




OCEAN CITY AQUATIC & FITNESS CENTER **FALL POOL SCHEDULE** Sept. 2 - Nov. 3, 2019

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 (Bonnie) 11:50 -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 - 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- 10:00AM Rec (2) Adult Lap (2) Lessons (2) 10:00 - 11:00AM Rec (3) Adult Lap (3) 11:00 - 11:45AM Water Exercise (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-Cerpants Swim Team 6:30 - 7:30PM Adaptive/SO swim (Begins Oct 1st) 7:30 - 8:15PM Adult Lap (2) Water Ex (4) (Donna) 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 - 9:15AM Rec (3) Adult Lap (3) 9:15 - 9:45AM Rec (2) Adult Lap (2) Lessons (2) 9:45 - 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 (Mary) 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- 10:00AM Rec (2) Adult Lap (2) Lessons (2) 10:00 - 11:00AM Rec (3) Adult Lap (3) 11:00 -11:45AM Water Exercise (Donna) 12:00 - 1:00PM Adult Lap 1:00 - 1:45PM Water Exercise (Christine) 1:45 - 5:00PM Rec (3) Adult Lap (3) 5:00 - 7:00PM C-Cerpants Swim Team 7:00 - 7:30PM C-Cerpants ST (4) Adult Lap (2) 7:30 -8:15PM Adult Lap (2) Deep H ₂ O (4) (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 (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) 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) Extra Pool Time: Saturday Sept. 7th, 14th & 21st 10am - 12pm the pool will be rec (3) adult lap (3) *Intermediate School begin date - Sept 16th End Date: Oct 4th Friday With Friends 8th - 12th Grade Program - 10/11 - 7pm - 10pm	7:00 - 9:00AM Adult Fitness Swimming (Fee) 9:00 - 12:00PM Scuba or Adult Lap/Rec (see dates below) 12:15 - 1:00PM Water Exercise (Debbie) 1:00 - 5:30PM Rec(3) Adult Lap (3) 2019 Scuba Dates: (No extra Swim) Sept. 22, 29 Oct. 6, Nov. 3, 10, 17 No Scuba: Extra Pool Time: 9am - 12noon Adult Lap (3)/Rec (3) Sept 8, 15, Oct,13, 20, 27 ONLY U.S. Coast Guard approved flotation devices allowed in pool.	Check www.ocnj.us/recreation Labor Day Hours: 5:00AM - 4:00PM Regular Class Schedule until 3:30PM Pool closes at 3:30PM <i>Monday, Sept. 2nd</i> - OCNJ Labor Day Race <i>Tuesday, Sept. 3rd</i> - Fall Swim Lesson sign-ups <i>Sunday, Sept 29th</i> OCNJ Half Marathon, 5K & 10 mile non-competitive Run/Walk <i>Saturday, Nov 2nd</i> - 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.
 Oct 7th & Oct 24th**

Visit us at www.OCNJ.US



(609) 398-6900

1735 Simpson Ave. Ocean City, NJ