

# OCEAN CITY AQUATIC & FITNESS CENTER **SPRING POOL SCHEDULE** MAY 4th – JUNE 16th 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 H<sub>2</sub>O 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)            1:45 - 5:00PM Rec (3) Adult Lap (3)            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><i>ONLY U.S. Coast Guard approved floatation devices allowed in pool.</i></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 - 5:00PM Rec (3) Adult Lap (3)            5:00 - 6:30PM C-Cerpant Swim Team            6:30 - 7:30PM Adaptive Swim            7:30 - 8:15PM Water Ex (Bonnie) Adult Lap (2)            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 H<sub>2</sub>O V-ball/Water Ex (Lisa)            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 - 7:30PM Adult Lap (2) C-Cerpants (4)            7:30 - 8:30PM Rec (3) Adult Lap (3)</p> <p><i>Each lane is 25 meters            Depth ranges from 3½ FT. to 13 FT.</i></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 - 5:00PM Rec (3) Adult Lap (3)            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 (Bonnie) Adult Lap (2)            8:15 - 8:30PM Rec (3) Adult Lap (3)</p>
FRIDAY	SATURDAY	SUNDAY	Holiday / Upcoming Events
<p>5:00 - 8:00AM Adult Lap            8:00- 11:00AM Adult Lap (4) Rec (2)            11:00 - 11:45AM Deep H<sub>2</sub>O V-ball/Water Ex (Jackie)            12:00 - 1:00PM Adult Lap            1:00 - 1:45PM Water Ex (Bonnie)            1:45 - 5:00PM Rec (3) Adult Lap (3)            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>7:00 - 9:00AM C-Cerpant Swim Team            9:00 - 10:00AM Adult Lap            10:00 - 12:15PM Rec(3) Adult Lap (3)            12:15 - 1:00PM Water Exercise (Bonnie)            1:00 - 5:30PM Rec (3) Adult Lap (3)</p> <p><b>Please Note -</b>  <i>*Pool will close 1/2 hour before building closes.            Check pool closings.</i></p> <p><i>*ADULT LAP is for ADULTS ONLY. Circle swimming is mandatory when the bather load requires it            *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 .</i></p> <p><i>*All children in diapers must wear a swim diaper or plastic pants with a elastic around the leg and waist</i></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><b>Summer Swim Lesson Sign-up begins May 31st 9AM</b>  <b>Walk in or Online: Community Pass</b></p> <p><b>Sunday, May 19th OCNJ Triathlon/Duathlon</b>  <b>Monday, May 27th Pool Closes 3:30PM</b>  <b>Center Closes 4:00PM</b></p>
<p><b>Attention Lap Swimmers</b></p> <p>LANES 6 &amp; 1 SLOW </p> <p>LANES 5 &amp; 2 MEDIUM </p> <p>LANES 3 &amp; 4 FAST </p>		<p><b>**Exceptions to the schedule</b>            2019 Scuba:            No Scuba: June 2, 9, 16            3 lanes Adult Lap/ 3 lanes C- Cerpants</p>	<p></p> <p><b>Visit us at <a href="http://www.OCNJ.US">www.OCNJ.US</a></b></p> <p>1735 Simpson Ave. Ocean City NJ,            609 398-6900</p>