



THE ATLANTIC CLUB

The Atlantic Club Red Bank

Pool Schedule

July 2019

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.														
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	1	Aqua Fit	1	Aqua Fit	1	Aqua Fit	1	Aqua Fit	1	Aqua Running*	1	AquaFit*	1
10:30A.M.	10:00-10:45		10:00-10:45		10:00-10:45		10:00-10:45		10:00-10:45		10:00-10:45		10:00-10:45	
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.	Crest	2	Lap Swim	2-3	Crest	2	Lap Swim	2-3	Crest	2	Lap Swim	2-3	Lap Swim	2-3
1:00P.M.														
1:30P.M.														
2:00P.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
2:30P.M.														
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										Pool Closed 5:30pm			

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