

# The Spa at the Aquatic Center

*Swedish, Deep Tissue or Reflexology*

|                         |          |
|-------------------------|----------|
| Half hour massage.....  | \$30.00  |
| Full hour massage ..... | \$50.00  |
| 1.5 hour massage.....   | \$80.00  |
| Couples massage.....    | \$110.00 |
| Hot Stone massage.....  | \$60.00  |
| Sugar/Salt Scrub.....   | \$35.00  |
| Body Wrap.....          | \$60.00  |
| Ear Candling .....      | \$30.00  |

By appointment only, call 773-3195 to check for availability. Packages and gift certificates are available upon request.

## Special Programs and Events

### Military Physical Training

Squadrons are invited to reserve the pool for physical training. Call to check for availability and to schedule a time. Sessions are first come first serve.

### Private Parties

|                                 |         |
|---------------------------------|---------|
| 1.5 Hour Part (up to 25 people) | \$55.00 |
| 2 Hour Party (up to 25 people)  | \$70.00 |

Call to reserve the pool for a private party.

### 100 Mile Swim Club

- Set goals, swim a lot, get a free t-shirt!!
- Sign up with the Aquatic Center staff
- Track your laps
- After completing 100 miles you will receive your shirt!

### 200 Mile Swim Club

- Keep going!!
- After completing your first 100 miles, sign up again!

### 2011 Warren Annual Triathlon

- 500 yard swim, 12 mile bike, 2.5 mile run
- May 2011
- Individual (\$30.00) or team (\$45.00)
- Participants must be at least 12 years old
- All participants receive a commemorative t-shirt and are eligible for prize drawings at the post race party!



| Day       | Time               | Activity       | Notes  |
|-----------|--------------------|----------------|--|
| Sunday    | 8 - 10 a.m.        | Unit PT        | Closed<br>Sundays and<br>all Federal<br>Holidays   |
|           | 10:30 - 11:30 a.m. | Parent & Child |  |
| Monday    | 8 - 10 a.m.        | Unit PT        | Lap Swim<br>free for active duty<br>11 a.m.-1 p.m. |
|           | 10:30 - 11:30 a.m. | Parent & Child |  |
| Tuesday   | 8 - 10 a.m.        | Unit PT        | Lap Swim<br>free for active duty<br>11 a.m.-1 p.m. |
|           | 10:30 - 11:30 a.m. | Parent & Child |  |
| Wednesday | 8 - 10 a.m.        | Unit PT        | Lap Swim<br>free for active duty<br>11 a.m.-1 p.m. |
|           | 10:30 - 11:30 a.m. | Parent & Child |  |
| Thursday  | 8 - 10 a.m.        | Unit PT        | Lap Swim<br>free for active duty<br>11 a.m.-1 p.m. |
|           | 10:30 - 11:30 a.m. | Parent & Child |  |
| Friday    | 8 - 10 a.m.        | Unit PT        | Lap Swim<br>free for active duty<br>11 a.m.-1 p.m. |
|           | 10:30 - 11:30 a.m. | Parent & Child |  |
| Saturday  | 12 - 12:45 p.m.    | Lap Swim       | free for active duty                               |
|           | 1 - 4 p.m.         | Family Swim    |  |

Visit [www.funatwarren.com](http://www.funatwarren.com)

Massage Therapy  
Call for an appointment. Gift Certificates available.

F.E. Warren AFB

# Aquatic Center

August 16, 2010 - June 3, 2011



## Hours of Operation

Monday - Friday, 10:30 a.m. - 6:30 p.m.  
and Saturday, 12 - 4 p.m.

Closed on Sundays and all Federal Holidays

**(307) 773-3195**  
**7007 Randall Ave**

## Fees and Charges

**Daily Rates** - Prices are good for open swim and lap swim.

|                                    |         |
|------------------------------------|---------|
| Adult (age 18 and older) .....     | \$3.00  |
| Youth (ages 11 - 17).....          | \$2.00  |
| *Children ages 3 - 10.....         | \$1.00  |
| *Children ages 2 and younger ..... | FREE    |
| Family Swim Rate .....             | \$10.00 |

**6 Month Passes** Good for 6 months of open swim and lap swim. Includes locker rental and equipment use.

|                             |          |
|-----------------------------|----------|
| E5 & Above Individual ..... | \$60.00  |
| E5 & Above Family .....     | \$100.00 |
| E4 & Below Individual ..... | \$45.00  |
| E4 & Below Family .....     | \$85.00  |

**Individual Exercise Pass** Good for 6 months of lap swim, water aerobics and open swim. Includes locker rental and equipment use. All Patrons..... \$150.00

