

## Pool Hours

### Lap Swim

Mon– Fri: 06:00 –18:00

Sat: 08:00 –14:00

### Recreation Swim

Mon – Fri: 06:00 – 18:00

Sat: 08:00 – 14:00

### Holidays and Family Days

08:00 – 15:00

## Unit PT Reservations

Contact Kim Weidner at [kim.weidner@us.af.mil](mailto:kim.weidner@us.af.mil) to reserve lanes for unit training. Please allow at least a 7 day lead time, and no more than 30 days out. No Sunday reservations.

## Water Aerobics

**Tuesday and Thursday: 11:00 – 12:00**

All are welcome, first visit is free!

\$20 per month or \$5 per class.

## Adult Swim Lessons

Swim lessons are \$35 for six one-hour lessons.

Classes are Mon, Wed, and Fri for two weeks or Tue and Thu for three weeks.

### Beginner Schedule:

Mon – Fri 09:00–10:00 and

Mon/ Wed/ Fri 11:00 - 12:00

### Intermediate/Advanced Schedule:

Mon – Fri 12:00–13:00 / 16:00–17:00

Free evaluations for class placement is by appointment prior to first lesson. Walk-ins welcome at 09:00. Please contact Kim at 702.652.4712 or [kim.weidner@us.af.mil](mailto:kim.weidner@us.af.mil) to schedule.

## Pool Rules

- Follow all emergency exit plans.
- Please rinse off before entering the pool.
- All minors (under 14) must be accompanied by an adult. Exceptions: ages 11–13 may be left unattended if they show they can swim within AFI perimeters.
- Children under the age of 4 are not permitted in the pool; children MUST be fully potty-trained.
- US Coast Guard approved floatation devices only.
- During rec swim, minors must pass a swim test to enter the deep end.
- Aerobic shoes are only to be worn in the pool, not on deck to and from the locker rooms.
- Do not run on deck.
- Diving in water less than 9 feet deep is strictly prohibited.
- No food, candy, gum or glass is allowed on deck.
- No spitting or nose blowing.
- Swimmers must be free of colds, cuts, open wounds and contagious diseases.
- Do not enter the pool if you have had diarrhea in the last 48 hours.
- No one on one instruction or training. OI34-110 4.3.11
- All injuries must be reported to pool staff.
- Stay clear of stairs and railways at all times.
- If needing to cross lanes to exit pool, please do so carefully.
- No prolonged underwater swimming permitted. AF-MAN 48-114 A3.1.6 / OI34-110 4.3.10
- Please return all pool equipment properly.
- To protect the privacy of all patrons, we ask that no pictures or videos are taken. If you want to take pictures or video footage of yourself and / or loved ones, please feel free to ask the pool staff.
- Please practice proper pool etiquette.
- Pool rules apply to everyone. Leadership has final decision on all rules unlisted.

## Proper Swim Attire

Appropriate clothing must be worn to maintain a proper image in a military and family fitness facility. Attire should be conservative and modest in nature. Certain materials, especially cotton, can transport airborne and ultimately waterborne contaminants into the pool.

No street shoes are permitted on deck.

No undergarments permitted beneath swim attire.

## Permitted / Prohibited Swimwear

Permitted attire:

1 & 2 piece bathing suits & tankinis, male swim trunks, short and long jammers, rash guards/surf shirts, swim socks and religious/modest swimwear

Prohibited attire:

Sport bras, shoe socks, string bikinis , revealing swim-suits, basketball shorts, thongs, boxers, compression shorts, compression shirts, tank tops, leggings, yoga pants, cut off jeans and street clothing.



## Swim Lessons For Children

Children must be 4 years old and fully potty-trained.  
Lessons are as follows:

- 1) **One on one lessons for ages 4+:** \$75.00 for four 30 minute lessons; one per week for the month.  
*Mon/Tue/Wed at 1000, 1030, 1600, 1630, 1700*
- 2) **Group Lessons for ages 4-9 :** \$35.00 for six 30 minute lessons, for the month.  
*Mon/Wed 1300, 1330, 1530, 1600*  
*(Groups limited to four students)*
- 3) **Homeschoolers 10 and up:** \$35.00 six 30 minute lessons per month  
*Mon/ Wed 1000 (Groups are limited to 12 students)*
- 4) **Group Lessons for 10 and up:** \$35.00 six 30 minute lessons per month  
*Mon/Wed 1530 (Groups are limited to 12 students)*

Due to limited space, and to serve more families, we are not accepting student reservations in consecutive months. Registration will be the 3rd Tuesday of each month. All classes are on a first come first serve basis except for the 10+ groups.

