

JOHN H. CHAFEE CENTER AQUATICS SCHEDULE



www.navywmwrnewport.com

(401) 841-6628 • Swim Schedule valid September 4 - December 16, 2018

Subject to Change • Federal Holidays 10 a.m.-2 p.m.

Adult Lap Swim, Monday through Friday,

10:30 a.m.-1 p.m. active duty personnel has priority.

NAVSTANewportMWR

@NAVSTANPTRIMWR

Contractors and Retired DoD civilians are NOT eligible to use the John H. Chafee Fitness Center.

ADULT LAP SWIM FEES: active duty personnel, eligible family members, reservists, retirees & DoD civilians are free. Active duty personnel/eligible family members/retirees/reservist may sponsor civilian guests for \$2 each. DoD civilians may sponsor eligible family members only for \$2 each.

WATER FITNESS Free for active duty personnel & their dependents, retirees & reservists; \$3 for DoD civilians.

GROUP FITNESS PUNCH CARDS: \$80 card for 30 punches for DoD civilians.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-8 a.m.	ADULT LAP 6 lanes	ADULT LAP 6 lanes	ADULT LAP 6 lanes	ADULT LAP 6 lanes	ADULT LAP 6 lanes		
8-9 a.m.							
9:15-10:15 a.m.	PARENT & CHILD SWIM	WATER FITNESS DENISE	PARENT & CHILD SWIM	HYDRO HOUR CHRISTINA		ADULT LAP 4 lanes OPEN SWIM 2 lanes	ADULT LAP 4 lanes OPEN SWIM 2 lanes
10:30-11 a.m.	ADULT LAP 6 lanes	ADULT LAP 6 lanes	ADULT LAP 6 lanes	ADULT LAP 6 lanes	ADULT LAP 6 lanes		
11:30 a.m.-12 p.m.							
12-1 p.m.							
1-2 p.m.	WATER WELLNESS 6 lanes		WATER WELLNESS 6 lanes		WATER WELLNESS 6 lanes		
3-4 p.m.	ADULT LAP 6 lanes	ADULT LAP 6 lanes	ADULT LAP 6 lanes	ADULT LAP 6 lanes	ADULT LAP 6 lanes	ADULT OPEN LAP 4 lanes OPEN SWIM 2 lanes	
4-5 p.m.							
4:30-5:30 p.m.							
5-6 p.m.		ADULT LAP MASTER SWIM		ADULT LAP MASTER SWIM			
6-7 p.m.		MASTER SWIM 6 lanes 5:30-7 p.m.	ADULT LEARN TO SWIM 6 lanes (FEB-MAY-JUL-SEP)	MASTER SWIM 6 lanes 5:30-7 p.m.			

AQUATIC RULES & REGULATIONS

1. Pool use is only permitted when a lifeguard is on duty. Lifeguard has full authority over pool rules.
2. You must shower before entering the pool, per Rhode Island State bathing code.
3. Proper swim wear is required. Undergarments, cutoffs, or workout attire is not acceptable.
4. Anyone with a communicable disease, sore or inflamed eyes, a cold, diarrhea, nasal/ear discharge cannot enter the pool. You can also not enter the pool if you have had diarrhea or any other gastrointestinal (stomach) issues within the past seven days.
5. Anyone suspected of being under the influence of drugs or alcohol cannot enter the pool.
6. Glass bottles, food, and gum are NOT permitted on the pool deck.
7. No running. Any conduct which endangers the safety and comfort of others is prohibited.
8. Swim diapers are required for all children who are not toilet trained. Standard disposable diapers are strictly prohibited.
9. Children under 10 years old must be accompanied by and under the direct/interactive supervision of an adult/guardian (18 and older) at all times.
10. Children between 10 and 17 years old, if left unattended while parent/guardian (18 and older) remains in building, must successfully complete the Navy Youth Swim Test.
11. All children under 18 years old must successfully complete the Navy Youth Swim Test to swim in the deep end.
12. The swim test consists of a 25 meter swim followed by treading water for 60 seconds. After completing this, the swimmer must jump into the deep end, surface and exit the pool unassisted.
13. Only U.S. Coast Guard approved floatation devices are permitted. Bubble suits, water wings, or any other inflatables are NOT permitted for use at any time.
14. There is absolutely no diving. No Exceptions.
15. Breath holding activities are prohibited.
16. No hanging or climbing on lane lines.
17. Use of equipment during open swim is available upon request of the lifeguard. Lifeguards reserve the right to remove equipment from the pool for any reason.
18. Masks/snorkels are not permitted during any time. Special consideration may be made for active duty personnel who present a note from either their commanding officer and/or their physician.
19. Hair longer than shoulder length must be pulled back or capped while swimming. Failure to comply will result in the refusal to gain entrance to the pool.

