

SPRING POOL SCHEDULE MARCH 8th - JUNE 20th 2010 398 - 6900

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|---|--|---|
| <p>6:00 - 8:00A.M. Adult Lap 8:00-8:30A.M. Intermediate School 8:30 - 11:00A.M. Rec (3) Adult Lap (3) 11:00 - 11:45 A.M. D.W. v-ball/Water Ex. 11:45 - 12:00 P.M. Rec (3) Adult Lap (3) M - F NOON - 1:00PM. Adult Lap 1:00 - 1:45 P.M. Water Exercise 1:45 - 5:00 P.M. Rec (3) Adult Lap (3) 5:00 - 7:00 P.M. C-Cerpant Swim Team 7:00 - 8:30 P.M. Rec (3) Adult Lap (3)</p> <p>ADULT LAP is for ADULTS ONLY. Circle swimming is mandatory when the bather load requires it.</p> | <p>6:00 - 8:00 A.M. Adult Lap 8:00 - 8:30 A.M. Intermediate School 8:30 - 9:30 A.M. Rec (3) Adult Lap (3) 9:30 - 11:00 A.M. Lessons (2) AdultLap (2) Rec (2) 11:00 - 11:45 A.M. Water Exercise NOON - 1:00P.M. Adult Lap 1:00 - 1:45 P.M. Water Exercise 1:45 - 5:00 P.M. Rec (3) Adult Lap (3) 5:00 - 6:30 P.M. C-Cerpants Swim Team 6:30 - 7:30 P.M. Adaptive 7:30 - 8:15 P.M. Deep Water (4) Adult Lap (2) 8:15 - 8:30 P.M. Adult Lap 8:30 - 9:30 P.M. Adult Fitness Swimming</p> <p>ONLY U.S. Coast Guard approved flotation devices allowed in pool.</p> | <p>6:00 - 8:00A.M. Adult Lap 8:00-8:30A.M. Intermediate School 8:30 - 11:00A.M. Rec (3) Adult Lap (3) 11:00 - 11:45 A.M. D.W. v-ball/Water Ex. 11:45 - 12:00 P.M. Rec (3) Adult Lap (3) M - F NOON - 1:00PM. Adult Lap 1:00 - 1:45 P.M. Water Exercise 1:45 - 4:30 P.M. Rec (3) Adult Lap (3) 4:30 - 7:00 P.M. C-Cerpant Swim Team 7:00 - 8:30 P.M. Rec (3) Adult Lap (3)</p> <p>For your childs safety, No one under the age of 11 will be admitted into the pool without an adult, 18 years of age or older to supervise them .</p> | <p>6:00 - 8:00 A.M. Adult Lap 8:00 - 8:30 A.M. Intermediate School 8:30 - 9:30 A.M. Rec (3) Adult Lap (3) 9:30 - 11:00 A.M. Lessons (2) AdultLap (2) Rec (2) 11:00 - 11:45 A.M. Water Exercise NOON - 1:00P.M. Adult Lap 1:00 - 1:45 P.M. Water Exercise 1:45 - 4:30 P.M. Rec (3) Adult Lap (3) 4:30 - 7:00 P.M. C-Cerpants Swim Team 7:00-7:30 P.M. Rec (3) Adult Lap (3) 7:30 - 8:15 P.M. Deep Water (4) Adult Lap (2) 8:15 - 8:30 P.M. Adult Lap</p> <p>Pool will close 1/2 hour before building closes. Check pool closings.</p> |
| <p>FRIDAY</p>  | <p>SATURDAY</p>  | <p>SUNDAY</p> | <p>HOLIDAY SCHEDULE</p> |
| <p>6:00 - 8:00A.M. Adult Lap 8:00-8:30A.M. Intermediate School 8:30 - 11:00A.M. Rec (3) Adult Lap (3) 11:00 - 11:45 A.M. D.W. v-ball/Water Ex. 11:45 - 12:00 P.M. Rec (3) Adult Lap (3) M - F NOON - 1:00PM. Adult Lap 1:00 - 1:45 P.M. Water Exercise 1:45 - 5:00 P.M. Rec (3) Adult Lap (3) 5:00 - 7:00 P.M. C-Cerpant Swim Team 7:00 - 8:30 P.M. Rec (3) Adult Lap (3)</p> | <p>7:00 - 9:00 A.M. C-Cerpant Swim Team 9:00 - 10:00 A.M. Adult Lap 10:00 - 12:15 P.M. Lessons (4) Adult Lap (2) 12:15 - 1:00 P.M. WATER Exercise 1:00 - 5:30 P.M. Rec (3) Adult Lap (3)</p> | <p>7:00 - 9:00 A.M. Adult Fitness Swimming 9:00 - NOON Scuba 12:15 - 1:00 P.M. Water Exercise 1:00 - 5:30 P.M. REec(3) Adult Lap (3)</p> | <p>Easter Pool Schedule</p> <p>Easter Sunday April 4th Closed</p> <p>Mothers Day May 9th, No water class</p> <p>Memorial Day Pool Schedule Monday May 31st Pool Closes at 1:30 No Classes</p>  <p>www.ocnj.us</p> |
| <p>UPCOMING EVENTS:</p> <p>Sunday May 16th, our 19th annual Triathlon</p> <p>Friday June 25th Independence Mile Bay Swim</p> | <p>ATTENTION LAP SWIMMERS</p> <p>LANES 6 & 1SLOW LANES 5 & 2MEDIUM LANES 3 & 4FAST</p> <p>Did you know? Each lane is 25 meters Depth ranges from 3 1/2 FT. to 13 FT.</p> | <p>Exceptions to the schedule</p> <p>L.I.F.T. Tots Program will be using two lanes on Wednesdays from 9:00 -10:00 am on March 17th, April 21st. Thursdays from 9:00-10:00 am March 18th, April 22nd.</p> | |