Makeup Days will be on Thursdays ONLY if classes cancel due to no Instructor or pool closure.

Must have at least 2 children enrolled for Group Lessons.

## Safety Tips

- Keep an eye on your children at all times. Drowning can happen in a matter of seconds.
- No water wings, floaties, tubes, toys, etc. are permitted. US Coast Guard approved flotation devices only.
- Children 14 and under must be accompanied by an adult at all times.
- Children 11–13 must complete a swim test administered by a lifeguard to swim without adult supervision.
- Keep hydrated.
- Take frequent water breaks to reduce the risk of dehydration. Also, please ensure your child has frequent bathroom breaks.

## Frequently Asked Questions

**Question: How and when can I pay for swim lessons?**

Answer: Cash or check made payable to Outdoor Recreation at the Aquatics Office M-F between 0900-1700.

**Question: Am I too old to learn how to swim?**

Answer: You are NEVER too old to learn how to swim!

**Question: How long is the pool?**

Answer: 25 meters with 6 regulated lanes and 1 dedicated lane with steps for the disabled.

**Question: What is the water temperature?**

Answer: The water temperature is maintained between 78' - 82'.

**Question: Do you have a lost and found?**

Answer: Our lost and found is available upon request from the pool staff and is not the same as the WFC's lost and found.

**Question: What are the reasons that the pool would close?**

Answer: Scheduled events, temperature outside of AFI range, contamination, any safety emergencies, no available lifeguard or electrical storms.

**Question: Can I swim at my own risk if there is no lifeguard?**

Answer: Not at this time.

**Question: Can I bring my pet on deck?**

Answer: Only service dogs are permitted on deck.

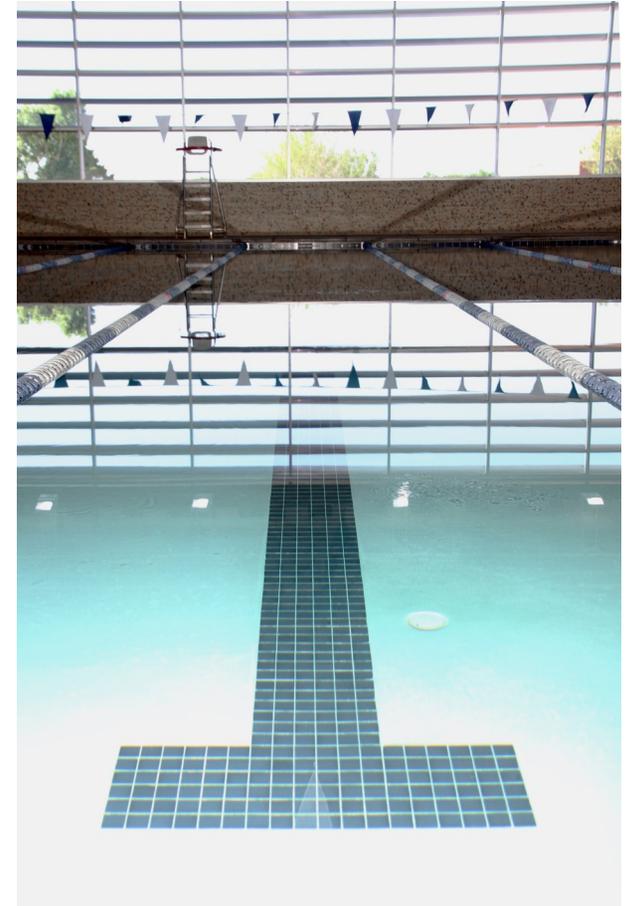
**Question: Can I do no breathing underwaters?**

Answer: AFI148-114 A3.1.7 Prohibits the practice.

**Question: Do you provide goggles?**

Answer: The pool does not provide goggles, only kickboards and pull buoys.

UPDATED OCTOBER 2019



## NELLIS AFB WARRIOR POOL



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nellislife.com



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