



THE ATLANTIC CLUB

THE ATLANTIC CLUB INDOOR POOL SCHEDULE

Effective September

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 - 9am 9:30am - 10:30am 10:30am - 11:15am	8am - 8:45 am 9:30am - 10:30am 5:30pm - 6:30pm	8am - 8:45am 9:30am - 10:30am 10:30am - 11:15am	9:00am - 10:00am 10am - 11am	9am - 10am

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 4pm - 5pm	12pm - 1pm 4pm - 5pm 7pm - 8pm	12pm - 1pm 4pm - 5pm	12pm - 1pm 4pm - 5pm	12pm - 1pm 4pm - 5pm 7pm - 8pm	1pm - 4pm	1pm - 4pm

MASTER SWIM

No lap lanes available during Masters Swim

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6pm - 7pm	5:30am - 8:00am Complex Pool 6pm - 7pm Complex Pool	6pm - 7pm	5:30am - 8:00am Complex Pool 6pm - 7pm Complex Pool	6pm - 7pm	7:30 am - 8:30am	

COMPLEX POOL SCHEDULE

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

MASTER SWIM
TUESDAY & THURSDAY
 6am - 8am