

The Aquatic Center will be CLOSED from December 19-January 2 for annual maintenance.

# WINTER 2011-2012

18 December- 15 March

www.fairchildfun.com/pool.html



# FAIRCHILD AQUATIC CENTER

The Fairchild Air Force Base Aquatic Center is located at 121 N. Doolittle. We can be reached by phone at **509-247-2242**. The Aquatic Center is staffed by American Red Cross certified Lifeguards and Water Safety Instructors. Whether you are a trained swimmer or a beginner, our staff can help meet your aquatic related fitness needs.

## DAILY SCHEDULE

| Time      | Monday                            | Tuesday                        | Wednesday                         | Thursday                       | Friday                 |
|-----------|-----------------------------------|--------------------------------|-----------------------------------|--------------------------------|------------------------|
| 0600-0630 | lap swim<br>0600-0800             | lap swim<br>0600-0800          | lap swim<br>0600-0900             | lap swim<br>0600-0800          | closed                 |
| 0630-0700 |                                   |                                |                                   |                                |                        |
| 0700-0730 |                                   |                                |                                   |                                |                        |
| 0730-0800 |                                   |                                |                                   |                                |                        |
| 0800-0830 | closed                            | closed                         | closed                            | closed                         |                        |
| 0830-0900 |                                   |                                |                                   |                                |                        |
| 0900-0930 |                                   |                                |                                   |                                |                        |
| 0930-1000 | lap swim<br>1000-1300             | water<br>aerobics<br>0900-1030 | closed                            | water<br>aerobics<br>0900-1030 |                        |
| 1000-1030 |                                   |                                |                                   |                                |                        |
| 1030-1100 |                                   |                                |                                   |                                |                        |
| 1100-1130 |                                   |                                |                                   |                                |                        |
| 1130-1200 | novice<br>1600-1700               | closed                         | novice<br>1600-1700               | closed                         |                        |
| 1200-1230 |                                   |                                |                                   |                                |                        |
| 1230-1300 |                                   |                                |                                   |                                |                        |
| 1600-1630 |                                   |                                |                                   |                                |                        |
| 1630-1700 | masters/<br>lap swim<br>1700-1830 | open swim<br>1700-1830         | masters/<br>lap swim<br>1700-1830 | open swim<br>1700-1830         | lap swim<br>1700-1800  |
| 1700-1730 |                                   |                                |                                   |                                |                        |
| 1730-1800 |                                   |                                |                                   |                                |                        |
| 1800-1830 | water<br>aerobics<br>1830-2000    | swim<br>lessons<br>1830-2000   | water<br>aerobics<br>1830-2000    | swim<br>lessons<br>1830-2000   | open swim<br>1800-2200 |
| 1830-1900 |                                   |                                |                                   |                                |                        |
| 1900-1930 |                                   |                                |                                   |                                |                        |
| 1930-2000 |                                   |                                |                                   |                                |                        |
| 2000-2030 | lap swim<br>2000-2200             | lap swim<br>2000-2200          | lap swim<br>2000-2200             | lap swim<br>2000-2200          |                        |
| 2030-2100 |                                   |                                |                                   |                                |                        |
| 2100-2130 |                                   |                                |                                   |                                |                        |
| 2130-2200 |                                   |                                |                                   |                                |                        |



**Lap Swim-** Whether you are looking to prepare for a triathlon or would just like to exercise, lap swimming is a great way to meet all of your fitness needs. We have fins, kick boards and pull buoys available for your use.

**Swim Lessons-** Group lessons are a great way to provide children with the knowledge and skills to be safe in and around the water. Private lessons are also available and are a great option for kids and adults who want to accomplish a specific goal or for those who desire individualized attention.

**Water Aerobics-** This is an excellent method of lower impact exercise which improves the fitness of your heart and lungs, reduces body fat, and tones the body. This class offers something for ALL abilities.

**Open Swim-** Bring the whole family!!! Open swim is a fun and affordable way to entertain all ages! Slide and diving board available.

**Novice Swim Team-** Join the AQUA AVIATORS!!! This is a novice swim team geared toward kids under the age of 18. The team focuses on stroke technique and endurance building.

**Masters Swim Team-** The masters swim team is designed for ages 18 and older and welcomes ALL swimming abilities. The team practices year round and is a great way to improve and develop your strokes.

| Time      | Saturday               | Sunday                         |
|-----------|------------------------|--------------------------------|
| 1030-1100 | CLOSED                 | water<br>aerobics<br>1030-1200 |
| 1100-1130 |                        |                                |
| 1130-1200 |                        |                                |
| 1200-1800 | open swim<br>1200-1800 | open swim<br>1200-1800         |

**NOTE:** With the exception of novice swim team, anytime the Aquatic Center is open, a minimum of one lap lane is available.

