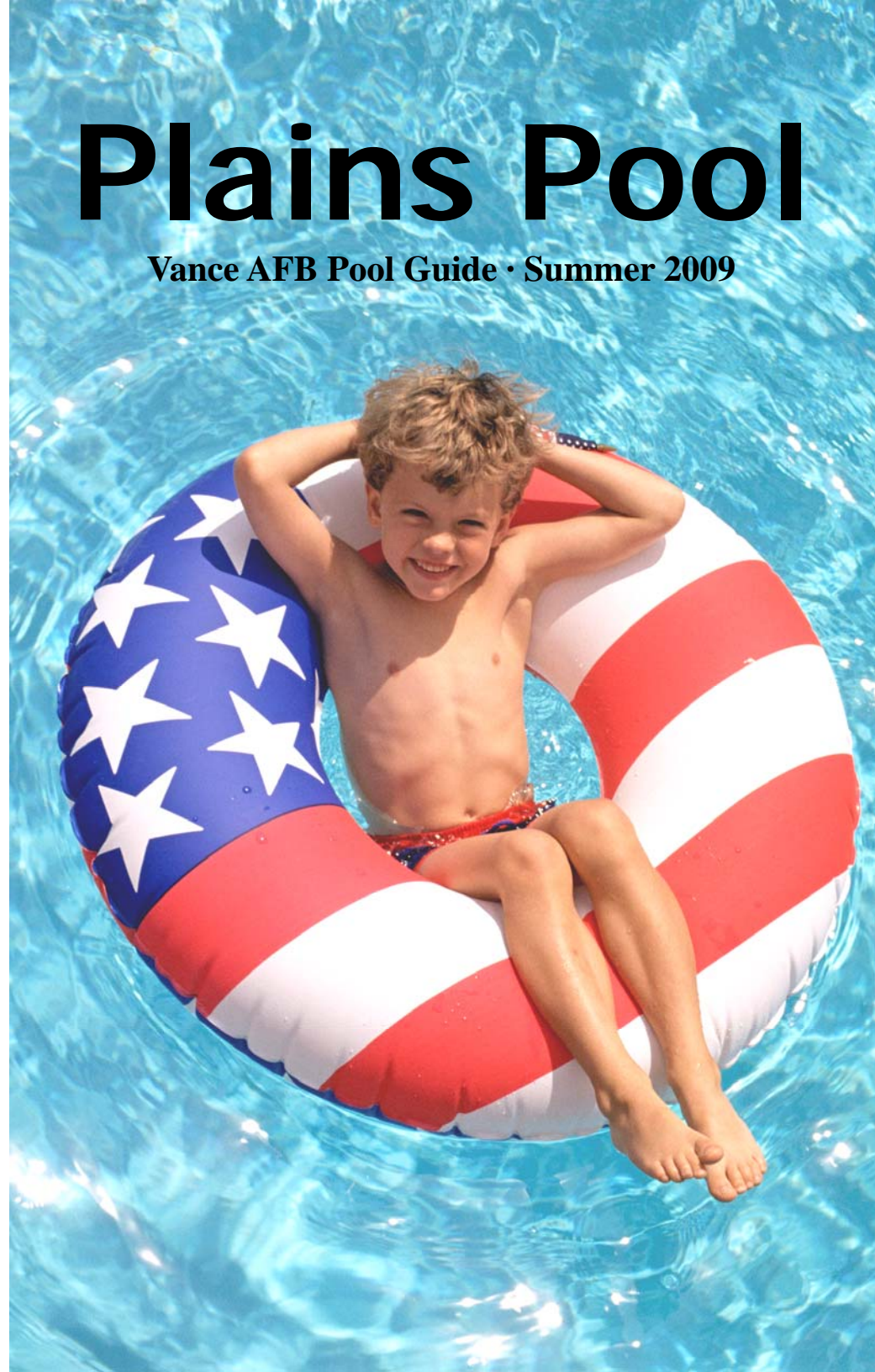


Plains Pool

Vance AFB Pool Guide • Summer 2009



Welcome!

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 are followed to ensure a safe and accident free environment. Please feel free to offer suggestions/comments that may improve our pool programs.

PLAINS POOL OPERATIONS

Telephone Numbers

Plains Pool	Bldg. 304	213-7638
Pool Supervisor	Bldg. 316	213-7948
Director, Community Services	Bldg. 200	213-7330
Daily Passes	Fitness Center (Bldg. 316)	213-7670
5-10-15 Day Punch Passes	Fitness Center (Bldg. 316)	213-7670
Season Passes	Fitness Center (Bldg. 316)	213-7670
Swim Lessons	Fitness Center (Bldg. 316)	213-7670

Hours of Operation

The Plains Pool is open seven days a week beginning Memorial Day weekend and will remain open through Labor Day weekend. Starting the second weekend in August, the pool will begin a weekend-only operation and will remain open on weekends only through the third weekend in September, depending on weather. To maintain a high standard of operations, the pool will be closed every other Wednesday morning for maintenance and will be open from 1 to 9 p.m. on those days.

