

## RECREATIONAL SWIM SCHEDULE

## Milliken Mills Pool - Winter 2020

Day	Start/End Dates	Lane Swim	Parent & Tot	Recreational Swim	Older Adult Aquafit	Aquafit Shallow	Women-Only Lane and Recreational Swim
Monday	January 20 to March 23	6:30 AM to 10:45 AM 1:00 PM to 2:30 PM 9:00 PM to 10:00 PM					
Tuesday	January 21 to March 24	6:30 AM to 8:45 AM 11:00 AM to 1:00 PM			10:00 AM to 10:45 AM	9:00 AM to 9:45 AM	8:00 PM to 8:45 PM (Aquafit Class) (NORTH CR) 9:00 PM to 10:00 PM (NORTH Change room)
Wednesday	January 22 to March 25	6:30 AM to 10:45 AM 1:00 PM to 2:30 PM 9:00 PM to 10:00 PM					
Thursday	January 23 to March 26	6:30 AM to 8:45 AM 1:30 PM to 2:45 PM 9:00 PM to 10:00 PM		7:15 PM to 8:45 PM	12:40 PM to 1:25 PM	11:45 AM to 12:30 PM	
Friday	January 24 to March 27	6:30 AM to 10:45 AM 1:00 PM to 2:30 PM 9:00 PM to 10:00 PM	1:00 PM to 2:30 PM	7:15 PM to 8:45 PM			
Saturday	January 18 to March 21	7:15 AM to 8:45 AM 1:15 PM to 2:15 PM	1:15 PM to 2:15 PM	2:30 PM to 3:45 PM			
Sunday	January 19 to March 22	7:15 AM to 8:45 AM 8:30 PM to 9:30 PM (SOUTH Change room)	8:30 PM to 9:30 PM	2:30 PM to 3:45 PM			6:45 PM to 8:15 PM ( <u>NORTH Change room)</u>

**Note:** Change Room Designation: please use the listed change room for the appropriate swim. If no change room is designated, both are available **We do not guarantee female staff for the women only swims, male staff may be present.** Please call ahead to confirm. Updated: January 17, 2020





