

ATHLETIC CLUB

25-yard Pool Schedule - Fall 2023

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