

SUMMER



THE ATLANTIC CLUB INDOOR POOL SCHEDULE

LAP SWIM

At least 2 lanes available during Group Ex Classes and Family Swim. No lanes available during Master Swim.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am - 6pm 7pm - 9:30pm	5am - 9:30pm	5am - 6pm 7pm - 9:30pm	5am - 9:30pm	5am - 6pm 7pm - 9:30pm	6am - 7:30am 8:30am - 5:30pm	6am - 5:30pm

GROUP EXERCISE

** These classes are held at The Outdoor Cabana Pool beginning 7/6*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am - 8:45pm 9:30am - 10:30am 10:30am - 11:15am	8am - 8:45am * 9:30am - 10:30am 5:30pm - 6:30pm	8am - 8:45am 9:30am - 10:30am 10:30am - 11:15am	* 9:30am - 10:30am 5:30pm - 6:30pm	8am - 8:45am 9:30am - 10:30am 10:30am - 11:15am	* 8:30am - 9:30am 10am - 11am	9am - 9:45am

FAMILY SWIM/JR. LAP SWIM

All children under the age of 15, must be accompanied by an adult that is present on the pool deck.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12pm - 1pm 4:30pm - 5:30pm	12pm - 1pm 4:30pm - 5:30pm 7pm - 8pm	12pm - 1pm 4:30pm - 5:30pm	12pm - 1pm 4:30pm - 5:30pm	12pm - 1pm 4:30pm - 5:30pm 7pm - 8pm	1pm - 4pm	1pm - 4pm

MASTER SWIM

Located at the Complex Pool starting June 26th (No Masters 5/29, 9/7)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6pm - 7pm		6pm - 7pm		6pm - 7pm		

CABANA POOL SCHEDULE

LAP SWIMMING
Starting May 30th
Monday, Wednesday, Friday
6:30am - 8:30am
(At least 2 lanes available.)

MASTER SWIM
Starting May 30th
Tuesday & Thursday
6am - 8:30am
Starting July 1st
Saturday 7:30am-8:30am

CABANA MEMBER HOURS
Open Full time June 19th
Monday - Friday 9am - 8pm
Saturday & Sunday 9am - 6pm
Pool Closes 30 minutes before deck