

THE ATLANTIC CLUB

INDOOR POOL SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00 AM	Lap Swim	4	Lap Swim	4	Lap Swim	4	Club Opens at 6:00 AM			
5:30 AM										
6:00 AM							Exercise	2	Exercise	2
6:30 AM										
7:00 AM	Max Effort	2 to 4	Max Effort	2 to 4	Max Effort	2 to 4	Lap Swim	4	Exercise	2
7:30 AM										
8:00 AM	Lap Swim	2	Lap Swim	2	Lap Swim	2	Masters	6	Lap Swim	4
8:30 AM										
9:00 AM	Lap Swim/Exercise	4/2	Lap Swim/Exercise	4/2	Lap Swim/Exercise	4/2	Lap Swim/Exercise	4/2	Lap Swim	4
9:30 AM	H2Obics	2 to 4	Noodle	2 to 4	H2Obics	2 to 4	H2Obics	2 to 4	H2O Run	2 to 4
10:00 AM	Lap Swim	2	Lap Swim	2	Lap Swim	2	Lap Swim	2	Lap Swim	2
10:30 AM	H2O Run	2 to 4	Lap Swim	4	H2O Run	2 to 4	Lap Swim	2	Aqua Tai Chi	2 to 4
11:00 AM	Lap Swim	2								
11:30 AM	Lap Swim/Exercise	4/2	Lap Swim/Exercise	4/2	Lap Swim/Exercise	4/2	Lap Swim/Exercise	4/2	Lap Swim	4
12:00 PM	Family Swim	2	Family Swim	2	Family Swim	2	Family Swim	2	Exercise	2
12:30 PM	Lap Swim	4	Lap Swim	4	Lap Swim	4	Lap Swim	4	Exercise	2
1:00 PM	Lap Swim	4	Lap Swim	4	Lap Swim	4	Lap Swim	4	Family Swim	2
1:30 PM	Exercise	2	Exercise	2	Exercise	2	Exercise	2		
2:00 PM	Lap / Jr. Lap Swim	4	Lap / Jr. Lap Swim	4	Lap / Jr. Lap Swim	4	Lap / Jr. Lap Swim	4	Lap / Jr. Lap Swim	4
2:30 PM										
3:00 PM										
3:30 PM	Exercise	2	Exercise	2	Exercise	2	Exercise	2	Lap Swim	4
4:00 PM										
4:30 PM	H2Obics	2 to 4	Lap Swim/Exercise	4/2	Lap Swim/Exercise	4/2	Lap Swim/Exercise	4/2	Lap Swim/Exercise	4/2
5:00 PM										
5:30 PM	Lap Swim	2	H2O Run	2 to 4	Lap Swim/Exercise	4/2	H2O Run	2 to 4	Lap Swim/Exercise	4/2
6:00 PM	Masters	6	Lap Swim	2	Masters	6	Lap Swim	2	Masters	6
6:30 PM										
7:00 PM	Lap Swim	4	Family Swim	2	Lap Swim	4	Lap Swim	4	Family Swim	2
7:30 PM										
8:00 PM	Exercise	2	Lap Swim	4	Exercise	2	Lap Swim	4	Lap Swim	4
8:30 PM										
9:00 PM										
9:30 PM	Pool Closes at 9:30 PM									

- During water classes, there will always be at least 2 lanes available for lap swim.
- The actual number of lanes available, from 2 to 4, is dependent upon the size of the water class.
 - 4 lanes available for lap swim = 1 - 9
 - 3 lanes available for lap swim = 11 - 19
 - 2 lanes available for lap swim = 20 +
- **Bolded** type & borders denote no lap lanes available.
- **Italic Bold** type denotes Family Swim Sessions.

COMPLEX / BUBBLE POOL SCHEDULE

Monday	Laps	6:00am - 11:00am
Tuesday	Laps	6:00am - 11:00am
Tuesday	Masters	6:00am - 8:00am
Wednesday	Laps	6:00am - 11:00am
Thursday	Laps	6:00am - 11:00am
Thursday	Masters	7:00am - 8:00am
Friday	Laps	6:00am - 11:00am