## Prices and Memberships

| LAP SWIM | OPEN SWIM                             | WATER AEROBICS | BABY AND ME                        | MASTERS SWIM TEAM | GROUP LESSONS | PRIVATE LESSONS   | NOVICE SWIM TEAM |
|----------|---------------------------------------|----------------|------------------------------------|-------------------|---------------|-------------------|------------------|
| FREE     | \$1.50/session<br>5 and under is FREE | \$2.50         | \$1.00<br>Children must be under 3 | FREE              | \$30/session  | \$10.00/half hour | \$30.00/month    |

**SILVER MEMBERSHIP-** This membership offers UNLIMITED access to open swim and water aerobics for one year. This membership is sold individually or as a family pass which includes all members of the household. **Individual Price: \$135.00 Family Price: \$270**

**FAMILY OPEN SWIM MEMBERSHIP-** This membership can be purchased for one year or 3 months. It includes UNLIMITED access to open swim at the indoor and outdoor pool (summer months only). **3 Month Price: \$75.00 1 Year Price \$175.00**

**WATER AEROBICS PUNCH CARDS-** This is a great way to save money on water aerobics! Punch cards are good for one year from the original date of purchase and can be used by multiple family members. **10 Punch Card: \$22.00 20 Punch Card: \$40.00**

**OPEN SWIM PUNCH CARD-** Another great way to save money! Open swim punch cards are good for one year from the original date of purchase and can be used by multiple family members. **10 Punch Card: \$12.50 20 Punch Card: \$22.00**

# SWIM LESSONS

All swim lessons are taught by our American Red Cross certified Water Safety Instructors. We offer group lessons for youth ages 3-17 and private lessons for all ages including adults. Group lessons are \$30.00 per sessions and private lessons are \$10.00 per half hour.

## GROUP LESSONS

Registration Begins...  
3 January 2012 at 0930

### PM SESSION

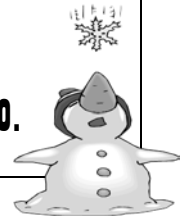
Classes are held on **TUESDAYS** and  
**THURSDAYS**

17 January- 16 February

|           |               |
|-----------|---------------|
| 1830-1900 | Preschool I   |
| 1830-1900 | Preschool II  |
| 1900-1930 | Preschool III |
| 1900-1930 | Level One     |
| 1930-2000 | Level Two     |
| 1930-2000 | Level Three   |

With the upcoming move to the **BRAND NEW** facility located at **300 W. Castle**, **WINTER** swim lessons are limited in order to avoid cancellations. We have added some Tuesday/Thursday evening private lessons beginning **February 21<sup>st</sup>, 2012**.

Registration begins **January 3<sup>rd</sup>, 2012 at 0930**.



**Preschool I**-Usually the child's first time in lessons or for preschoolers who are timid in the water. Participants will be introduced to the basics of swimming. All skills are assisted. This class is reserved for children 3-5 years of age.

**Preschool II**-Child should be fairly comfortable in the water. Participants have usually had at least one session of lessons prior to entering Preschool II. Participants should be willing to try skills unassisted. This class is reserved for children 3-5 years of age.

**Preschool III**-Before entering this class, participants need to feel very comfortable in the water and should be able to swim 5 feet without assistance. This class is reserved for children ages 3-5 years old.

**Level One**-Basic water safety and instruction for swimmers age 6 and over. This class is a great starting point for those feeling timid around the water.

**Level Two**-Participants in this class should feel comfortable in the shallow water and be willing to practice skill unassisted. This class requires swimmers to be at least 6 years of age.

**Level Three**-Before entering this class, swimmers should feel comfortable in deep water and be able to swim 15 feet of front crawl without assistance. Minimum age requirement for this class is age 6.

## PRIVATE LESSONS

This WINTER, the FAFB Aquatic Center will be offering private lessons on Monday and Wednesday evenings for 30 minute sessions between 1830 and 2000. Starting February 21st, we have also offered LIMITED Tuesday/Thursday evening private lessons. Private lessons are a great way for CHILDREN and ADULTS to strengthen and develop basic to advanced swimming skills. Cost is \$10/half hour.

**REGISTRATION BEGINS 3 January 2012 at 0930!**

## POOL PARTIES

The Aquatic Center is available for private pool parties. Pool parties are available on Saturday evenings from 1800-2000 and includes use of the main pool, kiddy pool, and diving board. Cost is \$100. Make your reservation today!!!



## TEEN NIGHT

**FIRST FRIDAY OF EVERY MONTH IS TEEN NIGHT!!! FREE SWIMMING FROM 1800-2200 FOR ALL TEENS BETWEEN THE AGES OF 13-18.**

## FREE FAMILY SWIM DAY

**COME SWIM FOR FREE!!!**

Please join us the first **SUNDAY** of each month from 1200-1800 for free family swim day.



## BABY AND ME

Moms and Dads...bring your baby (under the age of three) to our Baby and Me class. This class is held every Tuesday at 1100. There is no need to register, just show up and be ready for a good time! Cost is \$1.00 for parent and child.

