

# OCEAN CITY AQUATIC & FITNESS CENTER WINTER POOL SCHEDULE NOV. 6th 2017 - MAR. 4th 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>5:00 - 8:00AM Adult Lap                      8:00 - 11:00AM Adult Lap (4) Rec (2)                      11:00 - 11:45AM Deep H<sub>2</sub>O V-ball/Water Ex (TBA)                      11:50 - 12:00PM Rec (3) Adult Lap (3) M - F                      12:00 - 1:00PM Adult Lap                      1:00 - 1:45PM Water Exercise (Kathie)                      1:45 - 3:00PM Rec (3) Adult Lap (3)                      3:00 - 5:00PM OCHS Swim Team                      5:00 - 7:00PM C-Cerpant Swim Team                      7:00 - 7:30PM Adult Lap (2) C-Cerpants (4)                      7:30 - 8:30PM Rec (3) Adult Lap (3)</p> <p>ONLY U.S. Coast Guard approved floatation devices allowed in pool.</p>	<p>5:00 - 8:00AM Adult Lap                      8:00 - 9:00AM Adult Lap (4) Rec (2)                      9:00 - 11:00AM Adult Lap (4) Rec/Lessons (2)                      11:00 - 11:45AM Water Exercise (Nadine)                      12:00 - 1:00PM Adult Lap                      1:00 - 1:45PM Water Exercise (Mary)                      1:45 - 3:00PM Rec (3) Adult Lap (3)                      3:00 - 5:00PM OCHS Swim Team                      5:00 - 6:30PM C-Cerpant Swim Team                      6:30 - 7:30PM Adaptive Swim                      7:30 - 8:15PM Water Exercise (3) Adult Lap (3)                      8:15 - 8:30PM Rec (3) Adult Lap (3)                      8:30 - 9:30PM Adult Fitness Swimming (Fee)</p>	<p>5:00 - 8:00AM Adult Lap                      8:00 - 11:00AM Adult Lap (4) Rec (2)                      11:00 - 11:45AM Deep H<sub>2</sub>O V-ball/Water Ex (Jenny)                      12:00 - 1:00PM Adult Lap                      1:00 - 1:45PM Water Exercise (Kathie)                      1:45 - 3:00PM Rec (3) Adult Lap (3)                      3:00 - 5:00PM OCHS Swim Team                      5:00 - 7:00PM C-Cerpant Swim Team                      7:00 - 7:30PM Adult Lap (2) C-Cerpants (4)                      7:30 - 8:30PM Rec (3) Adult Lap (3)</p> <p>Each lane is 25 meters                      Depth ranges from 3½ FT. to 13 FT.</p>	<p>5:00 - 8:00AM Adult Lap                      8:00 - 9:00AM Adult Lap (4) Rec (2)                      9:00 - 11:00AM Adult Lap (4) Rec/Lessons (2)                      11:00 - 11:45AM Water Exercise (Mary)                      12:00 - 1:00PM Adult Lap                      1:00 - 1:45PM Water Exercise (Jenny)                      1:45 - 3:00PM Rec (3) Adult Lap (3)                      3:00 - 5:00PM OCHS Swim Team                      5:00 - 7:00PM C-Cerpant Swim Team                      7:00 - 7:30PM Adult Lap (2) C-Cerpants (4)                      7:30 - 8:15PM Deep Water Ex (3) Adult Lap (3)                      8:15 - 8:30PM Rec (3) Adult Lap (3)</p>
FRIDAY	SATURDAY	SUNDAY	Holiday / Upcoming Events
<p>5:00 - 8:00AM Adult Lap                      8:00 - 11:00AM Adult Lap (4) Rec (2)                      11:00 - 11:45AM Deep H<sub>2</sub>O V-ball/Water Ex (Chrissy)                      12:00 - 1:00PM Adult Lap                      1:00 - 1:45PM Water Ex (Kathie)                      1:45 - 3:00PM Rec (3) Adult Lap (3)                      3:00 - 5:00PM OCHS Swim Team                      5:00 - 7:00PM C-Cerpant Swim Team                      7:00 - 7:30PM Adult Lap (2) C-Cerpants (4)                      7:30 - 8:30PM Rec (3) Adult Lap (3)</p> <p><b>Attention Lap Swimmers</b></p> <p>LANES 6 &amp; 1 SLOW </p> <p>LANES 5 &amp; 2 MEDIUM </p> <p>LANES 3 &amp; 4 FAST </p>	<p>7:00 - 9:00AM OCHS Swim Team                      9:00 - 10:00AM Adult Lap                      **10:00 - 12:15PM Lessons (4) Adult Lap (2)                      12:15 - 1:00PM Water Exercise (Bonnie)                      1:00 - 5:30PM Rec (3) Adult Lap (3)</p> <p><b>Please Note -</b>                      *Pool will close 1/2 hour before building closes. Check pool closings.                      *ADULT LAP is for ADULTS ONLY. Circle swimming is mandatory when the bather load requires it                      *For your childs safety, No one under the age of 11 will be admitted into the pool without an adult, 18 years of age or older to supervise them .                      *All children in diapers must wear a swim diaper or plastic pants with a elastic around the leg and waist</p>	<p>7:00 - 9:00AM Adult Fitness Swimming (Fee)                      **9:00 - 12:00PM Scuba or Adult Lap/C-Cerpants (see dates below)                      12:15 - 1:00PM Water Exercise (Debbie)                      1:00 - 5:30PM Rec (3) Adult Lap (3)</p> <p><b>**Exceptions to the schedule</b>                      2017 Scuba: Nov 12, 19 (No extra swim)                      No Scuba: Nov 26, Dec 4, 11, 18 - 3 lanes Lap/ 3 lanes C-Cerpants                      Little Rec'ers - 9:30 - 10am 11/17,21, 12/5, 14, 1/16, 26, 2/15, 23                      Saturday pool schedule from 10:00 - 12:15 November 18th - January 14th will be Rec (2) Adult Lap (4)                      Sunday, Jan. 7th C-Cerpants Winter Carnival                      Sunday, Feb. 4th Sweetheart Mini Meet</p>	<p>Sunday, 12/24 9am - 12noon                      Monday, 12/25 - Closed</p> <p>Sunday, 12/31 9am - 2pm                      Monday, 1/1 - Closed</p> <p>Visit us at <a href="http://www.OCNJ.US">www.OCNJ.US</a></p> <p>1735 Simpson Ave. Ocean City NJ,                      609 398-6900</p>