



Expanding Wellness. Extending Life.

The Atlantic Club Red Bank

Pool Schedule

Updated 10/28/10

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	3	Lap Swim	3	Lap Swim	3	Lap Swim	3	Lap Swim	3	Lap Swim	3	Lap Swim	3
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.		2			Crest 9:00-10:00	2								
10:00A.M.	H2Obics*	1	H2Obics*	1	H2Obics*	1	H2Obics*	1	H2Obics*	1	Water Running*	1	H2O Circuit*	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	3	Lap Swim	3	Lap Swim	3	Lap Swim	3	Lap Swim	3	Lap Swim	3	Lap Swim	3
11:30A.M.														
12:00P.M.														
12:30P.M.														
1:00P.M.														
1:30P.M.														
2:00P.M.														
2:30P.M.														
3:30P.M.														
4:00P.M.														
5:00P.M.														
5:30P.M.														
6:00P.M.			Lap Swim	3										
6:30P.M.														
7:00P.M.	H2O Power*	1												
7:30P.M.	7:00-7:45													
8:00P.M.														
8:30P.M.	Lap Swim	3												
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