

Aquatic Facility Reservation

Guidelines and Helpful Information

Our Aquatic Facilities here at Joint Base Lewis-McChord present a wide array of training to support our Service Members. This page will have helpful information to understand what we offer and the importance of each training class. We hope you take the time to participate in as many classes to further you and your group in understanding aquatic safety in any situation.

Class	Student#	Length	Skill Level	Brief
Shallow PT	Min 15	60 min	Any	An aerobic class that will guarantee a vigorous workout. Workouts will include a mixture of swimming, water resistance running and dry land exercises.
	Max 50	60 min		
Deep PT	Min 15	60 min	Any	This class provides a low-impact high cardio workout. <i>*NOTE: Aqua joggers are NOT to be used as a floatation device</i>
	Max 25	60 min		
Water Survival	Min 15	60 min	Any	Each participant will learn the importance that each moment is crucial and can be extremely helpful in saving their own life by acquiring the skills to use their uniform and equipment in an aquatic emergency.
	Max 60	120 min		
CWST (combat water survival test)	Min 15	30 min	Any	This class is an excellent way to test out your skill level. <i>Items needed: ACU/BDU's, Boots and a bag to transport wet gear afterwards.</i>
	Max 200	120 min		
Dunker	Min 8	45 min	Any	Being prepared is the best chance you have. Complete this class of being submerged in a HUMVEE or STRYKER simulator. <i>Items needed: ACU/BDU's, Boots, helmets and a bag to transport wet gear afterwards.</i>
	Max 24	120 min		
Swim Lesson	Min 6	Schedule 60 min/day for 2 weeks	Any	Is your unit prepared for aquatic training? Would you like to expand your confidence in the water? This course is for ALL skill levels; our instructors will provide guidance for all levels.
	Max 30			
Life guard Training	Min 6	8 hours M-TH 2 weeks	Intermediate	This training is for groups who require trained America Red Cross lifeguards. Pretest passing is required
	Max 20			

Underwater swimming will not be permitted at JBLM Aquatic Facilities.

Swimmers must not travel more than 15 feet underwater from the wall, perform breath holding or bobbing in the deep end.

Exception: ONLY at KEELER SWIMMING POOL. Underwater training must be Mission Essential and accompanied by a completed risk assessment including a "underwater swimming" section. Other requirements are a medic on deck (w/criteria), oxygen tank readily accessible, two safety swimmers in the water equipped with fins and a mask and an instructor either in the water or on the deck.

Keeler Pool BLDG 9993 (253) 967-6652 Hours of operation: Monday thru Thursday 0630-1530 Closed FRI, SAT, SUN, HOLIDAYS AND DONSA	Soldiers Field House Pool BLDG 3236 (253) 967-5390 Available for PT only: Monday –Friday 0630-0730
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Our Aquatics Team appreciates your service, we will strive to do our best and give you and your team the opportunity to enhance your swimming needs.

Training requests outside the dates and times of regular hours of operations will be charged \$100 per hour and must be a minimum of 2 hours.

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