

Eligibility

Military ID card holders are eligible to purchase family memberships. DoD civilians and contractors are eligible to purchase single memberships and can bring family and guests for a daily fee of \$5.00. Active Duty fitness swim is free of charge.

Adult Lessons

Adult lessons are offered on Wednesdays. You can purchase a 6-class punch card and come to any 6 classes of your choice. **The lessons are FREE for active duty and \$60 for others.**

Beginners: Designed for participants who have very little or no swimming experience & may be fearful/uncomfortable in the water.

WED 5:00pm

Intermediate: Designed for participants who are comfortable in the water and are looking to learn stroke development.

WED 5:30pm

Advanced: This class focuses on competitive swimming strokes, teaching methods for increased efficiency and speed in the water. Participants are also introduced to the basics of planning workouts.

Wed: 6:00pm

Other Pool Programs

Scuba Lessons
Swim Teams: Youth and Masters
Birthday Parties
Lifeguard Training
Flick 'n' Float

Hours of Operation

Monday–Friday

10:00am–1:45pm (Adult Lap swim)

Tuesday–Thursday

10:00am–1:45pm (Adult Lap swim)

4:00pm–6:45pm (lap & open swim)

Saturday

12:00pm–4:45pm (lap & open swim)

Times and availability are subject to change

Fees and Charges

Daily	\$3
Civilian/Contractor/Guest	\$5
Single Monthly	\$25
Family Monthly	\$45
Single Annual	\$150
Family Annual	\$270
Summer Pass (Memorial Day to Labor Day)	
Single	\$55
Family	\$100

Punch Card

Punch Card for daily visits
10 Visits \$30, 11th visit FREE

Punch cards are one per person nontransferable



Hanscom Pool

Late Fall 2019 Swim Lessons 2 Nov to 21 Dec

Registration opens
20 October at 10am



66 FSS/FSCOP
195 Marrett Street, Bldg. 1550
Hanscom AFB MA 01731
Phone: (781) 225-6638





Youth Swim Schedule Options

Parent/Child, 6 m—3 yrs

Sat 9:00am

This class is designed to help children become comfortable in the water by use of water games, songs and skill repetition. The caregiver accompanies the child in the water and is also taught techniques for handling child in the water. Swim diapers are required.

Preschool Aquatics

Preschool lessons are designed for children who are 3 years old and continues until the child enters elementary school. Children who are not potty trained must wear a swim diaper. All Preschool level classes are 30 minutes.

Preschool 1

Sat 9:30am or Sat 11:00am

Children are taught proper entry & exit into pool, floating, breathing skills, fundamentals of reach and pull and elementary backstroke.

Preschool 2

Sat 10:00am & 10:30am

Children are comfortable with reach and pull and elementary backstroke. Ability to swim 5 yards unassisted. Children are taught gliding, air recovery and the fundamentals to front crawl and backstroke.

Preschool 3

Sat 10:30am

Children have an understanding of front crawl and backstroke. Ability to swim 5 yards of stroke unassisted. Children are introduced to rotary breathing, diving, and breaststroke.

Youth Aquatics

Youth Lessons are designed for children who are currently in elementary school or older. Lessons are FLOTATION FREE. Use of personal flotation devices (PDFs) that include bubbles, arm floats, vests, suits, etc are not allowed. We do use noodles, swim boards, kickboard, etc. All youth level classes are 30 minutes.

Level 1:

Sat 9:00am or 10:30am

Basic water skills are taught in this class. Children are comfortable with reach and pull and elementary backstroke. Ability to swim 15 yards unassisted. Children are taught gliding, air recovery and the fundamentals to front crawl and backstroke.

Level 2:

Sat 9:30am or Sat 11:00am

Children have an understanding of front crawl and backstroke. Ability to swim 25 yards of stroke unassisted. Children are introduced to rotary breathing, diving, and breaststroke. Focus is on stroke refinement.

Level 3:

Sat 10:00am

Children have an understanding of front crawl, backstroke, and breaststroke. Ability to swim 25 yards of all strokes unassisted. Children are introduced to butterfly and flip turns.

Cost is \$60 per session per child.

Payment is required at time of registration. Registration is available in person or by calling (781) 225-6638.

PRIVATE LESSONS: One-on-One individualized instruction. Must be scheduled in advance with instructor. Limited availability. **\$35 half hour**

- **Children must be accompanied by an adult to the facility for lessons. The adult must remain in the facility for the duration of the lesson**
- Children should not enter the pool without the instructor
- All non-swimmers must be accompanied by someone 18 or older in the pool within arms reach at all times.
- Face masks that cover the nose are NOT permitted
- All non-toilet trained children must wear a swim diaper