### Water Aerobics

Per Session..... \$3.00

**Water Exercise Punch Card** Can be used for any combination of water aerobics and lap swim.

All Patrons (15 punches) ..... \$30.00

### Locker Rental

|                 |         |
|-----------------|---------|
| 1 Month .....   | \$3.00  |
| 6 Months .....  | \$15.00 |
| 12 Months ..... | \$25.00 |

## Rules

1. CHILDREN 10 YEARS OF AGE OR YOUNGER MUST BE UNDER THE DIRECT SUPERVISION OF AN ADULT AT LEAST 18 YEARS OLD AT ALL TIMES (AFI 34-110).
2. CHILDREN AGES 11-13 CAN BE LEFT UNATTENDED ONLY IF THEY CAN PASS THE SWIM TEST (AFMAN 34-233).
3. ONE ADULT MAY NOT SUPERVISE MORE THAN SIX CHILDREN DURING OPEN SWIM AND POOL PARTIES (90 FSS OI 34-70).
4. EVERYONE MUST SHOWER BEFORE ENTERING THE POOL (AFOSH 48-14).
5. Anyone with obvious evidence of a cold or other communicable disease, open sores or lesions, including fungal skin diseases, is prohibited from the water (AFOSH 48-14).
6. Children not toilet trained must wear snug-fitting plastic pants (AFOSH 48-14) or swim diapers.
7. Only properly fitting U.S. Coast Guard approved personal floatation device types 1, 2 or 3 will be allowed in the pool; "Water wings" or inflatable rings are specific examples of floatation aids that are prohibited (AFMAN 34-233).
8. The pool manager approves the use of pool or aquatic toys during special events (AFMAN 34-233): No solid diving sticks or hard throwing toys (i.e. Frisbee).
9. There is no food, gum, beverages, glass containers (AFOSH 48-14), baby strollers or street shoes allowed on the pool deck for the safety of all patrons.
10. There is no smoking allowed within 100 feet of the facility (90 FSS OI 34-70).
11. Lifeguards may clear pools during electrical storms and at other necessary times in the interest of safety (AFOSH 48-14).
12. Children 6 years of age and older are not allowed in the opposite gender locker room/dressing areas (90 FSS OI 34-70).
13. NO RUNNING, horseplay, hanging on safety ropes/basketball hoops, playing with rescue equipment, or standing on pool toys.
14. One patron on slide at a time, feet first entry only.
15. Diving is allowed only in the depths of 8' and deeper areas of the pool. Front and back flips from the edge of the pool are NOT permitted.
16. All children in the wading pool must be accompanied by an adult 18 years of age or older.
17. Appropriate swimming attire must be worn.
18. Any injuries must be reported to the Aquatic Center staff immediately.
19. Obey all instructions of the Aquatic Center staff. Any action that appears to endanger the health and safety of oneself or others will be reason for expulsion from the Aquatic Center facility.

## Parent and Child Swim Time

Tuesday - Friday, 10:30 - 11 a.m.

- Opportunity to meet other parents and children
- Bond with child and safely introduce children to water
- Open session without instructor/no formal instruction
- For children 6 months to 4 years old (must have swim diapers)
- One parent or guardian per two children
- No registration, \$4 daily fee
- Punch card available: \$35 for 10 visits

## Red Cross Swim Lessons

Swim classes are held Monday and Wednesday, 4:30 - 5:30 p.m. Regular session: \$30 (\$25 with family or summer pass)

### Lessons:

Session I: Aug. 30 - Sep. 27

Session II: Sep. 29 - Oct. 27

Session III: Nov. 1 - 29

Session IV: Dec. 1 - 22 (short session)

Session V: Jan. 3 - 31

Session VI: Feb. 2 - Mar. 2

Session VII: Mar. 7 - 30

Session VIII: Apr. 11 - May 4

Session IX: May 9 - Jun. 1 (short session)

All classes are nonrefundable. All classes must have the minimum participants to be held. There are no makeups for missed instruction.

## Youth Swim Team

Practice: Tuesday/Thursday/Friday, 4:30 - 5:30 p.m.

Swim team members are entitled to lap swim free of charge.

Individual child - \$30.00 per month

Families with multiple children - \$45.00 per month

## Fitness Swim

Tuesday/Thursday/Friday, 5:30 - 6:30 p.m.

2 - 3 lane lap swim with space for water aerobics class.

## Open Swim For Unaccompanied Children in the Water

\*In order to swim unaccompanied by an adult, children ages 13 and younger must be able to perform the following:

- Swim the width of the pool freestyle
- Swim the width of the pool backstroke
- Tread water for one minute

• Pull themselves out of the pool without using a ladder  
For any questions please contact the Aquatic Center Staff.