

Birthday Parties

Our Birthday Package includes swim admission for 15 patrons, tables, chairs, and a decorated area with two birthday balloons to take home. Bring your own cake, drinks, and treats. Parties are scheduled in two-hour increments during designated public swim sessions. Cost: \$60
A deposit must be placed two weeks in advance for parties.

Happy Birthday!



Pool Rental

The Aquatic Center may be rented for two-hour intervals. Maximum number of guests is 50. Cost: \$110

An additional \$25 will be added for an additional 25 guests per hour.

A deposit must be placed two weeks in advance for pool rental.

Locker Fee

\$7 per month or \$84 per year.

Fitness Equipment

The Aquatics Center has treadmills, elliptic Fit Stride, stationary bikes, Bow Flex, and paramount workout stations for use by our pool patrons.

For more information about PAFB Aquatic Center activities, go to www.21fss.com or call 556-4608.

Annual and Quarterly Memberships (Blue)

INDIVIDUAL QUARTERLY PASS (3 MONTHS)

| | |
|--|------|
| Membership (BLUE) | \$30 |
| Water Aerobics only (SILVER) | \$30 |
| Both Membership & Water Aerobics (GOLD) | \$50 |

INDIVIDUAL ANNUAL PASS (ONE YEAR)

| | |
|--|-------|
| Individual Membership (BLUE)..... | \$90 |
| Single Airman (BLUE only) | \$45 |
| Juniors (Ages 6-15), Seniors (65 & up)..... | \$75 |
| Families of four or fewer | \$150 |
| Families of 5 or more..... | \$180 |
| Water Aerobics only (SILVER) | \$90 |
| Both Membership & Water Aerobics (GOLD) .. | \$180 |
| Seniors (65 & up)SILVER \$75, GOLD \$150 | |

Blue Membership includes use of the pool and all exercise equipment.

Silver Membership for water aerobics classes only.

Gold Membership includes all water aerobics classes and use of pool and all exercise equipment.

Fees and Charges

| | |
|--|-----|
| Adult Daily Use | \$4 |
| Child (Ages 6-15) Daily Use | \$3 |
| Free daily use for children under 6 years with a paying adult. | |

Family Swim Night

| | |
|--|-----|
| Ages 16 and up | \$3 |
| Ages 6-15 | \$2 |
| Free daily use for children under 6 years with a paying adult. | |

Limit 2 children free per paying adult.

Water Aerobics

| | |
|------------------------------|-----|
| Daily Fee (Members) | \$2 |
| Daily Fee (Non-Members)..... | \$3 |



Annual & Quarterly Passes

American Red Cross Swim Lessons & Courses listed inside!

Active Duty Military Swim Free during Lap Swim Times

HOURS OF OPERATION

MONDAY-FRIDAY

Lap Swim Only: 5:30 - 9 a.m., 11 a.m. - 1 p.m., and 5 - 6 p.m.

Open Swim: 1 - 5 p.m.

TUESDAY & THURSDAY

Family Swim: 6 - 8 p.m.

Active Duty Military Swim Free during Lap Swim Times

SATURDAY

Lap Swim: 10:30 a.m. - 12 p.m.

Open Swim: 12 - 4 p.m.

SUNDAY

Open Swim: 12 - 6 p.m.

Closed all federal holidays, Christmas Eve and New Year's Eve. Inclement weather - open 11 a.m. Aquatics Center will close for lightning warnings. Visit www.21fss.com for more information.



2009 LeMay Award winner

Building 404 • 556-4608 • www.21fss.com

Lessons, Dates & Times

2010 EVENING SWIM LESSONS

Tuesdays and Thursdays 5 p.m. and 5:40 p.m.

Session runs four weeks, beginning date:

November 2*

* November 22 will be makeup day for Nov. 25

2011 EVENING SWIM LESSONS

Tuesday and Thursday 5 p.m. and 5:40 p.m.

Sessions run four weeks, beginning dates:

January 11, February 8, March 8, April 5, May 3, June 7,

July 5, August 2, September 6, October 4, November 1*

*November 18 will be makeup day for November 24, Thanksgiving day.

2011 SUMMER MORNING SWIM LESSONS

Monday - Thursday 9:10 a.m., 9:50 a.m., 10:30 a.m.

Sessions run two weeks, beginning dates:

June 13, June 27*

*July 8 will be makeup day for July 4

July 11, July 25

2011 SPRING BREAK

Lifeguard Training Class

Spring Break, March 21-24, 8 a.m. - 5 p.m.

