OCEAN CITY AQUATIC & FITNESS CENTER WINTER POOL SCHEDULE Nov 16th - March 7th, 2027

Monday	
5:00 - 7:55am	Adult Lap (6)
8:00 - 11:00am	Rec (2) & Adult Lap (4)
11:05 - 11:50am	Water Exercise & Deep Water Volleyball
12:00 - 12:45pm	Water Exercise & Deep Water Volleyball
12:55 - 1:55pm	Adult Lap (6)
2:00 - 2:55pm	Rec (2) & Adult Lap (4)
3:00 - 5:00pm	OCHS SWIM PRACTICE
5:00 - 8:00pm	OC STORM Swim Team
8:05 - 8:45pm	Rec (2) & Adult Lap (4)

Tuesday	
5:00 - 7:55am	Adult Lap (6)
8:00 - 11:00am	Rec (2) & Adult Lap (4)
11:05 - 11:50am	Water Exercise & Deep Water Volleyball
12:00 - 12:45pm	Water Exercise & Deep Water Jogging
12:55 - 1:55pm	Adult Lap (6)
2:00 - 2:55pm	Rec (2) & Adult Lap (4)
3:00 - 5:00pm	OCHS SWIM PRACTICE
5:00 - 6:00pm	OC STORM Swim Team
6:00 - 7:00pm	ADAPTIVE STINGRAYS PRACTICE
7:05 - 8:45pm	Rec (2) & Adult Lap (4)

Wednesday	
5:00 - 7:55am	Adult Lap (6)
8:00 - 11:00am	Rec (2) & Adult Lap (4)
11:05 - 11:50am	Water Exercise & Deep Water Volleyball
12:00 - 12:45pm	Water Exercise & Deep Water Volleyball
12:55 - 1:55pm	Adult Lap (6)
2:00 - 2:55pm	Rec (2) & Adult Lap (4)
3:00 - 5:00pm	OCHS SWIM PRACTICE
5:00 - 8:00pm	OC STORM Swim Team
8:05 - 8:45pm	Rec (2) & Adult Lap (4)

Thursday	
5:00 - 7:55am	Adult Lap (6)
8:00 - 11:00am	Rec (2) & Adult Lap (4)
11:05 - 11:50am	Water Exercise & Deep Water Volleyball
12:00 - 12:45pm	Water Exercise & Deep Water Jogging
12:55 - 1:55pm	Adult Lap (6)
2:00 - 2:55pm	Rec (2) & Adult Lap (4)
3:00 - 5:00pm	OCHS SWIM PRACTICE
5:00 - 7:00pm	OC STORM Swim Team
7:00 - 8:00pm	Blue Journey Unified
8:05 - 8:45pm	Rec (2) & Adult Lap (4)

Friday	
5:00 - 7:55am	Adult Lap (6)
8:00 - 11:00am	Rec (2) & Adult Lap (4)
11:05 - 11:50am	Water Exercise & Deep Water Volleyball
11:50 - 12:30pm	Rec/Aqua Jogging & Deep Water Volleyball
12:35 - 1:55pm	Adult Lap (6)
2:00 - 2:55pm	Rec (2) & Adult Lap (4)
3:00 - 5:00pm	OCHS SWIM PRACTICE
5:00 - 8:00pm	OC STORM Swim Team
8:05 - 8:45pm	Rec (2) & Adult Lap (4)

Saturday	
7:00 - 9:00am	OCHS SWIM PRACTICE
9:05 - 11:00am	Lessons (2) Rec (2) Adult Lap (2)
11:05 - 11:50am	Water Exercise & Aqua Jogging
12:00 - 12:55pm	Adult Lap (6)
1:00 - 4:45pm	Rec (2) & Adult Lap (4)

Sunday	
7:00 - 8:30am	Adult Fitness Coached Class
8:35 - 11:00am	Rec (2) & Adult Lap (4)
11:05 - 11:50am	Water Exercise & Aqua Jogging
12:00 - 12:55pm	Adult Lap (6)
1:00 - 4:45pm	Rec (2) Adult Lap (2) Scuba (2)

****PLEASE SHOWER BEFORE SWIMMING****

PLEASE NOTE:

Adult Lap: is for anyone 14 Years & Over

Circle Swimming will occur when necessary.

Coast Guard approved flotation devices 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



OCEAN CITY AQUATIC & FITNESS CENTER

1735 Simpson Ave, Ocean City, NJ 08226

visit us at: www.ocnj.us 609-398-6900

POOL EXCEPTIONS -

OCEAN CITY HIGH SCHOOL SEASON START: 11/16/26

Sting Rays Start Date: 11/17/26

Swim Lesson Start Date: TBA

EXTRA POOL TIME (NO STORM PRACTICE): 11/25/26 - 11/27/26, 12/04/26, 12/23/26 - 01/01/27, 01/18/27, 02/15/27

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 US 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.