00 p.m.	6:30 - 8:00 a.m. 11:30-2:00 p.m.	2:00-4:00 p.m.**	11:30 a.m.-12:30 p.m.	7:30-8:15 p.m.	
	Fri.	6:30-8:00 a.m. 11:30-1:00 p.m. 9:00-10:00 p.m.	6:30 - 8:00 a.m. 11:30-1:00 p.m.	2:00-4:00 p.m.** 7:30-9:00 p.m.			
	Sat.	7:30-9:00 a.m.	7:30-9:00 a.m.	2:00-4:00 p.m. 5:30-7:00 p.m. 7:00-8:30 p.m.*			
	Sun.	7:30 - 9:00 a.m. 6:30 - 8:00 p.m.	7:30-9:00 a.m. 6:30 - 8:00 p.m.	2:00-4:00 p.m.		8:00-8:45 p.m.	