Monday through Friday

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



Saturday, Sunday and Holidays

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

**Except Tuesdays for scheduled Water Aerobics (Beginning Tuesday, June 16)*

***Swim Lessons begin Monday, June 8.*

Guests

An authorized pool user is permitted to bring no more than two guests, except in the case of bonafide house guests. All guests must be accompanied by their sponsor and need to sign in at the pool entrance prior to being admitted.



Wading Pool

The Plains Pool has a wading pool for children six years of age and under. 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 the steps when entering the pool for safety.

Pool Parties (Non-Private and Private)

Non-Private: Patrons may use the shade shelter areas at the pool for non-private gatherings during normal operating hours and during normal pool attendance. Normal pool fees apply. Patrons are required to follow all pool rules and policies.

Private: Private pool parties are available after normal operating hours. Pool parties are normally scheduled for two hours or less. Fees are \$75 for two hours for fifty people or less and \$100 for two hours for groups over fifty. Reservations and payment must be made 72 hours in advance. Other instructions, reservations and payment can be made at the Fitness Center, Bldg. 316, 213-7670.

Lap Swim

Lap swimming is held daily from 11 a.m. to 12 p.m. and 5 to 6 p.m. Active duty personnel have priority use. There is no charge for lap swimming. Lap swimming is for adults 18 years and over, and youth 13 - 17 years of age who are able to swim and can pass a lifeguard test.

Water Aerobics

Water aerobics are normally held on Tuesdays from 9 to 10 a.m. beginning Tuesday, June 16. Call 213-7670 for the current schedule. There is no charge for water aerobics.



Fees & Charges (paid for at the Fitness Center / Bldg. 316 / 213-7670)

No refunds or pro-rated fees allowed.

• <u>Season Pass</u>	Family (I.D. card holder)	\$45.00
• <u>Season Pass</u>	Single (I.D. card holder)	\$25.00
• <u>Daily Pass</u>	Authorized Patron (I.D. card holder)	\$1.50
• <u>Daily Pass</u>	Sponsored Guest	\$1.50
• <u>5 Day Punch Pass</u>	Authorized Patron (I.D. card holder)	\$7.00
• <u>10 Day Punch Pass</u>	Authorized Patron (I.D. card holder)	\$14.00
• <u>15 Day Punch Pass</u>	Authorized Patron (I.D. card holder)	\$21.00
• <u>Swimming Lessons</u>	Authorized Patron (I.D. card holder)	\$30.00 per class

Swim Passes: may be purchased at the Fitness Center, Bldg. 316, during normal duty hours with valid I.D.

- Daily Passes: available at the Fitness Center beginning Saturday, May 23. Authorized users must present a valid identification card when purchasing daily passes. Daily passes are \$1.50.
- 5-10-15 Day Punch Passes: available at the Fitness Center beginning Wednesday, May 6. Authorized users must present a valid identification card when purchasing punch passes. Punch passes are \$7.00, \$14.00 and \$21.00.
- Season Passes: available at Fitness Center beginning Wednesday, May 6. Authorized users must present a valid identification card when purchasing season passes. Season passes are \$45.00 for a family pass and \$25.00 for a single pass. Services Club Card holders receive a 10% discount on season passes. Season passes go to half price beginning Monday, July 6.



TDY Personnel: There is no charge for swimming for TDY personnel assigned to the base for less than 30 days. Personnel are required to show TDY orders when entering the pool.

Services Club Card: Services Club Card holders swim for free on Sundays.



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. Show paid receipt to instructor on the first day of lessons. Swimming lessons will be conducted from 10 until 11 a.m. during scheduled sessions. Three sessions will be offered this summer beginning Monday, June 8. A minimum class will be comprised of eight to 10 individuals. 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. Minimum height for swimming lessons is 42" unless waived by instructor. Swimmers with obvious evidence of a cold or any other communicable disease, open sores or lesions will not be registered for swimming lessons. When swimming pool is closed due to weather or mechanical emergencies, a sign will be posted at the entrance.

Swimming Lessons Session Schedule

Infant and Preschool Water Exploration: 10 lessons of 30 minutes each
All other classes: 10 lessons of 45 minutes each

First Session (sign-up deadline: Tuesday, June 2)

June 8 - 19 Mon - Fri 10 a.m.

Second Session (sign-up deadline: Tuesday, June 23)

June 29 - July 10 Mon - Fri 10 a.m.

Third Session (sign-up deadline: Tuesday, July 14)

July 20 - July 31 Mon - Fri 10 a.m.



