

SUMMER POOL SCHEDULE JUNE 22nd - SEPTEMBER 6th 2009



MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
5:30 - 7:00 A.M.	Adult Lap	5:30 - 7:00 A.M.	Adult Lap	5:30 - 7:00 A.M.	Adult Lap	5:30 - 7:00 A.M.	Adult Lap
7:00 - 8:30 A.M.	C-Cerpant Swim Team	7:00 - 8:30 A.M.	C-Cerpant Swim Team	7:00 - 8:30 A.M.	C-Cerpant Swim Team	7:00 - 8:30 A.M.	C-Cerpant Swim Team
8:30 - 9:00 A.M.	Adult Lap (4) Rec (2)	8:30 - 9:00 A.M.	Adult Lap (4) Rec (2)	8:30 - 9:00 A.M.	Adult Lap (4) Rec (2)	8:30 - 9:00 A.M.	Adult Lap (4) Rec (2)
9:00 - 10:00 A.M.	Lessons (2) Adult Lap (2) Rec (2)	9:00 - 10:00 A.M.	Lessons (2) Adult Lap (2) Rec (2)	9:00 - 10:00 A.M.	Lessons (2) Adult Lap (2) Rec (2)	9:00 - 10:00 A.M.	Lessons (2) Adult Lap (2) Rec (2)
10:00 - 11:00 A.M.	Camp (2) Adult Lap (2) Rec (2)	10:00 - 11:00 A.M.	Camp (2) Adult Lap (2) Rec (2)	10:00 - 11:00 A.M.	Camp (2) Adult Lap (2) Rec (2)	10:00 - 11:00 A.M.	Camp (2) Adult Lap (2) Rec (2)
11:00 - 11:45 A.M.	D.W. V-Ball / Water Ex	11:00 - 11:45 A.M.	D.W. V-Ball / Water Ex	11:00 - 11:45 A.M.	D.W. V-Ball / Water Ex	11:00 - 11:45 A.M.	D.W. V-Ball / Water Ex
11:45 - 12:00 P.M.	Rec (3) Adult Lap (3)	11:45 - 12:00 P.M.	Rec (3) Adult Lap (3)	11:45 - 12:00 P.M.	Rec (3) Adult Lap (3)	11:45 - 12:00 P.M.	Rec (3) Adult Lap (3)
NOON - 1:00P.M.	Adult Lap	NOON - 1:00P.M.	Adult Lap	NOON - 1:00P.M.	Adult Lap	NOON - 1:00P.M.	Adult Lap
1:00 - 1:45 P.M.	Water Exercise	1:00 - 1:45 P.M.	Water Exercise	1:00 - 1:45 P.M.	Water Exercise	1:00 - 1:45 P.M.	Water Exercise
1:45 - 4:00 P.M.	Rec (3) Adult Lap (3)	1:45 - 4:00 P.M.	Rec (3) Adult Lap (3)	1:45 - 4:00 P.M.	Rec (3) Adult Lap (3)	1:45 - 4:00 P.M.	Rec (3) Adult Lap (3)
4:00 - 5:00 P.M.	Lessons(2) Adult Lap (2) Rec (2)	4:00 - 5:00 P.M.	Lessons (2) Adult Lap (2) Rec (2)	4:00 - 5:00 P.M.	Lessons (2) Adult Lap (2) Rec (2)	4:00 - 5:00 P.M.	Lessons (2) Adult Lap (2) Rec (2)
5:00 - 5:30 P.M.	Rec (3) Adult Lap (3)	5:00 - 5:30 P.M.	Rec (3) Adult Lap (3)	5:00 - 5:30 P.M.	Rec (3) Adult Lap (3)	5:00 - 5:30 P.M.	Rec (3) Adult Lap (3)
5:30 - 7:00 P.M.	C-Cerpants Swim Team	5:30 - 7:00 P.M.	C-Cerpants Swim Team	5:30 - 7:00 P.M.	C-Cerpants Swim Team	5:30 - 7:00 P.M.	C-Cerpants Swim Team
7:00 - 8:30 P.M.	Rec (3) Adult Lap (3)	7:00 - 7:30 P.M.	Rec (3) Adult Lap (3)	7:00 - 8:30 P.M.	Rec (3) Adult Lap (3)	7:00 - 7:30 P.M.	Rec (3) Adult Lap (3)
Pool will close 1/2 hour before building closes. Check pool closings.		7:30 - 8:15 PM.	Water Ex. (3) Adult Lap (3)	ONLY U.S. Coast Guard approved flotation devices allowed in pool.		7:30 - 8:15 PM.	Water Ex. (3) Adult Lap (3)
		8:30 - 9:30 P.M.	Adult Fitness Swim			8:15 - 8:30 P.M.	Adult Lap
FRIDAY		SATURDAY		SUNDAY		HOLIDAY SCHEDULE	
5:30 - 7:00 A.M.	Adult Lap	7:00 - 9:00 A.M.	C-Cerpants Swim Team	7:00 - 9:00 A.M.	Adult Fitness Swim	July 4 - Independence Day 7:00 AM—2:00PM Pool Closes at 1:30 No water exercise classes.	
