

OCEAN CITY AQUATIC & FITNESS CENTER FALL POOL SCHEDULE Sept. 3 - Nov. 4, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:00 - 8:00 AM Adult Lap *8:00 - 8:30AM Intermediate School M-F 8:30 -11:00AM Rec (3) Adult Lap (3) 11:00 -11:45AM Deep H ₂ O V-ball/Water Exercise (Brielle) 11:50 -12:00PM Rec (3) Adult Lap (3) M - F 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Brielle/Gina) 1:45 - 5:00PM Rec (3) Adult Lap (3) 5:00 - 7:00PM C-Cerpant Swim Team 7:00 - 7:30 PM C-Cerpants ST (4) Adult Lap (2) 7:30 - 8:30PM Rec (3) Adult Lap (3)	5:00 - 8:00 AM Adult Lap *8:00 - 8:30AM Intermediate School 8 :30- 11:00AM Rec (2) Adult Lap (2) Lessons (2) 11:00 - 11:45AM Water Exercise (Nadine) 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Mary) 1:45 - 5:00PM Rec (3) Adult Lap (3) 4PM Lessons 5:00 - 6:30PM C-Cerpants Swim Team 6:30 - 7:30PM Adaptive 7:30 - 8:15PM Water Ex (4) Adult Lap (2) (Bonnie) 8:15 - 8:30PM Adult Lap 8:30 - 9:30PM Adult Fitness Swimming (Fee)	5:00 - 8:00 AM Adult Lap *8:00 - 8:30AM Intermediate School 8:30 -11:00AM Rec (3) Adult Lap (3) 11:00 -11:45AM Deep H ₂ O V-ball/Water Exercise (Lisa) 11:50 -12:00PM Rec (3) Adult Lap (3) M - F 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Jenny) 1:45 - 5:00PM Rec (3) Adult Lap (3) 5:00 - 7:00PM C-Cerpant Swim Team 7:00 - 7:30 PM C-Cerpants ST (4) Adult Lap (2) 7:30 - 8:30PM Rec (3) Adult Lap (3)	5:00 - 8:00AM Adult Lap *8:00 - 8:30AM Intermediate School 8:30- 11:00AM Rec (2) Adult Lap (2) Lessons (2) 11:00 -11:45AM Water Exercise (Mary) 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Donna) 1:45 - 5:00PM Rec (3) Adult Lap (3) 4PM Lessons 5:00 - 7:00PM C-Cerpants Swim Team 7:00 - 7:30PM C-Cerpants ST (4) Adult Lap (2) 7:30 - 8:15PM Water Ex (4) Adult Lap (2)(Melissa) 8:15 - 8:30PM Adult Lap
FRIDAY	SATURDAY	SUNDAY	Holiday / Upcoming Events
5:00 - 8:00 AM Adult Lap *8:00 - 8:30AM Intermediate School 8:30 -11:00AM Rec (3) Adult Lap (3) 11:00 -11:45AM Deep H ₂ O V-ball/Water Exercise (Jackie) 11:50 -12:00PM Rec (3) Adult Lap (3) M - F 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Kathie/Jackie) 1:45 - 5:00PM Rec (3) Adult Lap (3) 5:00 - 7:00PM C-Cerpant Swim Team 7:00 - 7:30 PM C-Cerpants ST (4) Adult Lap (2) 7 :30- 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) Saturday September 1st, 8th, 15th & 22nd 10am - noon the pool will be rec (3) adult lap (3) *Intermediate School begin date - TBA (Close to end of Sept)	7:00 - 9:00AM Adult Fitness Swimming (Fee) 9:00 - 12:00PM Scuba or Adult Lap (see dates below) 12:15 - 1:00PM Water Exercise (Debbie) 1:00 - 5:30PM Rec(3) Adult Lap (3) 2018 Scuba Dates: Oct 7, 14, 21 (No extra Swim) No Scuba: 2 Lanes Adult Lap/ 2 Lanes Rec 9/9 & 23 3 Lap/ 3 Rec Sept 16, 30, Oct 28, Nov 4, ONLY U.S. Coast Guard approved flotation devices allowed in pool.	Check www.ocnj.us/recreation AFC Announcement page Labor Day Hours: 5am - 4pm Monday, Sept. 3rd - OCNJ Labor Day Race Sunday, Sept 30th OCNJ Half Marathon, 5K & 10 mile non-competitive Run/Walk Saturday, Nov 3rd - Trail of Two Cities 5K

Attention Lap Swimmers

LANES 6 & 1 SLOW



LANES 5 & 2 MEDIUM



LANES 3 & 4 FAST



ADULT LAP is for ADULTS ONLY. Circle swimming is mandatory when the bather load requires it.

Please Note -

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.

Pool will close 1/2 hour before building closes. Check pool closings.

On the following dates our Little Rec'ers will be using the pool from 9:30 - 10am. Dates Oct. 19 & 23

1735 Simpson Ave. Ocean City, NJ



Visit us at www.OCNJ.US
Go to Aquatic & Fitness

(609) 398-6900