



THE ATLANTIC CLUB

The Atlantic Club Red Bank

Pool Schedule

February 2017

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.							Triathlon 6:00 - 6:45	1					Total Immersion 6:00 - 7:00	1													
6:30A.M.																											
7:00A.M.																											
7:30A.M.																											
8:00A.M.							Lap Swim	2-3					Lap Swim	2-3			Lap Swim	2-3	Lap Swim	2-3							
8:30A.M.																											
9:00A.M.																											
9:30A.M.																											
10:00A.M.	Aqua Fit 10:00-10:45	1	Aqua Fit 10:00-10:45	1	Aqua Fit 10:00-10:45	1	Aqua Fit 10:00-10:45	1	Aqua Fit 10:00-10:45	1	Aqua Running* 10:00-10:45	1	AquaFit* 10:00-10:45	1													
10:30A.M.																											
11:00A.M.	Lap Swim	2-3	Lap Swim	2-3	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.																											
1:00P.M.	Crest 1:00 - 2:00	2																									
1:30P.M.																											
2:00P.M.																											
2:30P.M.	Lap Swim	2-3													Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	
3:30P.M.																											
4:00P.M.																											
5:00P.M.																											
5:30P.M.																											
6:00P.M.																											
6:30P.M.																											
7:00P.M.																											
7:30P.M.																											
8:00P.M.																											
8:30P.M.																											
9:00P.M.																											
9:30P.M.																											
	Pool Closed 9:30pm																										

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