



THE ATLANTIC CLUB

The Atlantic Club Red Bank

Pool Schedule

March 12, 2018

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.			Triathlon 6:00 - 6:45	1							Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3								
6:00A.M.			Lap Swim	2-3																	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3
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 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.	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														
11:00A.M.																												
11:30A.M.																												
12:00P.M.																												
12:30P.M.																												
1:00P.M.															Crest 1:00 - 2:00	2	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3	Lap Swim	2-3		
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		
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.	Pool Closed 5:30pm																											
9:30P.M.	Pool Closed 9:30pm																											

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