

OCEAN CITY AQUATIC & FITNESS CENTER * Spring * POOL March 7th - June 19th, 2022

Monday		Tuesday		Wednesday	
5:00 - 7:55am	Adult Lap (6)	5:00 - 7:55am	Adult Lap (6)	5:00 - 7:55am	Adult Lap (6)
8:00 - 11:00am	Rec (2) & Adult Lap (4)	8:00 - 11:00am	Rec (2) & Adult Lap (4)	8:00 - 11:00am	Rec (2) & Adult Lap (4)
11:05 - 11:50am	Water Ex. (Jenny S) & Deep Volleyball	11:05 - 11:50am	Water Ex. (Nadine) & Deep Jogging	11:05 - 11:50am	Water Ex. (Mary) & Deep Volleyball
12:00 - 12:45pm	Water Ex. (Joanne) & Deep Volleyball	12:00 - 12:45pm	Water Ex. (Mary) & Deep Water Jogging	12:00 - 12:45pm	Water Ex. (Joanne) & Deep Volleyball
12:55 - 1:55pm	Adult Lap (6)	12:55 - 1:55pm	Adult Lap (6)	12:55 - 1:55pm	Adult Lap (6)
2:00 - 6:25pm	Rec (3) & Adult Lap (3)	2:00 - 5:55pm	Rec (3) & Adult Lap (3)	2:00 - 6:25pm	Rec (3) & Adult Lap (3)
6:30 - 9:00pm	ECCC Swim Team	6:00 - 7:00pm	ADAPTIVE STINGRAYS PRACTICE	6:30 - 9:00pm	ECCC Swim Team
		7:05 - 9:30pm	ECCC Swim Team		

Thursday	
5:00 - 7:55am	Adult Lap (6)
8:00 - 11:00am	Rec (2) & Adult Lap (4)
11:05 - 11:50am	Water Ex. (Bonnie) & Deep Jogging
12:00 - 12:45pm	Water Ex. (Bonnie) & Deep Water Jogging
12:55 - 1:55pm	Adult Lap (6)
2:00 - 5:55pm	Rec (3) & Adult Lap (3)
6:00 - 7:00pm	Para-Atheletes/ Private Lessons
7:05 - 9:30pm	ECCC Swim Team

Friday	
5:00 - 7:55am	Adult Lap (6)
8:00 - 11:00am	Rec (2) & Adult Lap (4)
11:05 - 11:50am	Water Ex. (Joanne) & Deep Volleyball
12:00 - 12:45pm	Water Ex. (Jenny M) & Deep Volleyball
12:55 - 1:55pm	Adult Lap (6)
2:00 - 6:25pm	Rec (3) & Adult Lap (3)
6:30 - 9:00pm	ECCC Swim Team

Saturday	
7:00 - 8:30pm	Adult Lap (6)
8:35 - 11:00am	Rec (2), Adult Lap (2), Swim Lessons (2)
11:05 - 11:50am	Water Ex. (TBA)
12:00 - 1:00pm	Adult Lap (6)
1:05 - 3:55pm	Rec (3) & Adult Lap (3)
4:00 - 6:00pm	ECCC Swim Team

Sunday	
7:00 - 8:30am	MASTER SWIM
8:35 - 11:00am	Rec (2) & Adult Lap (4)
11:05 - 11:50am	Water Ex. (Jen M)
12:00 - 1:00pm	Lap (6)
1:05 - 2:00pm	Rec (3) & Adult Lap (3)
2:05-5:00pm	Rec (2) & Adult Lap (2), Scuba (2)

Sunday Pool Parties: 5:00PM - 6:30PM

PLEASE NOTE:

- Adult Lap: is for anyone 15 & Over
- Circle Swimming will occur when necessary.
- Coast Guard approved flotation device ONLY
- The pool is 25 Meters and 3.5FT to 13FT

Attention Lap Swimmer:

- Lanes 6 & 1: Slow
- Lanes 5 & 2: Medium
- Lanes 3 & 4: Fast



1735 Simpson Ave, Ocean City, NJ 08226
visit us at: www.ocnj.us 609-398-6900

Exception to the Pool Schedule:

- **Special Olympics Swim Meet:** March 13th (Pool will be **CLOSED 8 AM - 1 PM**)
- **American Red Cross: Lifeguard Course Session 2:** 4/3 to 5/15 **Time: 2 PM to 8 PM**
- **Spring Swim Lessons Session #2:** April 23rd - May 28th

POOL FAQs:

Q: What is the size of the pool?

A: The pool is 25 meters long and roughly 12.5 meters wide. In yards that would be approximately 27.3 yards long and 13.7 yards wide.

Q: How many laps equal a mile?

A: In this pool, 1600 meters = 1 mile = 64 laps or “lengths”

Q: What is the depth of the pool?

A: The pool depths are labeled as you walk down the side of the pool. Our pool depth ranges from 3.5 feet to 13 feet.

Q: Is this a saltwater pool?

A: Yes. The pool uses a salt concentration that goes through a process of chlorination in our chlorine generator to create softer water giving a better overall experience for our swimmers.

Q: Does it matter which lane I swim in?

A: Yes. The Center strives to keep all swimmers of similar speeds in the same lanes. They work from the inside out. Lanes 3 & 4 are the fastest, lanes 2 & 5 are intermediate, Lanes 1 & 6 are for novice or slower swimmers. If you are unsure of where to swim, please ask a Lifeguard. They will be more than willing to help you find a lane to best suit you!

Lanes 1 & 6: Slow Lanes 2 & 5: Medium Lanes 3 & 4: Fast

Q: Do you have to circle swim?

A: Yes. In order for us to accommodate our swimmers, all lanes are subject to circle swimming. If you don't feel comfortable circle swimming, you may wait on the benches until a lane opens.

Q: Can we bring our own floatation devices?

A: Yes. However, the Aquatic & Fitness Center follows the guidelines of the Red Cross.

We do not allow flotation devices that are not Coast Guard certified. If you don't know if your flotation device is Coast Guard approved, please ask a Lifeguard. They will be able to identify if your flotation device is stamped and approved.

Q: What is the water temperature of our pool?

A: The water temperature is set to 83 degrees. The Aquatic & Fitness Center believes this is a comfortable temperature for all our guests. This number may slightly fluctuate between 82 and 84 degrees depending on the bather load or season.