



VANCE AIR FORCE BASE

Plains

POOL



Summer Guide



2023





The 71st Force Support Squadron welcomes all valued customers and guests to enjoy and benefit from our swimming programs here at Vance AFB. The Plains Pool, Bldg. 304, is located near the Fitness & Sports Center on McAffrey Ave. Our mission is to provide a safe and enjoyable atmosphere for all Vance personnel while utilizing the Plains Pool for fitness or recreational purposes. It is important that all rules and policies be followed to ensure a safe and accident free environment. Please feel free to offer any suggestions or comments that may improve our pool programs.

## CONTACT US

<b>Plains Pool</b>	<b>Bldg. 304</b>	<b>213-7638</b>
<b>Daily Passes</b>	<b>Fitness Center (Bldg. 316)</b>	<b>213-7670</b>
<b>5-10-15 Day Punch Passes</b>	<b>Fitness Center (Bldg. 316)</b>	<b>213-7670</b>
<b>Season Passes</b>	<b>Fitness Center (Bldg. 316)</b>	<b>213-7670</b>
<b>Swim Lessons</b>	<b>Fitness Center (Bldg. 316)</b>	<b>213-7670</b>
<b>Pool Supervisor</b>	<b>Fitness Center (Bldg. 316)</b>	<b>213-7830</b>
<b>Community Services Director</b>	<b>Fitness Center (Bldg. 316)</b>	<b>213-6639</b>

# HOURS OF OPERATION

The Plains Pool is open seven days a week, beginning Memorial Day weekend through the second weekend in August. The pool will then remain open only on weekends through Labor Day. \* Swim Lessons begin 5 June at 1000

## MONDAY - FRIDAY

- 9 a.m. – 10 a.m. / Open Swim
- 10 a.m. – 11 a.m. / Swim Lessons only \*
- 11 a.m. – 12 p.m. / Lap Swim
- 12 p.m. – 5 p.m. / Open Swim
- 5 p.m. – 6 p.m. / Lap Swim
- 6 p.m. – 9 p.m. / Open Swim

## SATURDAY, SUNDAY & HOLIDAYS

- 9 a.m. – 11 a.m. / Open Swim
- 11 a.m. – 12 p.m. / Lap Swim
- 12 p.m. – 5 p.m. / Open Swim
- 5 p.m. – 6 p.m. / Lap Swim
- 6 p.m. – 9 p.m. / Open Swim

NOTE: Saturday / closed to the general public at 7:00 p.m. only if a private pool party is scheduled.

# FEES & CHARGES

(Fitness Center / Bldg. 316 / 213-7670). No refunds or pro-rated fees allowed. Passes may be purchased at the Fitness Center, Bldg. 316, during normal duty hours with a valid I.D. This is no charge for children 6 year of age and younger. This is no charge for Lap swimming. Sunbathers not wanting to get in the pool must still pay normal entry fee.

Season Pass	Single (I.D. card holder)	\$35.00
Season Pass	Family (I.D. card holder)	
	2 person family	\$60.00
	3 person family	\$80.00
	each additional family member	\$10.00
5 Day Punch Pass	Authorized Patron (I.D. card holder)	\$10.00
10 Day Punch Pass	Authorized Patron (I.D. card holder)	\$20.00
15 Day Punch Pass	Authorized Patron (I.D. card holder)	\$30.00
Daily Pass	Authorized Patron (I.D. card holder)	\$3.00
Daily Pass	Sponsored Guest	\$3.00
Swimming Lessons	Authorized Patron (I.D. card holder)	\$45.00

# POOL PASSES

**Daily Passes:** available at the Fitness Center beginning 27 May when the pool opens. Authorized users must present a valid identification card when purchasing daily passes. A receipt will be given to the customer to present at the pool for entry. Daily passes are \$3.00. This is no charge for children 6 years of age and younger.

**5-10-15 Day Punch Passes:** when not wanting to purchase a season pass, this is the next best thing! Use these any day, all summer long. Available at the Fitness Center beginning 3 May. Authorized users must present a valid identification card when purchasing punch passes. Punch passes are \$10.00, \$20.00, and \$30.00. This is no charge for children 6 years of age and younger.

**Season Passes:** available at the Fitness Center beginning 3 May. Authorized users must present a valid ID card when purchasing season passes. All family members receive a laminated pass. There is no charge for children 6 years of age and younger. Season passes go to \$20 for single and 50% off for family passes beginning 5 July.