Refund Policy

Cancellation must be made 24 hours in advance of the first class to receive a full refund. No other refunds or pro-rated fees allowed. An AF Form 1401 refund slip must be obtained from the Fitness Center, Bldg. 316, and taken to the Resource Management Office, Bldg. 413, for actual refund.

Appropriate Swimming Apparel

Swimsuits for children should be snug around the legs and fit well. Infants should wear some type of tight fitting, but light-weight apparel covered by rubber or plastic pants or approved swimming diapers. Swimsuits for adults should be appropriate for general public facilities.

Lockers

Small lockers are available for customer use. Please bring your own lock. Pool staff is not responsible for lost or stolen items.

Class Levels

Infant and Preschool Water Exploration (IPAP)

Develop in young children (six months to five years) a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in water. Parent must be in water with child.

Level 1, Water Exploration (ARC Course #3431)

To orient participants to the aquatic environment and teach them elementary skills, which can be built on as they progress through the Learn to Swim program.

Level 2, Primary Skills (ARC Course #3432)

Build on the fundamental aquatic locomotion, safety and rescue skills presented in Level 1.

Level 3, Stroke Skills (ARC Course #3433)

Build on the fundamental aquatic locomotion, safety and rescue skills presented in Level 2 providing participants with additional guided practice.

Level 4, Stroke Development (ARC Course #3434)

Develop confidence and competency in aquatic locomotion, safety and rescue skills presented in the Learn to Swim program thus far.

Level 5, Stroke Refinement (ARC Course #3435)

Coordinate and refine the key strokes presented thus far in the Learn to Swim program and introduce the butterfly, open turns, the feet-first surface dive and springboard diving (if water depth permits).

Level 6, Skills Proficiency (ARC Course #3436)

To polish strokes presented in previous levels, introduce the pike dive, tuck surface dive and additional turns. Students entering this course must have a Level 5 certificate or must be able to demonstrate all completion requirements in Level 5.

Level 7, Advanced Skills (ARC Course #3437)

Review and perfect all strokes and skills presented at previous levels, encourage good lifetime fitness habits, teach advanced rescue and springboard diving skills (if pool depth permits). Students entering this course must have a Level 6 certificate or must be able to demonstrate all completion requirements in Level 6.



Pool Rules

To ensure a safe and enjoyable experience for all patrons, the following rules apply for all persons using the Plains swimming 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. No one will be allowed to enter the pool if they have open sores or signs of a contagious disease (runny nose and/or sneezing). 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 swimming apparel is allowed in the pool. Children not toilet trained must wear snug-fitting plastic pants or approved swimming diapers.
4. A shower is required prior to entering the pool.
5. Under normal circumstances, children 10 years of age and under must have a responsible adult 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.
 - 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 an adult. ("Able to swim" is defined as demonstrating to a lifeguard the ability to cross the width of the pool using normal swimming techniques).
 - Regardless of swimming ability, any child 12 years of age or younger must have a responsible adult present to participate in lap-swimming sessions.
 - The lifeguard will direct a mandatory 15-minute rest period on the hour for all children 13 years of age and younger.
6. The wading pool is reserved for children six years of age and under. Children will have a responsible adult with them at all times while in the wading pool area.
7. During designated lap swim sessions, recreational swimmers will vacate any lane(s) directed by the lifeguard to safely accommodate lap swimmers. If there are five or more lap-swimmers present and desiring use of the pool, the lifeguard will suspend all recreational swimming until the end of the lap swim session.
8. 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 from the edge of the pool is prohibited.
9. The following are not allowed in the pool complex: running, pushing, shoving, fighting and/or profanity, pets, glass containers, chewing gum or motorized toys/equipment (except motorized chairs).
10. Eating and smoking are allowed only in designated areas, however 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 71st Mission Support Group Commander.
11. Strollers may be brought to pool seating areas only and cannot be placed poolside.
12. "Pool toys" (including floatation 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 their safe use.

First Aid and Emergency Equipment

The following equipment is available at the Plains Pool:

Emergency Phone	First Aid Kit
Stretcher and Blanket	Spine Board
Goggles	Rescue Tube
Cervical Collars - three sizes	Rescue Pole with Shepherd's Hook
MTM Devices and Protective Gloves	Head Cervical Immobilization Device
Gloves	Ring Buoys with Root Lemon 60 ft Rope

Weather

Lifeguards will clear pool of all swimmers during electrical storms 25 miles out and Type I, II and III weather notifications. Pool may be closed when it is considered necessary in the best interest of safety and welfare. If the pool is closed, the Pool Supervisor or lifeguard will immediately notify the Branch Manager or the Director of Community Services. When the swimming pool is closed due to weather or mechanical emergencies, a sign will be posted at the entrance gates.

