


# OCEAN CITY AQUATIC & FITNESS CENTER **SPRING POOL** SCHEDULE MARCH 6th - JUNE 18, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>5:00-8:00AM Adult Lap                      8:00 - 8:30AM Intermediate School*                      8:30-11:00AM Adult Lap (4) Rec (2)                      11:00-11:45AM Deep H<sub>2</sub>O V-ball/Water Ex (tba)                      11:45 -12:00PM Rec (3) Adult Lap (3) M - F                      12:00 -1:00PM Adult Lap                      1:00 -1:45PM Water Exercise (Kathie)                      1:45 -5:00PM Adult Lap (3) Rec (3)                      5:00 -7:00PM C-Cerpant Swim Team                      7:00 -7:30PM C-Cerpants (4) Adult Lap (2)                      7:30 -8:30 PM Rec (3) Adult Lap (3)</p> <p>All children in diapers must wear a swim diaper or plastic pants with a elastic around the leg and waist.</p>	<p>5:00-8:00AM Adult Lap                      8:00-8:30AM Intermediate School*                      8:30- 9:00AM Adult Lap (4) Rec (3)                      9:00-10:30AM Rec (2) Adult Lap (2) Lessons (2)                      10:30-11:00AM Rec (3) Adult Lap (3)                      11:00 -11:45AM Deep H<sub>2</sub>O V-ball/Water Ex (Nadine)                      12:00-1:00PM Adult Lap                      1:00 -1:45PM Water Exercise (Kathie)                      1:45 -5:00PM Rec (3) Adult Lap (3)                      5:00-6:30PM C-Cerpant Swim Team                      6:30-7:30PM Adaptive Swim                      7:30-8:15PM Water Exercise (3) Adult Lap (3) Bonnie                      8:15-8:30 PM Adult Lap                      8:30-9:30 PM Adult Fitness Swimming (Fee)</p> <p>ONLY U.S. Coast Guard approved flotation devices allowed in pool.</p>	<p>5:00-8:00AM Adult Lap                      8:00 - 8:30AM Intermediate School*                      8:30-11:00AM Adult Lap (4) Rec (2)                      11:00-11:45AM Deep H<sub>2</sub>O V-ball/Water Ex (mary)                      11:45 -12:00PM Rec (3) Adult Lap (3) M - F                      12:00 -1:00PM Adult Lap                      1:00 -1:45PM Water Exercise (Kathie)                      1:45 -5:00PM Adult Lap (3) Rec (3)                      5:00 -7:00PM C-Cerpant Swim Team                      7:00 -7:30PM C-Cerpants (4) Adult Lap (2)                      7:30 -8:30 PM Rec (3) Adult Lap (3)</p> <p>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 .</p>	<p>5:00 - 8:00AM Adult Lap                      8:00 - 8:30AM Intermediate School*                      8:30- 9:00 AM Rec (3) Adult Lap (3)                      9:00 -10:30AM Adult Lap (2) Rec (2) Lessons                      10:30-11:00AM Rec (3) Adult Lap (3)                      11:00-11:45AM Deep H<sub>2</sub>O V-ball/Water Ex (Betsy)                      12:00 - 1:00PM Adult Lap                      1:00 - 1:45PM Water Exercise (Mary)                      1:45 - 5:00PM Adult Lap (3) Rec (3)                      5:00-7:00PM C-Cerpant Swim Team                      7:00-7:30PM C-Cerpants (4) Adult Lap (2)                      7:30-8:15PM Deep Water Ex. (3) Adult Lap (3) Melissa                      8:15-8:30 PM Adult Lap</p> <p>Pool will close 1/2 hour before building closes.</p>
FRIDAY	SATURDAY	SUNDAY	Holiday / Upcoming Events
<p>5:00-8:00AM Adult Lap                      8:00-8:30AM Intermediate School*                      8:30-11:00AM Rec (4) Adult Lap (2)                      11:00-11:45AM Deep H<sub>2</sub>O V-ball/Water Ex(Betsy)                      11:45 -12:00PM Adult Lap (3) Rec (3) M - F                      12:00 -1:00PM Adult Lap                      1:00 -1:45PM Water Exercise (Betsy)                      1:45 -5:00PM Adult Lap (3) Rec (3)                      5:00 -7:00PM C-Cerpant Swim Team                      7:00 -7:30PM C-Cerpants (4) Adult Lap (2)                      7:30 -8:30 PM Adult Lap (3) Rec (3)</p> <p>Please Note -ADULT LAP is for ADULTS ONLY.                      Circle swimming is mandatory when the bather load requires it</p>	<p>7:00 - 9:00AM C-Cerpant                      9:00 - 10:00AM Adult Lap                      10:00 - 12:15PM Lessons (4) Adult Lap (2)                      12:15 - 1:00PM Water Exercise (Debbie)                      1:00 - 5:30PM Adult Lap (3) Rec (3)</p> <div style="border: 1px solid black; padding: 5px;"> <p>Exceptions to the schedule:                              * The Ocean City Intermediate school will start swimming on Monday April 10, 2017                              * <b>On Sunday March 19th the pool will be closed until 2:00pm for our annual Special Olympics Area Swim Meet.</b>                              *On the following Thursdays our Co-op Program will be using 2 lanes.                              April 27. May 4, 11, 18, 25 from 3:30 -4:15</p> </div>	<p>7:00 -8:15AM Adult Fitness Swimming (Fee)                      8:15-9:00AM Beginner Adult Fitness Swim. (Fee)                      First and Third Sunday until Memorial day                      9:00 -12:00PM Scuba                      12:15 -1:00PM Water Exercise (Debbie)                      1:00 -5:30PM Adult Lap (3) Rec(3)</p> <p>Attention Lap Swimmers</p> <p>LANES 6 &amp; 1 SLOW </p> <p>LANES 5 &amp; 2 MEDIUM </p> <p>LANES 3 &amp; 4 FAST </p>	<p>Sunday, April 16th- Easter Closed                      Sunday, May 21st - OCNJ Triathlon/Duathlon                      Monday, May 29th - Memorial Day 5AM - 3:30PM                      Hours: 5AM - 3:30PM - Regular Pool Schedule</p> <p>1735 Simpson Ave.                      Ocean City, NJ</p> <p><b>Aquatic &amp; Fitness Center</b></p> <p>Visit us at <a href="http://www.OCNJ.US">www.OCNJ.US</a>                      Go to Aquatic &amp; Fitness <b>609.398.6900</b></p>