

Pool Hours

Mon–Fri: 06:00–18:00 Lap Swim and Unit Training
Sat: 08:00–14:00 Lap Swim and Recreational Swim*
Sun: CLOSED

* Lap Swim ONLY when one lifeguard is on deck.

Seasonal Recreation Swim:

Mon–Fri: 10:00–16:00 from Memorial Day to Labor Day

Lifeguard In-Service Training :

First Friday of every month.
Pool subject to close: 08:00-10:00

Mandatory Lifeguard breaks :

When one lifeguard is on duty.
Break taken on the :50 to return at the top of the hour.

Unit PT Reservations

Contact Kim Weidner at kim.weidner@us.af.mil for all unit training. All unit training will be scheduled within two time frames: 07:00-09:00 or 13:00-15:00. The pool will remain open during unit training , keeping at least three lanes available for lap swimming. Please allow for a seven day lead time, no more than 30 days out.

Water Aerobics and

Water Aerobics— CANCELLED UFN

Tue / Thu 11:00 – 12:00

\$20 per month or \$5 per class. Lifeguard Certification Course periodically offered on a schedule.

Adult Swim Lessons

Swim lessons are \$60 for six one-hour lessons.

Classes are Mon, Wed, and Fri for two weeks

Beginner Schedule:

Mon / Wed / Fri 09:00 - 10:00

Intermediate Schedule:

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

Intermediate / Advanced Schedule:

Mon / Wed / Fri 12:00 – 13:00 / 16:00 – 17:00

Free evaluations for class placement is by appointment prior to first lesson. Walk-ins welcome daily at 09:00. Please contact Kim at 702.652.4712 or kim.weidner@us.af.mil if you need to schedule.

Pool Rules

- Follow all emergency exit plans.
- Please rinse off before entering the pool.
- No head entries or shallow dives at shallow end.
- Diving in water less than 9 feet deep is strictly prohibited.
- 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 guidelines.
- 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.
- 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. OI 34-101 4.4.10
- 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, do so carefully.
- No prolonged underwater swimming permitted. AFI 34-101 19.14 / AFMAN 48-114 A3.1.7/ OI 34-101 4.4.9
- 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.
- The four P's and one E.: 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.

Please wear water shoes inside the pool, not on deck.

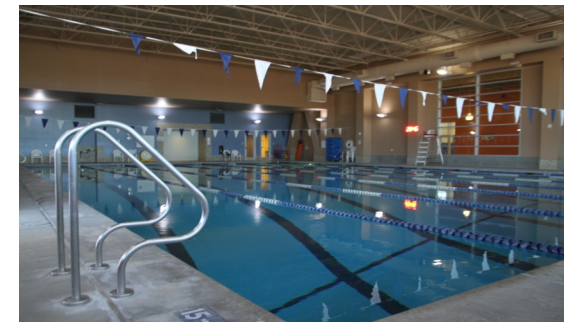
Permitted / Prohibited Swimwear

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/shirts, tank-tops, leggings, yoga pants, cutoffs 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+:** \$80.00 for four 30 minute lessons; one per week for the month.
Mon/Tue/Wed at 1000, 1030, 1500, 1530
- 2) **Group Lessons for ages 4-9 :** \$40.00 for six 30 minute lessons, for the month.
(Groups limited to four students) **Cancelled UFN***
- 3) **Homeschoolers 10 and up:** \$40.00 for six 30 minute lessons per month
Mon/ Wed 1000 (Groups are limited to 12 students)
- 4) **Group Lessons for 10 and up:** \$40.00 for six 30 minute lessons per month
Mon/Wed 1530 (Groups are limited to 12 students)

Lessons are ongoing provided available instructor. Due to limited space, we are not accepting student reservations in consecutive months. Registration will be the 3rd Tuesday of each month, one week deadline. 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.

