


# OCEAN CITY AQUATIC & FITNESS CENTER SUMMER POOL SCHEDULE JUNE 18 - SEPT. 2 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:00 - 8:00AM Adult Lap 8:00 - 9:00AM Rec (2) Adult Lap (4) 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 <sub>2</sub> O V-ball/Water Ex (Lisa) 11:45 - 12:00PM Rec (3) Adult Lap (3) M - F 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Gina) 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 C-Cerpants (4) Adult Lap (2) 7:30 - 8:30 PM Rec (3) Adult Lap (3)	5:00 - 8:00AM Adult Lap 8:00 - 9:00AM Rec (2) Adult Lap (4) 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) 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Brielle) 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 C-Cerpants (4) Adult Lap (2) 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 <sub>2</sub> O V-ball/Water Ex (Mary) 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 (2) 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)	5:00 - 8:00AM Adult Lap 8:00 - 9:00AM Rec (2) Adult Lap (4) 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) 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 C-Cerpants (4) Adult Lap (2) 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 - 8:00AM Adult Lap 8:00 - 10:00AM Rec (2) Adult Lap (4) 10:00 - 11:00AM Rec (2) Adult Lap (2) Camp (2) 11:00 - 11:45AM Deep H <sub>2</sub> O V-ball/Water Ex (Bonnie) 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 - 7:30PM C-Cerpants (4) Adult Lap (2) 7:30 - 8:30PM Rec (3) Adult Lap (3)  <b>Attention Lap Swimmers</b>  LANES 6 & 1  SLOW LANES 5 & 2  MEDIUM LANES 3 & 4  FAST	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)  <div style="border: 1px solid black; padding: 5px;"> <b>Exceptions to the schedule ***</b>                          Wed. 6/27 C-Cerpant swim meet pool <b>closed</b> 5pm - 9pm                           Wed 6/20, Tues 7/24 the pool <b>open</b> Rec/Adult lap 5pm - 7:30 pm during the C- Cerpants' slot.                           Sat. June 24th <b>open</b> Adult Lap 7am - 9am                          NO Scuba <b>extra swim</b> Sundays, Rec/Adult Lap 9am - 12pm 7/1, 8/5                          July 29th - Lollipop Mini Meet - Pool Closed 9am - 1pm.                     </div>	7:00 - 9:00AM Adult Fitness Swimming (NO Fee) 9:00 - 12:00PM Scuba *** 12:15 - 1:00PM Water Exercise (Debbie) 1:00 - 5:30PM Rec (3) Adult Lap (3)  <b>Please Note -</b> 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. Pool will close 1/2 hour before building closes.	<p><b>July 4th</b> - Center Closes 5PM. Regular Schedule  <b>July 28th</b> - Center Closes 4PM. Night in Venice  <b>September 3rd</b> - LABOR DAY Center Closes 4PM                      Regular Schedule until 3:30PM</p> <p><b>September 3rd</b> OCNJ Labor Day Race                      5 Mile Beach Run &amp; 1 Mile Walk/Fun Run</p> <div style="text-align: right;">  </div>

1735 Simpson Ave. Ocean City, NJ

Visit us at [www.OCNJ.US](http://www.OCNJ.US)

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