

ATHLETIC CLUB

25-yard Pool Schedule - Spring / Summer 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00 AM								
6:00 AM								
7:00 AM								
8:00 AM	Infant Survival Swim	Infant Survival Swim	Infant Survival Swim	Infant Survival Swim	Infant Survival Swim	Swim Lessons	Swim Lessons	
9:00 AM	AquaFit	AquaFit	AquaFit	AquaFit	AquaFit	AquaFit		
10:00 AM								
11:00 AM	Swim Lessons + ISR	Swim Lessons + ISR	Swim Lessons + ISR	Swim Lessons + ISR	Swim Lessons + ISR	Swim Lessons		
12:00 PM								
1:00 PM								
2:00 PM								
3:00 PM	Swim Lessons + Swim Team		Swim Lessons + Swim Team		Swim Lessons	Infant Survival Swim		
4:00 PM								
5:00 PM		Swim Lessons + Swim Team		Swim Lessons + Swim Team			Swim Lessons + Swim Team	
6:00 PM								
7:00 PM								
8:00 PM								
Lanes Open	No Programming	At least 3	2	1				