*Minimum of 3 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.
- When the pool is busy, please split the lane or circle swim, counter clockwise 6' apart or 10 seconds apart. This method allows multiple swimmers to swim safely at the same time.
- Take frequent water breaks to reduce the risk of dehydration. Also, please ensure your child has frequent bathroom breaks.
- AFI134-101 paragraph 19.6.1 permits one10 minute pool closure every hour for breaks in the event one lifeguard is on duty.

Lap Swim definition—is when the swimmer is swimming in structured sets and intervals demonstrating various swim strokes such as butterfly, backstroke, breast stroke, freestyle, elementary back stroke, Trudgen stroke, side stroke, and Combat Side Stroke. This type of swimming is for exercise purposes often using equipment to help with technique. Because of limited space, teaching your child to swim is to be done during Rec Swim.

Recreation Swim definition—is a way of swimming that is not structured. For example, playing Marco Polo, Sharks and Minnows, cannon balls etc—allowing for US Coast Guard approved flotation aids—we open up two to three lanes during this time. This type of swimming is typically for families, friends and small groups having fun.

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. Strictly \$20.00 bills or less.

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 six regulated lanes and one 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: Do you provide goggles?

Answer: On a sign-in/out basis only; along with other swim gear if available. No towels provided.

Question: Is there a disability lift?

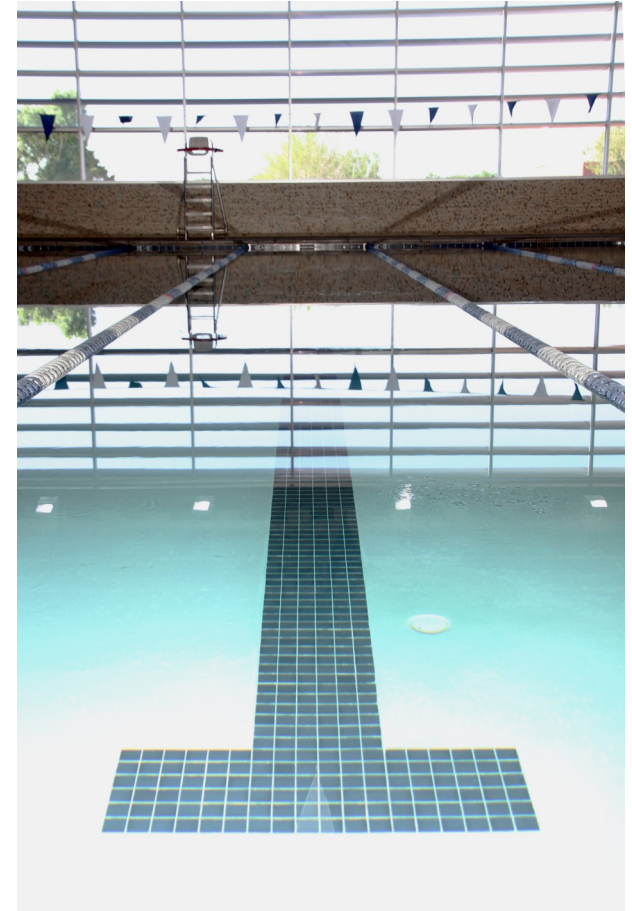
Answer: Yes! We always have this lane available during operations, please ask a guard for assistance.

Question: Can I do no breathing underwater skills?

Answer: AFI 134-101 19.4 / AFMAN 48-114 A3.1.7 / OI 134-101 4.4.9 **PROHIBITS** training this skill.

EXCEPTION: This practice is only done when there is a POC (active duty member or civilian) in charge of the unit/group, is certified/qualified in underwater confidence skills, is attached to a rescue unit such as the 58th or SERE and is present on deck at all times taking military responsibility of the unit/group. The certifications/qualifications need to be attached with email requests. **Please see the section under Unit PT Reservations for more details on how to reserve lanes for this type of training.**

UPDATED JUNE 2021



NELLIS AFB WARRIOR POOL



3705 Freedom Circle
Bld 1705
Nellis AFB NV 89191
702.652.4712

nellislife.com

