Ocean City Annual Program Practice Schedule

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 in swim groups.

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. All swimmers must wait for coach check-in for your designated practice session.

OCAC D1 / D2

	Monday	Tuesday*	Wednesday	Thursday	Friday	Saturday
Swim	---	6:30 - 7:30 PM	---	---	6:30 - 7:30 PM	3 - 4 PM

OCAC Bronze

	Monday	Tuesday	Wednesday	Thursday*	Friday	Saturday
Swim	6:30 - 7:30 PM	---	6:30 - 7:30 PM	6:30 - 7:30 PM	---	4 - 5 PM

OCAC Silver

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	7:30 - 9 PM	7:30 - 9 PM	7:30 - 9 PM	7:30 - 9 PM	7:30 - 9 PM	4 - 5 PM

OCAC Gold

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim	7 - 9 PM	7 - 9 PM	7 - 9 PM	7 - 9 PM	7:30 - 9 PM	3 - 5 PM

Schedule as of December 18, 2023