



THE ATLANTIC CLUB POOL SCHEDULE

At least 2 lanes available during Group Ex Classes and Family Swim. No lanes available during Master 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
Lap Swim (IP) 5am - 6pm	Lap Swim (IP) 5am - 9:30pm	Lap Swim (IP) 5am - 6pm	Lap Swim (IP) 5am - 9:30pm	Lap Swim (IP) 5am - 6pm	Lap Swim (IP) 6am - 7:30am	Lap Swim (IP) 6am - 5:30pm
Lap Swim (CP) 6am - 11am	Master Swim (CP) 6am - 8:00am	Lap Swim (CP) 6am - 11am	Master Swim (CP) 6am - 8:00am	Lap Swim (CP) 6am - 11am	Master Swim (IP) 7:30 am - 8:30am	Group Exercise (IP) 9am - 10am
Group Exercise (IP) 8am - 8:45am	Group Exercise (IP) 8am - 8:45am	Group Exercise (IP) 8am - 9am	Group Exercise (IP) 8am - 8:45am	Group Exercise (IP) 8am - 8:45pm	Group Exercise (IP) 9:00am - 10:00am	Family Swim/ Jr. Lap Swim (IP) 1pm - 4pm
Group Exercise (IP) 9:30am - 10:30am	Lap Swim (CP) 8am - 11am	Group Exercise (IP) 9:30am - 10:30am	Lap Swim (CP) 8am - 11am	Group Exercise (IP) 9:30am - 10:30am	Group Exercise (IP) 10am - 11am	
Group Exercise (IP) 10:30am - 11:15am	Group Exercise (IP) 9:30am - 10:30am	Group Exercise (IP) 10:30am - 11:15am	Group Exercise (IP) 9:30am - 10:30am	Group Exercise (IP) 10:30am - 11:15am	Lap Swim (IP) 8:30am - 6:30pm	
Family Swim/ Jr. Lap Swim (IP) 12pm - 1pm	Family Swim/ Jr. Lap Swim (IP) 12pm - 1pm	Family Swim/ Jr. Lap Swim (IP) 12pm - 1pm	Family Swim/ Jr. Lap Swim (IP) 12pm - 1pm	Family Swim/ Jr. Lap Swim (IP) 12pm - 1 pm	Family Swim/ Jr. Lap Swim (IP) 1pm - 4pm	
Family Swim/ Jr. Lap Swim (IP) 4pm - 5pm	Family Swim/ Jr. Lap Swim (IP) 4pm - 5pm	Family Swim/ Jr. Lap Swim (IP) 4pm - 5pm	Family Swim/ Jr. Lap Swim (IP) 4pm - 5pm	Family Swim/ Jr. Lap Swim (IP) 4pm - 5pm		
Master Swim (IP) 6pm - 7pm	Group Exercise (IP) 5:30pm - 6:30pm	Master Swim (IP) 6pm - 7pm	Group Exercise (IP) 5:30pm - 6:30pm	Master Swim (IP) 6pm - 7pm		
Lap Swim (IP) 7pm - 9:30pm	Family Swim/ Jr. Lap Swim (IP) 7pm - 8pm	Lap Swim (IP) 7pm - 9:30pm		Family Swim/ Jr. Lap Swim (IP) 7pm - 8pm		
				Lap Swim (IP) 7pm - 9:30pm		

(CP)- Complex Pool
(IP)- Indoor Pool