## SEASON PASS PRICES

**Individual Season Pass: \$35.00**

**Family Season Pass:**

**2 person family \$60.00**

**3 person family \$80.00**

**Additional family members \$10.00 each**

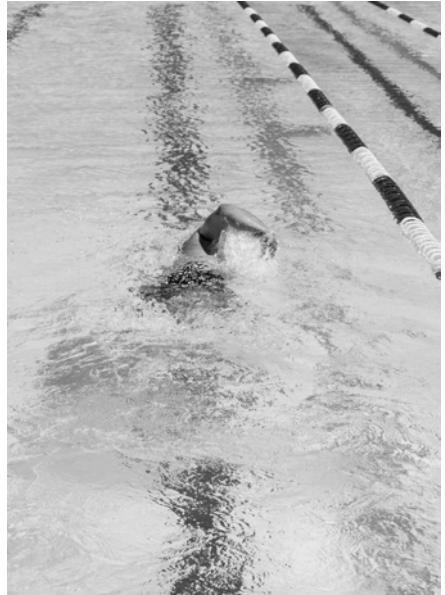
**TDY Personnel:** There is no charge for swimming for TDY personnel assigned to the base for less than 30 days who present a current season pass from their home base. Personnel must present TDY orders and season pass from their home base when entering the pool.



# POOL OPERATIONS

**Guests:** An authorized pool user is permitted to bring no more than two guests, except in the case of bonafide houseguests. All guests must be accompanied by their sponsor and pay regular pool admission fees. The sponsor must remain with their guests at the pool complex throughout their guests' stay.

**Kiddie Pool:** The Plains Pool has a kiddie pool for children six years of age and under. There is no charge for children 6 year of age and younger. Children must be accompanied by and under close observation and supervision of an adult at all times while in the area. Please secure the gate upon entering or leaving the wading pool area. Please use caution when entering the pool. The kiddie pool and main pool are closed for general use during swim lessons.



**Lap Swim:** Lap swimming is held daily from 1100-1200 and 1700-1800. Active duty personnel have priority use. There is no charge for lap swimming. Lap swimming is for adults 18 years and over and youth 14-17 years of age who are able to swim and can pass the lifeguard swim test. During lap swim, lifeguards will divide the pool in half (length-wise) by using the lane divider. Half of the pool will be for lap swimmers and the other half, near the slide, will be for open swim. During lap swim, customers cannot use the diving board or slide. Rest time during lap swim sessions for children 13 years of age and younger will be from 1100-1110 and 1700-1710. Lifeguards will announce "rest period-lap swim" at 1100 and 1700, install the divider, and then announce "open swim-lap swim" at 1105 and 1705. At 1200 and 1800, the pool divider will be removed to allow open swim for all. If, at any time, there are more lap swimmers than available lanes, the lifeguards have the OPTION of moving the divider over to free up an additional lap swim lane. They will not however close the pool completely to open swimmers.

# POOL OPERATIONS



**Appropriate Swimming Apparel:** Only proper swimming apparel is allowed in the pool. Children not toilet trained must wear approved swimming diapers. Swimsuits for adults should be appropriate for general public facilities.

**Lockers:** Small daily use lockers are available for customer use at no cost. Please bring your own lock. The Plains Pool is not responsible for lost or stolen items.

**Weather:** Lifeguards will clear the pools of all swimmers during lightning warnings (10 miles out) and other weather notifications. The pools may be closed when it is considered necessary in the best interest of safety and welfare. Pool supervisor or lifeguard will immediately notify the Director of Community Services if pool is closed under these circumstances. When the swimming and wading pools are closed due to weather or mechanical emergencies, a sign will be posted at the entrance gate. Once the all clear has been given, the sign will be removed and normal activities will resume.

**Pool Cleaning:** To maintain a high standard of operation, the pool will be closed every other Wednesday morning for maintenance. The pool will be open from 1 p.m. to 9 p.m. on those days. Check the bulletin board at the pool for the specific dates.

# POOL PARTIES

**Non-Private:** Patrons may use the metal roofed shade shelter area at the pool for non-private gatherings during normal operating hours and during normal pool attendance (2 hour maximum). Normal pool fees apply. Patrons are required to follow all pool rules and policies.

**Private:** Private pool parties are available Saturday evening's beginning at 7 p.m. Pool parties are normally scheduled for a minimum of 2 hours. A \$100.00 (minimum fee) must be paid in advance to defray the NAF expense of lifeguards. A fee of \$50.00 will be charged for each additional hour. For groups over 50, a fee for 2 hours is \$150.00. A fee of \$50.00 will be charged for each additional hour. Patrons will abide by current pool rules. Reservations and payment must be made 72 hours in advance. Other instructions, reservations, and payments can be made at the Fitness Center, Bldg. 316 / 213-7670.



