



2026 Ocean City Swim Team Summer Schedule: 6/22 - 8/1/26

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yellow	9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM	OFF	OFF	OFF
Blue	9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM	9:00 - 10:00AM	OFF	OFF	OFF
Bronze	8:30 - 10:00AM	8:30 - 10:00AM	8:30 - 10:00AM	8:30 - 10:00AM	OFF	OFF	OFF
Silver	7:00 - 9:00AM	7:00 - 9:00AM	7:00 - 9:00AM	7:00 - 9:00AM	7:00 - 9:00AM Open Water*	OFF	OFF
Gold	7:00 - 9:00AM	7:00 - 9:00AM	7:00 - 9:00AM	7:00 - 9:00AM	7:00 - 9:00AM Open Water*	OFF	OFF

*** The Swim Team reserves the right to practice at the AFC pool on Fridays in the event of inclement weather. Open water location TBD**

Practice times are subject to change. You will be notified via email while changes happen.