



# Atlantic Edge Dive Center

## Training Department

*Dive Training Facility Info Sheet*

**Facility:** Edward P. Thomas Memorial Pool (Frederick, MD) – this is an outdoor pool that we use in the summer

**Address:**

500 Fleming Ave  
Frederick, MD

**Phone:** 703-519-3410

**Schedule:**

7:15 – Instructor Arrives w/ Truck  
7:15 – staff arrives, unpacks  
7:30-8:00 – assemble gear  
8:00-12:00 – pool session  
12:00-4:00 – classroom session

It is an outdoor pool with a unique setup- shallow pool is totally separate form the deep well. Just have your shallow skills all ready in your head, do the free flow in the deep well- but only do it one person at a time in case they freak.

Gate lock combo is **HSP**

The pool opens to the public at 12pm and we **MUST** be out of the pool at 12. There are picnic tables and covered benches in the park to use for classroom. If the weather is crappy you can go to the nearby Panera Bread at 1700 Kingfisher Drive Frederick, MD