# SWIMMING LESSONS

Personnel authorized to use base pools are also eligible to enroll in American Red Cross swimming lessons. Registration and payment is made at the Fitness Center, Bldg. 316. Fees for all classes are paid in advance. Please show your paid receipt to the swim instructor on the 1st day of lessons. Swimming lessons will begin at 10 a.m. during scheduled sessions. Lessons are Mon-Thu with Friday's being make-up days for rainouts. Three sessions will be offered this summer beginning Monday, 5 June. A minimum class size will be comprised of three students with an eight student maximum. There will be a 4 to 1 student to instructor ratio. Consolidation of classes may be necessary due to class size and/or skill level. Certified American Red Cross lifeguard instructors will teach various course levels. Kickboards and water games are furnished and are available for students at no additional cost. Swimmers with obvious evidence of a cold or any other communicable disease, open sores or lesions will not be registered for swimming lessons. Kiddie pool and the main pool are closed for general use during swim lessons. Patrons with no children are allowed to sunbathe on loungers while swim lessons are being conducted, patrons cannot get into the pool. Normal pool entry fees apply. When the swimming pool is closed due to weather or mechanical emergencies, a sign will be posted at the entrance.



**Refund Policy:** Cancellation must be made 24 hours in advance of the first swim class to receive a full refund. No other refunds or pro-rated fees are allowed. An AF Form 1401 Refund Slip must be obtained from the Fitness Center, Bldg. 316, and taken to the Resource Management Office, Bldg 200, Suite 211, and Monday-Friday from 0830-1030 for actual refund.



# SWIM LESSON SCHEDULE

All classes are made up of eight lessons of 45 minutes except "Parent & Child Aquatics" of 30 minutes. Lessons are Mon-Thu with Friday's being make-up days for rainouts. A minimum class size will be comprised of three individuals with an eight student maximum. There will be a 4 to 1 student to instructor ratio. Consolidation of classes may be necessary due to class size and/or skill level.

**1st Session 5-16 June (sign-up deadline: 31 May)**

**Mon-Thu / 10 a.m. (Fridays used for possible make-up days)**

**2nd Session 19 June - 30 June (sign-up deadline: 14 June)**

**Mon-Thu / 10 a.m. (Fridays used for possible make-up days)**

**3rd Session 10 -21 July (sign-up deadline: 5 July)**

**Mon-Thu / 10 a.m. (Fridays used for possible make-up days)**



# VAFB SWIM TEST



All patrons 13 years and under must pass a Swim Test before being allowed to enter the deep end of the swimming pool. The deep end of the swimming pool will be marked by a line on the pool bottom and/or a dividing rope. In order to pass the Swim Test, a patron must demonstrate to a lifeguard, the ability to swim the width of the pool without stopping using the front crawl stroke. This includes the correct use of Arms (circular motion), Legs (kicking), and Breathing Technique (face in-out of the water), treading water for 1 minute, and pulling themselves out of the pool without using the ladder. Dog paddling, swimming underwater, and strokes repeatedly starting and stopping will not count. The patron's first attempt on passing the swim test can be conducted at any time. If a patron does not perform the swim test adequately, the lifeguard will give specific instructions to the patron and will allow a re-test at the next rest period. If the patron does not perform the swim test adequately during the re-test, the patron will have to wait until the next rest period to re-test. After the second re-test, the lifeguard may stop any re-test due to safety concerns.

# SWIM CLASS LEVELS

## **Parent and Child Aquatics (ages six months to 3 years)**

Developed for children 6 months to 3 years, Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Parent must be in the water with child.

## **Preschool Aquatics (ages 4 and 5)**

Children ages 4 and 5 learn water safety, survival skills, and foundational swimming concepts in a safe and fun environment. Skills learned are age-appropriate, allowing students to achieve success on a regular basis. This class is designed to help children become comfortable in the water and learn basic water safety; introduce fundamental skills, such as kicking; focus on coordinating arm and leg movements and improving upon skills learned.

## **Learn-to-Swim (ages 6 to adult)**

Our Learn-to-Swim program is designed for children over 6 years all the way up to adults. Student's progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of Learn-to-Swim includes training in basic water safety in addition to stroke development.

### **Level 1: Introduction to Fundamentals of Water Skills**

(helps students feel comfortable in the water and enjoy the water safely. Gives students success with fundamentals skills)

### **Level 2: Stroke Development; Stroke Improvement**

(builds on skills by providing additional guided practice. Develops confidence in the strokes already learned and to improve other aquatic skills)



### **Level 3: Stroke Refinement; Swimming and Skill Proficiency**

(provides further coordination and refinement of strokes. Refines the strokes so students swim with ease, efficiency, power, and smoothness over distances)

# POOL RULES



To ensure a safe and enjoyable experience for all patrons, the following rules apply for all persons using the Plains Pool. Lifeguards and pool management are authorized to remove any person from the pool complex who fails to comply with these rules, or otherwise behaves in an unruly or unsafe manner.

