

# OCEAN CITY AQUATIC & FITNESS CENTER \* WINTER \* POOL NOV 7th - March 5th, 2023

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. (Mary) & Deep Water Volleyball	11:05 - 11:50am	Water Ex. (Nadine) & Deep Water Jogging	11:05 - 11:50am	Water Ex. (Bonnie) & Deep Water Volleyball
12:00 - 12:45pm	Water Ex. (Joanne) & Deep Water Jogging	12:00 - 12:45pm	Water Ex. (Mary) & Deep Water Jogging	12:00 - 12:45pm	Water Ex. (Jenny S) & 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 - 2:55pm	Rec (2) & Adult Lap (4)	2:00 - 2:55pm	Rec (2) & Adult Lap (4)	2:00 - 2:55pm	Rec (2) & Adult Lap (4)
3:00 - 5:00pm	OCHS SWIM PRACTICE	3:00 - 5:00pm	OCHS SWIM PRACTICE	3:00 - 5:00pm	OCHS SWIM PRACTICE
5:05 - 6:25pm	Rec (2) & Adult Lap (4)	5:05 - 5:55pm	Rec (2) & Adult Lap (4)	5:05 - 6:25pm	Rec (2) & Adult Lap (4)
6:30 - 9:00pm	ECCC Swim Team	6:00 - 7:00pm	ADAPTIVE STINGRAYS PRACTICE	6:30 - 9:00pm	ECCC Swim Team
		7:10 - 9:30pm	ECCC Swim Team		
Thursday		Friday		Saturday	
5:00 - 7:55am	Adult Lap (6)	5:00 - 7:55am	Adult Lap (6)	7:00 - 9:00am	OCHS SWIM PRACTICE
8:00 - 11:00am	Rec (2) & Adult Lap (4)	8:00 - 11:00am	Rec (2) & Adult Lap (4)	9:05 - 11:00am	Rec (2), Adult Lap (4)
11:05 - 11:50am	Water Ex. (Bonnie) & Deep Water Jogging	11:05 - 11:50am	Water Ex. (Nadine) & Deep Water Volleyball	11:05 - 11:50am	Water Ex. (TBA)
12:00 - 12:45pm	Water Ex. (Bonnie) & Deep Water Jogging	12:00 - 12:45pm	Water Ex. (Brielle) & Deep Water Jogging	12:00 - 1:55pm	Adult Lap (6)
12:55 - 1:55pm	Adult Lap (6)	12:55 - 1:55pm	Adult Lap (6)	2:00 - 3:55pm	Rec (2) & Adult Lap (4)
2:00 - 2:55pm	Rec (2) & Adult Lap (4)	2:00 - 2:55pm	Rec (2) & Adult Lap (4)	4:00 - 6:00pm	ECCC Swim Team
3:00 - 5:00pm	OCHS SWIM PRACTICE	3:00 - 5:00pm	OCHS SWIM PRACTICE	Sunday	
5:05 - 5:55pm	Rec (2) & Adult Lap (4)	5:05 - 6:25pm	Rec (2) & Adult Lap (4)	7:00 - 8:30am	Adult Fitness (FEE)
6:00 - 7:00pm	Para-Athletes/ Private Lessons	6:30 - 9:00pm	ECCC Swim Team	8:35 - 10:55am	Rec (2) & Adult Lap (4)
7:10 - 9:30pm	ECCC Swim Team			11:05 - 11:50am	Water Ex. (Jenny M)
				12:00 - 1:55pm	Adult Lap (6)
				2:00-4:45pm	Rec (2) & Adult Lap (2) & Scuba (2)

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

**PLEASE NOTE:**

Adult Lap: is for anyone 15 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



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**POOL SCHEDULE EXCEPTIONS ON PAGE 2**

## ADAPTIVE STINGRAYS PRACTICE BEGINS NOVEMBER 15TH (DEC 20TH - JANUARY 3RD HOLIDAY BREAK)

### OCEAN CITY HIGH SCHOOL SEASON BEGINS NOV 21ST

### POOL CLOSURES OCEAN CITY HIGH SCHOOL HOME SWIM MEETS:

12/7/2022 3:00PM-6:00PM

12/14/2022 3:00PM-6:00PM

12/19/2022 3:00PM-6:00PM

12/22/2022 3:00PM-6:00PM

1/5/2023 3:00PM-6:00PM

1/19/2023 3:00PM-6:00PM



### IMPORTANT POOL DATES:

1/8/2023 Winter Carnival POOL CLOSED

2/5/2023 Sweetheart Mini-Meet POOL OPENS 2PM

### 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 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.