Water Safety Instructor/FIT Class

Spring Break, March 21-25, 8 a.m. - 6 p.m.

Visit our website for pretest and more information at 21FSS.com. Click on Aquatic Center.

American Red Cross Swim Lessons

Eight, 30 Minute Lessons

Members\$25

Non-Members.....\$40

Parent and Child Aquatics

- 2 levels
- Ages 6 months to 3 years

Preschool Aquatics

- 3 levels
- Ages 4-5 years

Learn-to-Swim

- 6 levels
- Ages 6 to 17 years or past preschool level 3 and is a minimum of 5 years old.

Adults ages 18 and up can sign up for private swim lessons.

Private Lessons

30 - minute Private Lesson (one patron) \$20

30 - minute Private Lessons (two patrons at one time) \$30

Payment for private lessons is required at time of registration with an instructor and is non-refundable.

American Red Cross Courses

ARC Lifeguard Training

\$175 - Includes book, gloves, mask,

First Aid, AED, O2, Professional CPR

Lifeguard Instructor with FIT

\$175 - Includes books

Water Safety Instructor with FIT

\$200 - Includes books

Other Classes

PDT, AED, Oxygen Administration, Pool Management, Professional CPR, Professional CPR Challenge, Lifeguard Challenge, Guard Start, Basic Water Rescue & Personal Water Safety, \$50 - Books not included

All American Red Cross classes and swim lessons require pre-registration, pre-payment, and are non-refundable. Training can be transferred one time with a 24-hour notice before first day of class. Pre-test will be given in advance per request from customer.

Special Events

SANTA'S HAWAIIAN LUAU

Play Pacific Islands games for all ages, learn to Hula dance, swim, eat island food, watch the Hula dancers, and bring your camera to get a picture with Santa.

Saturday,

December 11, 2010

12 - 4 p.m.

Saturday,

December 10, 2011

12 - 4 p.m.



CARDBOARD REGATTA

Build and race your own boat made of ONLY cardboard and duct tape. All squadrons, flights, offices or groups of any kind with youth or adult races are invited, two-person minimum on a team.

Saturday,

March 12, 2011

Dock team work 10 a.m. - 12 p.m.

Races 12 - 4 p.m.



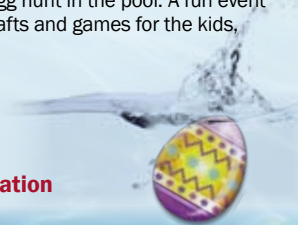
EASTER SPLASH FOR EGGS

Come and enjoy this unique Easter egg hunt in the pool. A fun event for all ages in a safe environment. Crafts and games for the kids, too.

Saturday,

April 23, 2011

12 - 4 p.m.



See 21FSS.com for more information on the events and rules.

Water Aerobics Classes

High Energy Water Aerobics

Monday & Wednesday, 11 - 11:50 a.m. and 5:00 - 5:50 p.m.

Geared toward anyone looking for a powerful workout. Designed to improve aerobic conditioning, muscle strength, and endurance. Various water resistance devices are used to add to the intensity of your workout experience.

Aqua Fluid Moves with Tai Chi & Yoga

Monday & Wednesday, 12 - 12:50 p.m.

Fluid Moves combines the principles of water fitness, the graceful flowing movements of Tai Chi Chuan and flexibility of Yoga. Aqua Fluid Moves incorporates the slow, powerful exercises, breathing, balance, strength, the benefits of relaxation in the water, and developing the nervous & muscular system.

Bodies in Motion Water Aerobics

Tuesday & Thursday, 11 - 11:50 a.m.

Develop cardiac health as well as a greater range of motion, strength and balance.

H2O Warrior

Tuesday, 12 - 12:50 p.m. Geared toward anyone looking for a powerful workout. H2O Warrior uses various resistance and training equipment in conjunction with diverse sport philosophies to deliver an intense calorie burn and full body workout. Class is recommended for participants with an intermediate to advanced fitness level.

Aquatic Kickboxing

Thursday, 12 - 12:50 p.m.

A high energy class developed using the principles of kickboxing. Participants will burn calories, develop strength, speed and cardiovascular endurance as they kick, punch and jab their way to fitness.

American Red Cross (ARC) Lifeguarding Class

Upon successful completion of the course, participants will be certified as ARC lifeguards and certified in oxygen, first aid and AED use. Cost for the class and book is \$175, and a deposit of \$100 will be taken at registration with the balance to be paid the first day of class. Participants will need to pass the ARC lifeguard pre-test to be eligible to attend the class. Call 556-4608 for complete details.