CLASS DESCRIPTIONS

ADULT LAP - Swimming is a life skill as well as great exercise. Whether you're looking to get a few laps in, get a few miles in, or just looking to improve your swim golf score; adult lap swim is the perfect time to get a good workout in. With slow, medium, and fast lanes, we're sure you will get a wonderful workout in our pool. Must be 18 or older to participate.

ADULT LEARN TO SWIM - This is a free, month long class, space is limited to 12 participants. Registration takes place at the John H. Chafee Fitness Center front desk a week prior to the beginning of the session and sessions are in February, May, July & September only. Participants will learn the basics of all four strokes and will work on techniques. This program is geared towards those looking to learn the strokes and work on technique, not endurance. Drop ins not permitted, a new session will be held each month.

HYDRO HOUR - The first 45 minutes of each class is high-intensity intervals for a full cardiovascular workout, while using the natural resistance of the water to help increase strength, power, flexibility, endurance and range of motion. Suspension in deep water helps create a challenging aerobic interval workout using adaptations of jogging, cross country skiing, bicycling, and kicking exercises. Flotation equipment provided. Non-swimmers welcome and can showdown moves in shallow water. The last 15 minutes of each class will focus on balance, flexibility and strength in the shallow end.

PARENT & CHILD OPEN SWIM - Open to those ages 6 months to 5 years old, it's a perfect opportunity to introduce your children to the pool in a safe, but fun manner. We encourage you to have fun, blow bubbles, and become comfortable getting your child's face wet. Children must wear a swim diaper, if not toilet trained. Parents are welcome! A lifeguard will be present, as well as approved toys and life jackets.

WATER FITNESS - This class incorporates a powerful mix of cardio and strength including HIIT and Tabata intervals while utilizing the resistive properties of the water. Some aquatic exercises are performed without equipment, and others with equipment to increase resistance, target specific muscle groups and improve your physical fitness.

WATER WELLNESS - Exercising in the water offers many physical and mental health benefits and is a good choice for people with/or without injury. This is a self paced program, open for the following activities: walking/running in water, deep water exercises and more. **NO LAP SWIMMING DURING THIS TIME FRAME.**

MASTER SWIM - The Master Swim Team, Newport Lobsters Swim Club is an adult-oriented (18 years or older) swim program combining instruction with competitive training. Great for athletes, competitive swimmers, and fitness swimmers. All participants must be able to swim a 200 freestyle continuously and be able to swim freestyle, backstroke, and breast stroke. Coaches provide workouts for participants ranging from beginner, intermediate, and advanced. Fees: Active duty - free; reservists, retirees, and dependents - \$2 per session or \$50 for a punch card; DoD civilian - \$3 per session or \$75 for a punch card; Guest fees will apply to those without base access in addition to the DoD civilian's fee. Swimmers may sign up for USMS membership to be eligible to compete at USMS sanctioned swim meets.

OPEN SWIM RULES

per BUPERS 1710.3

ALLOWED



Pool Balls



Dive Toys

Life Jackets
USCG Approved
Type 1 & 2



Rubber Ducks

NOT ALLOWED

Swim Fins
(allowed in
lap swim)



Snorkels



Pool Noodles



Kickboards
(allowed in
lap swim)

