



THE ATLANTIC CLUB

The Atlantic Club Red Bank

Pool Schedule

Effective: 11/4/19

Time:	Monday	Lap Lanes Avail.	Tuesday	Lap Lanes Avail.	Wednesday	Lap Lanes Avail.	Thursday	Lap Lanes Avail.	Friday	Lap Lanes Avail.	Saturday	Lap Lanes Avail.	Sunday	Lap Lanes Avail.								
5:00A.M.	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	Club & Pool Closed, Opens 6:00am											
5:30A.M.																						
6:00A.M.																						
6:30A.M.																						
7:00A.M.																						
7:30A.M.																						
8:00A.M.																						
8:30A.M.																						
9:00A.M.																						
9:30A.M.																						
10:00A.M.	Aqua Fit	1	Aqua Fit	1	Aqua Fit	1	Aqua Fit	1	Aqua Fit	1	Aqua Running*	1	AquaFit*	1								
10:30A.M.	10:00-10:45		10:00-10:45		10:00-10:45		10:00-10:45		10:00-10:45		10:00-10:45		10:00-10:45									
11:00A.M.	Lap Swim	2-3			Lap Swim	2-3			Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3								
11:30A.M.																						
12:00P.M.																						
12:30P.M.			Crest	2			Lap Swim	2-3							Crest	2	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3
1:00P.M.																						
1:30P.M.																						
2:00P.M.			Lap Swim	2-3			Lap Swim	2-3							Lap Swim	2-3						
2:30P.M.																						
3:30P.M.																						
4:00P.M.																						
5:00P.M.																						
5:30P.M.																						
6:00P.M.	Pool Closed 5:30pm																					
6:30P.M.																						
7:00P.M.																						
7:30P.M.																						
8:00P.M.																						
8:30P.M.																						
9:00P.M.	Pool Closed 9:30pm																					
9:30P.M.																						

Red Bank Pool Schedule

*Group Water Classes with less than 8 people may utilize 1 lane.
 Adult private swim lesson may utilize one lane during lap swim