7:00 - 8:30 A.M.	C-Cerpant Swim Team	9:00 - 10:00 A.M.	Adult Lap	9:00 - NOON	Scuba (ONLY)	July 25th - Night in Venice . . . 9:00 A.M. - 4:00 P.M. POOL CLOSES AT 3:30 P.M	
8:30 - 9:00 A.M.	Adult Lap (4) Rec (2)	10:00 - 12:15 P.M.	Lessons (4) Adult Lap (2)	12:15 - 1:00 P.M.	Water Exercise	September 7th Labor Day 6AM-2 PM POOL CLOSES AT 1:30PM NO WATER CLASSES	
9:00 - 10:00 A.M.	Adult Lap (3) Rec (3)	1:00 - 5:30 P.M.	Rec (3) Adult Lap (3)	1:00 - 5:30 P.M.	Rec (3) Adult Lap (3)	<div style="border: 2px solid black; padding: 5px;"> 23rd INDEPENDENCE MILE BAY SWIM FRIDAY JUNE 26TH KENNEDY PARK MAYOR'S LABOR DAY RACE Monday September 7th 5 mile Beach Run, 1 mile fun run/walk </div>	
10:00 - 11:00 A.M.	Camp (2) Adult Lap (2) Rec (2)	Adult Lap is for ADULTS ONLY. Circle Swimming is mandatory when the bather load requires it. Starting Monday August 10th the pool will open at 6:00am. There will be 3 lanes for Adult Lap & 3 lanes in place of C-Cerpants from 7:00-8:30 am. Also from 5:30pm-7:00pm the pool will be Rec (3) Adult Lap (3) Monday thru Friday		Summer Swim Meet Schedule On Wednesday July 1st and Monday July 6th the pool will close at 5:00 pm for C-Cerpants home swim meets. Lollipop Mini Meet Sun. Aug 2nd-pool opens 4:00PM LANES 6 & 1SLOW LANES 5 & 2MEDIUM LANES 3 & 4FAST Did you know? Each lane is 25 meters Depth ranges from 3 1/2 FT. to 13 FT			
11:00 - 11:45 A.M.	D.W. V-Ball / Water Ex						
11:45 - 12:00 P.M.	Rec (3) Adult Lap (3)						
NOON - 1:00P.M.	Adult Lap						
1:00 - 1:45 P.M.	Water Exercise						
1:45 - 4:00 P.M.	Rec (3) Adult Lap (3)						
4:00 - 5:00 P.M.	Lessons (2) Adult Lap (2) Rec (2)						
5:00 - 5:30 P.M.	Rec (3) Adult Lap (3)						
5:30 - 7:00 P.M.	C-Cerpants Swim Team						
7:00 - 8:30 P.M.	Rec (3) Adult Lap (3)						
1735 Simpson Ave Ocean City NJ (609) 398-6900 Visit us at www.ocnj.us							