



# 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

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	9am - 10am 10am - 11am	9am - 10:00am

## 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

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

## COMPLEX POOL SCHEDULE

**LAP SWIMMING**  
MONDAY, WEDNESDAY & FRIDAY  
6:30am - 11am  
TUESDAY & THURSDAY  
8am - 11am

**MASTER SWIM**  
TUESDAY & THURSDAY  
6am - 8am