

Ocean City Annual Program Practice Schedule

11 Month Program / Swim September - July [Billed August - June]

Session Start: Tuesday, 9/7/2021 / Session End: Saturday, 7/30/2022

MODIFIED WINTER SCHEDULE - 11/9/2021 until TBD

This is a complete program offering, not a monthly drop-in program. Commitment to team participation, enrollments, and payments are for the scheduled program length. Late enrollments are honored with head coach approval and the availability to add swimmers in a group based on capacity limits.

Due to pandemic safety measures there are facility limitations that affect our practice session numbers and group offerings. There is currently limited dryland training offered. Due to pandemic conditions, schedules are subject to change at any time.

Athletes must arrive no earlier or later than 5 minutes prior to their swim session start (unless otherwise noted). Athletes arriving later than 5 minutes PRIOR to their session start will be turned away. There is no flexibility to this policy due to health and safety guidelines.

D1 / D2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	---	7 - 7:55 PM	---	---	6:30 - 7:25 PM	4 - 4:55 PM
ARRIVE	---	6:55 PM	---	---	6:25 PM	3:55 PM
Bronze						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	6:30 - 7:25 PM	---	6:30 - 7:25 PM	7 - 7:55 PM	---	4 - 4:55 PM
ARRIVE	6:25 PM	---	6:25 PM	6:55 PM	---	3:55 PM
Silver						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	7:30 - 9 PM	8 - 9:30 PM	7:30 - 9 PM	8 - 9:30 PM	7:30 - 9 PM	5 - 6:30 PM
ARRIVE	7:25 PM	7:55 PM	7:25 PM	7:55 PM	7:25 PM	4:55 PM
Gold						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
Swim	7:30 - 9 PM	8 - 9:30 PM	7:30 - 9 PM	8 - 9:30 PM	7:30 - 9 PM	5 - 6:30 PM
ARRIVE	7:25 PM	7:55 PM	7:25 PM	7:55 PM	7:25 PM	4:55 PM

Schedule as of November 9, 2021

*Refer to location practice disclosure. OC High School has priority of pool use for meets during HS Swim Season. Saturday practice sessions November thru February could be suspended.