

OCEAN CITY AQUATIC & FITNESS CENTER WINTER POOL SCHEDULE NOV. 5th 2018 - MAR 4th 2019

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 H₂O V-ball/Water Ex (Mary) 11:50 - 12:00PM Rec (3) Adult Lap (3) M - F 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Kathie/Gina) 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 (Bonnie) 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 H₂O V-ball/Water Ex (Lisa) 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 (Donna) 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 (Melissa) Adult Lap (2) 8:15 - 8:30PM Rec (3) Adult Lap (3)</p>
FRIDAY	SATURDAY	SUNDAY	Holidays / Upcoming Events
<p>5:00 - 8:00AM Adult Lap 8:00 - 11:00AM Adult Lap (4) Rec (2) 11:00 - 11:45AM Deep H₂O V-ball/Water Ex (Jackie) 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Ex (Kathie/Jackie) 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>Attention Lap Swimmers</p> <p>LANES 6 & 1 SLOW </p> <p>LANES 5 & 2 MEDIUM </p> <p>LANES 3 & 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>Please Note - *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 child's 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 an 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>**Exceptions to the schedule 2018 - 19 Scuba: No Scuba: Nov. 11, 18, 25, Dec. 2, 9, 16, 23, 30 3 lanes Adult Lap/ 3 lanes C-Cerpants Little Rec'ers - 9:30 - 10am Nov 6, 16 Dec 14, 18 *Saturday pool schedule from 10:00 - 12:15pm Nov. 24th - Jan. 12th will be Rec (2) Adult Lap (4) C-Cerpants Winter Carnival - Sun. 1/6 Pool Closed Sweetheart Mini Meet - Sun. 2/3 Pool Closed until 2PM.</p>	<p>Wednesday, Nov 21 - Regular Schedule Thursday, Nov 22 - Closed Friday, Nov 23 - Close 6PM - Regular AM Class schedule</p> <p>Christmas & New Year's Hours: TBA</p> <p>Winter Swim Carnival - Sunday January 6th - Pool Closed Sweetheart Mini Meet Sunday - February 3rd - Pool CLOSED until 2PM (No Water EX)</p> <p></p> <p>Visit us at www.OCNJ.US</p> <p>1735 Simpson Ave. Ocean City NJ, 609 398-6900</p>