

OCEAN CITY AQUATIC & FITNESS CENTER SUMMER POOL SCHEDULE JUNE 19 - SEPT. 3 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:00 - 7:00AM Adult Lap 7:00 - 8:00AM C-Cerpant swim team 8:00 - 8:30AM Adult Lap (3) C-Cerpants (3) 8:30 - 9:00AM Rec (3) Adult Lap (3) 9:00 - 10:00AM Rec (2) Adult Lap (2) Lessons(2) 10:00 - 11:00AM Rec (2) Adult Lap (2) Camp (2) 11:00 - 11:45AM Deep H ₂ O V-ball/Water EX(Debbie) 11:45 - 12:00PM Rec (3) Adult Lap (3) M - F 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Kathie/Debbie) 1:45 - 4:00PM Rec (3) Adult Lap (3) 4:00 - 5:00PM Rec(2) Adult Lap (2) Lessons (2) 5:00 - 7:00PM C-Cerpant Swim Team 7:00 - 8:30 PM Rec (3) Adult Lap (3)	5:00 - 7:00AM Adult Lap 7:00 - 8:00AM C-Cerpant Swim Team 8:00 - 9:00AM Rec (3) Adult Lap (3) 9:00 -10:00AM Rec (2) Adult Lap (2) Lessons (2) 10:00 -11:00AM Rec (2) Adult Lap (2) Camp (2) 11:00 -11:45AM Water Exercise (Nadine) 11:45 - 12:00PM Rec (3) Adult Lap (3) M - F 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Kathie/Jenny) 1:45 - 4:00PM Rec (3) Adult Lap (3) 4:00 - 5:00PM Rec(2) Adult Lap (2) Lessons (2) 5:00 - 7:00PM C-Cerpant Swim Team 7:00 - 7:30PM Rec (3) Adult Lap (3) 7:30 - 8:15PM Water Ex (Bonnie) (3) Adult Lap (3) 8:30 - 9:30PM Adult Fitness Swimming (Fee)	5:00 - 7:00AM Adult Lap 7:00 - 9:00AM C-Cerpant swim team 9:00 - 10:00AM Rec (2) Adult Lap (2) Lessons(2) 10:00 - 11:00AM Rec (2) Adult Lap (2) Camp (2) 11:00 - 11:45AM Deep H ₂ 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 (Mary) 1:45 - 4:00PM Rec (3) Adult Lap (3) 4:00 - 5:00PM Rec(2) Adult Lap (2) Lessons 5:00 - 7:00PM C-Cerpant Swim Team*** 7:00 - 8:30 PM Rec (3) Adult Lap (3)	5:00 - 7:00AM Adult Lap 7:00 - 8:00AM C-Cerpant Swim Team 8:00 - 9:00AM Rec (3) Adult Lap (3) 9:00 - 10:00AM Rec (2) Adult Lap (2) Lessons (2) 10:00 - 11:00AM Rec (2) Adult Lap (2) Camp (2) 11:00 - 11:45AM Water Exercise (Donna) 11:45 - 12:00PM Rec (3) Adult Lap (3) M - F 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Donna) 1:45 - 4:00PM Rec (3) Adult Lap (3) 4:00 - 5:00PM Rec(2) Adult Lap (2) Lessons (2) 5:00 - 7:00PM C-Cerpant Swim Team 7:00 - 7:30PM Rec (3) Adult Lap (3) 7:30 - 8:15PM Deep Water EX (Melissa) (3) Adult Lap (3) 8:15 - 8:30PM Rec (3) Adult Lap (3)
FRIDAY	SATURDAY	SUNDAY	Holiday / Upcoming Events
5:00 - 7:00AM Adult Lap 7:00 - 8:00AM C-Cerpants swim team 8:00 - 8:30AM Adult Lap (3) C-Cerpant (3) 8:30 - 10:00AM Rec (3) Adult Lap (3) 10:00 - 11:00AM Rec (2) Adult Lap (2) Camp (2) 11:00 - 11:45AM Deep H ₂ O V-ball/Water Ex (Bonnie) 11:45 - 12:00PM Rec (3) Adult Lap (3) M - F 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Bonnie) 1:45 - 5:00PM Rec (3) Adult Lap (3) 5:00 - 7:00PM C-Cerpant Swim Team 7:00 - 8:30PM Rec (3) Adult Lap (3)	7:00 - 9:00AM C-Cerpant 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)	7:00 - 9:00AM Adult Fitness Swimming (Fee) 9:00 - 12:00PM Scuba 12:15 - 1:00PM Water Exercise (Debbie) 1:00 - 5:30PM Rec (3) Adult Lap (3)	July 4th - AM Regular Schedule September 4th - LABOR DAY Hours: 5:00AM - 4:00PM, Pool Closes 3:30PM Regular Schedule until 3:30PM Monday September 4th OCNJ Labor Day 5 Mile Beach Run & 1 Mile Walk/Fun Run

Exceptions to the schedule ***
 The pool will close at 5pm on Wednesday 7/5
 On Wed 6/21, Fri 6/23, Wed 7/12, Tues 7/25 the pool will be Rec/Adult lap during the C- Cerpants 5pm - 7 pm slot.
 On Sat June 24th Adult Lap 7am—9am

Please Note -
 ADULT LAP is for ADULTS only 18 years and older.
 Circle swimming is mandatory when the bather load requires it
 ONLY U.S. Coast Guard approved flotation devices allowed in pool.
 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.

Attention Lap Swimmers

LANES 6 & 1



SLOW

LANES 5 & 2



MEDIUM

LANES 3 & 4



FAST



1735 Simpson Ave. Ocean City, NJ

Visit us at www.OCNJ.US

609 398-6900