

Learn to Scuba Dive!

The Natatorium offers scuba courses. Upon successful completion of this course, you will attain the skills and an internationally recognized certification to allow you to dive worldwide. Call the Natatorium for course pricing, dates and additional information.

Youth Swim Team

Mon-Thu • 3:30-5pm

Fri • 3:30-4:30pm

Cost: \$35/person
(\$30 for the 2nd Family Member-same family)

Open to ages: 6-18

The Natatorium is the home of the Yokota Stingrays Swim Team! Youth interested in joining can sign up at the front desk. The Stingrays' season runs from September through May, with swim meets offered for youth to compete against other Kanto Plain swimmers. Swim Team tryouts are every Tuesday and Thursday from 3-3:30pm. Sign ups continue throughout the season. Contact the Natatorium for more information.



Master Swim Program

Mon-Thu • 11am-12:30pm • \$25/month

Open to adult swimmers who swim for exercise and wish to increase their endurance and fine tune their swim strokes. Beginners through advanced swimmers are welcome. Swimmers must be able to perform basic strokes and swim 50 meters.

Swim Shop

Various items, such as goggles, swim caps, special event T-shirts and more, are available for purchase at the front desk.



Hours of Operation

Monday-Friday

PT Water Aerobics	6-7am (Mon,Wed)
Lap Swim	5am-3:15pm (Mon-Fri)
Aqua Power	8:30-9:30am (Tue,Thu)
Swim Lessons	3:15-6:15pm (Mon-Thu)
Aquacize	5:30-6:30pm (Mon,Wed)
Swim Team	3:30-5pm (Mon-Fri)
Aqua Circuit	6-7pm (Tue-Thu)
Lap Swim/Open Swim	6:15-7pm (Mon-Thu)
Rec Swim	5-7pm (Fri)

Weekends & Holidays

Lap Swim	11am-12pm
Rec Swim	12-6pm



Natatorium Indoor Pool

Bldg 4338 • DSN 225-6133	
Mon-Fri	5am-7pm
Sat/Sun/Hol	12-6pm

Front Desk Hours

Mon-Fri	9am-6pm
Sat	12-4pm
Sun/Hol	Closed

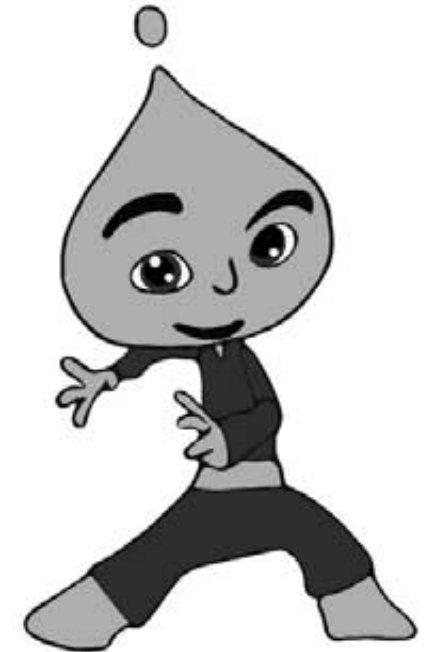


Rev. Sep 07

Welcome to Yokota Aquatics

Natatorium Indoor Pool

Programs & Hours of Operation



Yokota AB
SERVICES
Combat Support & Community Service



Aquatic Schedule 2007

	Time	MON	TUE	WED	THU	FRI	SAT	SUN
Natatorium Indoor Pool Hours	5am-3:15pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim Only 11am-12pm	Lap Swim Only 11am-12pm
	6-7am	PT Water Aerobics		PT Water Aerobics			Rec Swim 12-6pm	Rec Swim 12-6pm
	8:30-9:30am	Lap Swim	Lap Swim Aqua Power	Lap Swim	Lap Swim Aqua Power	Lap Swim	Please note <i>Lap Lanes are not available during Rec Swim.</i>	
	3:15-6:15pm	Swim Lessons Swim Team	Swim Lessons Swim Team	Swim Lessons Swim Team	Swim Lessons Swim Team	Swim Team		
	Evening Aquatics	Aquacize 5:30-6:30pm	Aqua Circuit 6-7pm	Aquacize 5:30-6:30pm	Aqua Circuit 6-7pm	Rec Swim 5-7pm		
	6:15-7pm LIMITED	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Open Swim		

*Schedule is tentative and subject to change according to need, availability of instructors and enrollment levels.

*During Rec Swim, Lap Lanes are not available.

*Children's wading pool is open all day. Adult supervision required at all times.

*Water slide and diving board not available during open swim due to lap lanes.

Lap Swim

This time is set aside for exercisers to workout either by swimming laps or by exercising on their own. Due to limited pool space, we ask that lap swimmers share lanes. Persons under the age of 18 must have prior approval from the Aquatic Manager before participating. *Water slide and diving board not available during limited open swim due to lap lanes. Lap Lanes are not available during Rec Swim.

Rec Swim

Family fun in the aquatic environment! Children under the age of 11 must have an adult either in the pool or on deck. Children under the age of 6 must have an adult in the water. Lifeguards are on duty to ensure the safety of all participants.

Swim Lessons

Swim lessons are available for students over the age of 3 and are \$40 per course. Each class is 30 minutes. Levels I-IV and adult classes are available. Contact the Natatorium's front desk for current class schedule. Students must pay for the lesson in advance and spots are first come, first served.

Squadron PT Water Aerobics

Are you looking for something different for your Squadron's PT program? The Natatorium offers PT Water Aerobics; a great alternative for squadrons. This special Water Aerobics program is for PT only. All squadrons are welcome! *The PT Aerobics must be scheduled in advance to ensure instructor availability.*

Pool Parties

The Natatorium indoor pool is available for open swim parties **Fridays from 5-7pm and on weekends (time TBD)**. Please reserve at least 2 weeks in advance. Longer parties may be available, call for details. Reservations subject to life guard availability.

*Pool party: \$40 for two hours

*Pool party with Treasure Island: \$80 for two hours



Pool Rules

1. Children under the age of 6 must have a parent accompany them in the water. Children 7-11 must have a parent in the pool or on the deck.
2. Long hair must be tied in a ponytail.
3. Showers are required before entering the pool.
4. U.S. Coastguard approved life jackets only; no floaties or rings.
5. No diving in shallow water.
6. No food or drinks allowed on the pool deck.
7. Please dispose of chewing gum in a proper receptacle before entering the pool.
8. No glass containers allowed at any time.
9. Rough horseplay is not allowed at any time.
10. Remember, life guards are there for your safety!

Aqua Aerobics

Fun water exercise classes that will help your busy day feel better by getting rid of that pent up energy! Using the water to add resistance, you will improve your cardiovascular and muscular endurance, as well as strength and flexibility. Open to all levels, exercises are easily adapted for all fitness levels.

• Aqua Circuit

This exciting class has multiple stations, combining resistance and cardiovascular conditioning in a rotating format.

• Aquacize

A one hour aerobic class which may also include upper and lower body strengthening using water buoys and stretching.

• Aqua Power

A kickboxing style class in the water! Enjoy the benefits of kickboxing with the added benefit of low impact water aerobics.

**As with any exercise program, check with your Physician before embarking on any fitness regimen.*