



Lap Swim

FREE

Lap swim is available Mon., Wed.-Fri.
from 10 a.m. to 1 p.m.

2018 Recreational Swim Fees

Active Duty/Reserves/
Retired Military/Dependants **FREE**

Civilians, Contractors and their Family
\$4 per person daily

Guest Fee \$5 per person daily
*2 guests allowed per eligible patron

SAVE \$\$\$ with a seasonal pass!

Civilian (1 person) \$110

For information outside of normal pool operating
hours please call the Fitness Center
at (301) 744-4661.



NSF INDIAN HEAD Swimming POOL 2018

GRAND OPENING MEMORIAL DAY WEEKEND

May 26 - 28 11:30 a.m. to 7 p.m. (Sat.-Mon.)

CLOSED MAY 29 - June 1

Open June 2 - 3

Open Swim 11:30 a.m. to 7 p.m. (Sat.-Sun.)

CLOSED June 4 - 8

Open June 9 - Labor Day

Hours of Operation

Lap Swim 10 a.m. to 1 p.m. (Mon., Wed. - Fri.)

Water Aerobics
(Upon availability) 11:30 a.m. to 12:30 p.m.

Open Swim 11:30 a.m. to 7 p.m. (Mon.-Sun.)



For pool information call (301) 744-4616.



Patron Eligibility

- * All eligible patrons must show **proper ID** and **pay appropriate fees**.
- * Children ages 17 and under must pass a swim test.
- * All children under 10 must be supervised by a family member, 16 years or older, and must pass a swim test to be eligible to swim in the deep end.

Military PT

Military PT is available Monday, Wednesday and Friday from 6 to 7:30 a.m.

Pool Rentals

Did you know the Indian Head Pool is available for private parties? It's the perfect place for your next birthday celebration, family reunion or youth group outing. The pool is available for **rentals from 7:30 to 11:30 p.m. (Mon.-Sun.)** Call to check availability and to schedule your next pool party! *Bookings must be made at least two weeks in advance.*

Rental Fees (per hour)

People	1-25	26-50	51-100
Military	\$40	\$45	\$50
Civilian	\$50	\$55	\$60

Water Aerobics

Free for active-duty/retired military and active-duty/retired dependents; \$4 all others.

Class schedule will be posted monthly.

Group Swim Lessons

(6 months to 12 years old)
Eight 25-minute sessions

Military	\$45 per child
All other eligible patrons	\$50 per child

MWR offers group swim lessons for a variety of skill levels. All classes are instructed by certified American Red Cross water safety instructors. Registration is on a first-come, first-served basis. Swim lesson schedules and registration are available at the Aquatics Center. Payment and a Health History Form must be submitted at the pool no later than 24 hours before the start of class.

