

JUNE AQUATIC PROGRAMS

FOR MORE INFORMATION, CALL 252-2925.



FREE WEEKLY CLASSES

AQUAHIT IN THE DEEP

MONDAYS & WEDNESDAYS • 5 - 6 P.M.
STARTING MONDAY, JUNE 27
MAIN BASE OUTDOOR POOL

A high and medium intensity workout in the cool deep end of the pool with flotation

AMERICAN SPIRIT SPLASH & DASH

SATURDAY, JUNE 11 • 9 A.M.

AGES 15 & OLDER • FREE

MAIN BASE OUTDOOR POOL

Challenge yourself to run and swim the two PRT distances back to back! Swim 450 meters and run 1.5 miles.

SWIM THE 99 ISLANDS

JUNE 1 - AUGUST 31

AGES 15 & OLDER • FREE

REGISTRATION DEADLINE: THURSDAY, JUNE 30

Keep track of the distances you swim as you try to visit the 99 islands. Compete to see if you can swim a marathon distance in 12 weeks.



MORNING GROUP SWIM LESSONS

MONDAY, JUNE 27 - THURSDAY, JULY 21

MAIN BASE OUTDOOR POOL

MONDAYS & WEDNESDAYS

CHILD LEVELS 1 - 4

HARIO VILLAGE POOL

TUESDAYS & THURSDAYS

PRESCHOOL LEVELS 1 - 3

Registration Dates: June 13 - June 27

Preschool: Ages 4 & 5 • Child Ages 6 - 15

\$40 (includes eight (8) 30-minute lessons)

For more information on group lessons and specific class times, look for our flyer or call us at 252-2925 or 252-6895.



LIFEGUARDING

AMERICAN RED CROSS LIFEGUARD TRAINING

MONDAY, JUNE 20 -
FRIDAY, JUNE 24

9 A.M. - 4:30 P.M.

HARIO VILLAGE POOL

AGES 15 & OLDER

ELIGIBLE PATRONS: \$100,

ACTIVE DUTY: \$50

Registration & SWIM Test Deadline:
Friday, June 17

Learn the skills you need work as a professional lifeguard from teamwork, rescue and surveillance skills, First Aid and CPR/AED! This training will include videos, group discussion and hands on practice. Your training fees will be reimbursed when you become a MWR lifeguard.



MAIN BASE OUTDOOR POOL

MONDAY - FRIDAY

Lap Swim • 5:30 - 8:30 a.m.

11 a.m. - 12 p.m. • 5 - 6 p.m.

Lessons, SAR & Maintenance ONLY

8:30 a.m. - 11 a.m.

Open Swim • 11 a.m. - 6 p.m.

SATURDAY, SUNDAY & HOLIDAYS

Open Swim • 11 a.m. - 5 p.m.

HARIO VILLAGE POOL

MONDAY

CLOSED

TUESDAY - FRIDAY

Open Swim • 11 a.m. - 5 p.m.

SATURDAY, SUNDAY & HOLIDAYS

Open Swim • 11 a.m. - 6 p.m.

