



2025

# Milpitas Star Fitness

## Open Pool & Spa Facilities Hours

	Weekdays	Saturdays	Sundays
<b>Open Pool Hours for Aqua Members</b>	7:00 AM - 3:00 PM 8:00 PM - 9:30 PM	7 AM - 9:45 AM	
<b>Sauna &amp; Steam</b>	7 AM - 9:30 PM	7 AM - 3:30 PM	7 AM - 1 PM
<b>Gym Facility</b>	7 AM - 10:00 PM	7 AM - 4 PM	7 AM - 1:30 PM

**Pools Areas:**      **Lap Swim - Deep ( 4-7ft / 25-yd heated pool with lane lines, 82-84 degrees)**  
                              **Family Swim - Shallow ( 3-5ft / 20-yd heated pool, 84-86 degrees)**

### Age Restriction

Children under the age of 18 years old are not permitted to use the pools without being accompanied by an adult member that is at least 18 years old.

Children under the age of 14 years old are not permitted to use the gym.

**Children between the age of 14 and 18 must be accompanied by an adult member that is at least 18 years old.**

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