

OCEAN CITY AQUATIC & FITNESS CENTER SUMMER POOL June 20th - September 4th

| 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 - 8:30am | Rec (2) Adult Lap (4) | 8:00 - 8:30am | Rec (2) Adult Lap (4) | 8:00 - 8:30am | Rec (2) Adult Lap (4) |
| 8:30 - 11:00am | Rec (2) Lap (2) Camp/Lessons (2) | 8:30 - 11:00am | Rec (2) Lap (2) Camp/Lessons (2) | 8:30 - 11:00am | Rec (2) Lap (2) Camp/Lessons (2) |
| 11:05 - 11:50am | Water Ex. (Jenny M) & Deep Volleyball | 11:05 - 11:50am | Water Ex. (Nadine) & Deep Water Jogging | 11:05 - 11:50am | Water Ex. (Mary) & Deep Volleyball |
| 12:00 - 12:45pm | Water Ex. (Joanne) & Deep Water Jogging | 12:00 - 12:45pm | Water Ex. (TBA) & Deep Water Jogging | 12:00 - 12:45pm | Water Ex. (Christine) & Deep Water Jogging |
| 12:55 - 1:55pm | Adult Lap (6) | 12:55 - 1:55pm | Adult Lap (6) | 12:55 - 1:55pm | Adult Lap (6) |
| 2:00 - 4:00pm | Rec (2) Adult Lap (4) | 2:00 - 4:00pm | Rec (2) Adult Lap (4) | 2:00 - 4:00pm | Rec (2) Adult Lap (4) |
| 4:00 - 5:30pm | Rec (2) Adult Lap (2) Lessons(2) | 4:00 - 5:30pm | Rec (2) Adult Lap (2) Lessons(2) | 4:00 - 5:30pm | Rec (2) Adult Lap (2) Lessons(2) |
| 5:30 - 6:25pm | Rec (2) Adult Lap (4) | 5:30 - 6:55pm | Rec (2) Adult Lap (4) | 5:30 - 6:25pm | Rec (2) Adult Lap (4) |
| 6:30 - 9:00pm | ECCC Swim Team | 7:00 - 9:30pm | ECCC Swim Team | 6:30 - 9:00pm | ECCC Swim Team |

| Thursday | | Friday | | Saturday | | | |
|-----------------|---|---|--|-----------------|---------------------------------|-----------------|-----------------------|
| 5:00 - 7:55am | Adult Lap (6) | 5:00 - 7:55am | Adult Lap (6) | 7:00 - 8:30am | Adult Lap (6) | | |
| 8:00 - 8:30am | Rec (2) Adult Lap (4) | 8:00 - 10:00am | Rec (2) Adult Lap (4) | 8:30 - 11:00am | Rec (2) Adult Lap (4) | | |
| 8:30 - 11:00am | Rec (2) Lap (2) Camp/Lessons (2) | 10:00 - 11:00am | Rec (2) Adult Lap (2) Camp (2) | 11:05 - 11:50am | Water Ex. (Caroline) | | |
| 11:05 - 11:50am | Water Ex. (Christine) & Deep Water Jogging | 11:05 - 11:50am | Water Ex. (Nadine) & Deep Volleyball | 12:00 - 1:00pm | Adult Lap (6) | | |
| 12:00 - 12:45pm | Water Ex. (Christine) & Deep Water Jogging | 12:00 - 12:45pm | Water Ex. (Bonnie) & Deep water Jogging | 1:00 - 3:55pm | Rec (2) Adult Lap (4) | | |
| 12:55 - 1:55pm | Adult Lap (6) | 12:55 - 1:55pm | Adult Lap (6) | 4:00 - 6:00pm | ECCC Swim Team | | |
| 2:00 - 4:00pm | Rec (2) Adult Lap (4) | 2:00 - 6:25pm | Rec (2) Adult Lap (4) | Sunday | | | |
| 4:00 - 5:30pm | Rec (2) Adult Lap (2) Lessons/Dive (2) | 6:30 - 9:00pm | ECCC Swim Team | 7:00 - 8:30am | ADULT FITNESS SWIM | | |
| 5:30 - 6:55pm | Rec (2) Adult Lap (2) Dive (2) | Attention Lap Swimmer: Lanes 6 & 1: Slow Lanes 5 & 2: Medium Lanes 3 & 4: Fast | | | | 8:30 - 11:00am | Rec (2) Adult Lap (4) |
| 7:00 - 9:30pm | ECCC Swim Team | | | | | 11:05 - 11:50am | Water Ex. (Jenny M) |
| | | | | | | 12:00 - 1:00pm | Lap (6) |
| | | | | 1:00 - 4:55pm | Rec (2) Adult Lap (2) Scuba (2) | | |



Exceptions to the Schedule:

Dive: Thursdays (7/14 - 8/25) 5PM - 7PM

Please Note:

Adult Lap: is for anyone high school & up **ONLY**.
 Circle Swimming will occur when necessary.

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 flotation 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.



VISIT US AT
WWW.OCNJ.US

rec desk

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