- 1.** Each authorized pool user is allowed to bring no more than two guests to the pool complex at a time. The sponsoring member(s) must remain at the pool complex throughout their guests' stay.
- 2.** Individuals experiencing the following conditions shall be prohibited from entering the pool: diarrhea, skin disease, open sores or lesions, sore or inflamed eyes, nasal, or ear discharge. Any person who appears to be under the influence of alcohol (to include having the smell of alcohol on their person) will not be permitted in the pool complex.
- 3.** Only proper swimming apparel is allowed in the pool. Children not toilet trained must wear approved swimming diapers. Swimsuits for adults should be appropriate for general public facilities.

# POOL RULES

4. A shower is required prior to entering the pool.
5. No breath-holding or prolonged underwater swimming contests.
6. No diving into shallow water.
7. Parents are responsible for watching their young children



8. Under normal circumstances, children 10 years of age and under must have a responsible adult (18 years of age and older) with them in the pool at all times, and children 11 through 13 years of age must have a responsible adult remain with them in the pool complex at all times.

## **Exceptions:**

- If a child, 10 years of age or younger, is able to swim, they can enter the pool alone but must have a responsible adult in the area and within direct line-of-sight of the child. If a child 11 through 13 years of age is able to swim, they can enter the pool complex and use the pool without being accompanied by a responsible adult. ("Able to swim" is defined as completing the lifeguard swim test.
- If a child 10 & under cannot pass the swim test and the parent does not want to get in the pool with child, the child must wear a life jacket while the child's parent watches from the pool deck.
- The lifeguard will direct a mandatory 10-minute rest period on the hour for all children 13 years of age and younger.

9. The wading pool is reserved for children 6 years of age and under. Children will have a responsible adult with them at all times while in the wading pool area. This is no charge for children 6 year of age and younger.

10. Only one person is allowed on the diving board at a time, and divers must wait until the pool area around the diving board is cleared before diving. "Suicide" type dives (head first with arms to the diver's side) are not allowed. Diving into the shallow end from the edge of the pool is prohibited.

# POOL RULES

## 11. Lap Swim

- During lap swim designated times, lifeguards will physically divide the pool in half-length wise by using the lane divider. Half of the pool will be for lap swimmers and the other half, near the slide, will be for open swim. During lap swim, customers cannot use the diving board or slide.
- Rest time during lap swim sessions for children 13 years of age and younger will be from 1100-1110 and 1700-1710. The lifeguards will announce “rest period-lap swim” at 1100 and 1700, install the divider, and then announce “open swim-lap swim” at 1105 and 1705. At 1200 and 1800 the pool divider will be removed to allow open swim for all.
- If, at any time there are more lap swimmers than available lanes, the lifeguards have the OPTION of moving the divider over to free up an additional lap swim lane. They won't however, close the pool completely to open swimmers

**12.** The following are not allowed in the pool complex: Running, pushing, shoving, dunking, fighting, and/or profanity, glass containers, chewing gum, or motorized toys/equipment (except motorized handicap chairs).



# POOL RULES



**13.** Eating is allowed only in designated areas. Non-alcoholic beverages are permitted in the pool seating area and wading pool seating areas. Use of alcoholic beverages in the pool complex is prohibited unless specifically approved by the 71 FTW/CC. Smoking and tobacco products are not allowed at the Plains Pool.

**14.** Strollers may be brought to pool seating areas only and cannot be placed poolside.

**15.** "Pool toys" (including flotation aids and swim gear) will not be used on the water slide or diving board. The lifeguard may deny use of these items elsewhere in the pool at any time they feel the item is unsafe or the pool is too crowded for safe use.

**16.** No pets are allowed in the pool area. Exception: American Disabilities Act (ADA) service animals are permitted on the pool deck and in restrooms but not in the pool itself. In addition, Security Forces working dogs accompanied by handlers are permitted in swimming pool areas as required.

## **17.** Water Slide

- Slide must be ridden feet first lying on your back with legs firmly crossed at the ankles and arms folded across the chest (to prevent elbows contacting the flume).
- Only dive masks, goggles, or eyeglasses may be worn and must be securely affixed to riders with head straps.
- No pushing, shoving or saving places in line.
- Exit splash down area immediately. Splash down area should not be used for swimming purposes. No jumping or diving into splash down area. No flotation devices allowed in splash down area.



# *71st Force Support Squadron*

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