POOL HOURS

Laurel Bay Pool: (25 May-17 August) Sunday 1200-1800 Monday Closed Tuesday-Saturday 1100-1800

Laurel Bay Pool: (18 August-2 September) Sunday 1200-1800 Monday Closed Tuesday-Friday 1500-1800 Saturday 1100-1800

Parris Island Pool: (25 May-17 August) Sunday 1200-1800 Monday Closed Tuesday-Saturday 1100-1800

Parris Island Pool: (18 August-2 September) Sunday 1200-1800 Monday Closed Tuesday-Friday 1100-1300 Saturday 1100-1800

Naval Hospital: (25 May-2 September) Sunday 1200-1800 Monday, Tuesday, Thursday, Friday 1100-1800 Wednesday Closed Saturday 1100-1800

Naval Hospital: (7 September –29 September) Saturday 1100-1800 Sunday 1200-1800 Closed: Monday-Friday

The pools will be open these holidays from 1200-1800: Memorial Day- 27 May (PI & LB closed following Tues, 28 May) 4th of July Labor Day- 2 September

ENTRY FEES

Daily Fees:

Active Duty: \$2.00 (MCRD will offer free active duty lap swim and aquatic PT from 1100-1300, Tuesday-Friday) Dependents, DOD, and Retired: \$3.00 Family pass: \$6.00 (Immediate household family)

(5 and under free) Guest: \$4.00

Guest Family: \$10.00 (Immediate household family)

Camps: \$3.00 per visitor

Punch Pass: 20 entries Active Duty: \$25.00 DEP/DOD/RET: \$45.00 Family: \$95.00

Season Pass: 25 May - 2 September Active Duty: \$50.00

DEP/DOD/RET: \$100.00 Family: \$150.00

TEAM ENDURANCE DUATHLON

In teams of 4-8 participants will compete to achieve the farthest distance over 1 mile run laps and 50 meter swim laps. 9 August 0700 at PI Outdoor pool Duration: 1 hour Run/Swim event Teams of 4-8

Most laps and total distance Run: 1 mile lap Swim: 50 meter laps

ADULT SWIM MEETS

Parris Island Outdoor Pool - Start Time: 0700

29 May

Individual Male/Female

25 meter freestyle

25 meter backstroke

25 breaststroke

25 meter butterfly

Team events: (4 team member)

100 meter Beach ball relay

100 meter medley relay

100 meter freestyle relay

12 June

Individual Male/Female 100 Meter medley 50 meter breaststroke 50 meter freestyle 100 meter freestyle Team events: (4 team member) 200 meter breaststroke relay 100 meter brick tow relay

17 July (long course)

Individual Male/Female
100 meter freestyle
50 meter backstroke
50 meter butterfly
400 meter freestyle
Team events: (4 team member)
100 meter superman relay
400 meter freestyle relay

21 August

Individual Male/Female
200 meter freestyle
200 meter medley
200 meter breaststroke
50 meter freestyle
Team events: (4 team member)
50 meter arms across America
600 meter team endurance swim relay

MCCS AQUATICS HOTLINE- 228-7673

Registration for all summer aquatic programs will start Saturday 25 May, at the Parris Island and Laurel Bay Outdoor Pools. You may register for all Aquatic programs at the Parris Island and Laurel Bay MCCS pools during normal operating hours effective 25 May.

Starting 25 May you may check pool party availability and pay to reserve the pools for a private pool party for all three facilities by contacting the Parris Island pools.

2019 SUMMER P000 PROGRAMS

MCRD PARRIS ISLAND 228-1506

> NAVAL HOSPITAL 228-5609

> > **LAUREL BAY** 228-7524

AQUATICS HOTLINE 228-7673

OPENING DAY 25 MAY



Dates and times listed are subject to change.



GROUP SWIM LESSONS \$40.00

SESSION 1:

LAUREL BAY 4-14 June (Tuesday- Friday)
AM: 0900-0945 Level 2 Lionfish, Level 3 Swordfish
1000-1045 Level 1 Clownfish
1100-1130 Parent and Child Aquatics Level 1 Angelfish

PARRIS ISLAND 4-14 June (Tuesday- Friday)
PM: 1700-1745 Level 1 Clownfish, Level 2 Lionfish
1800-1845 Level 3 Swordfish, Level 4 Hammerheads

SESSION 2:

LAUREL BAY 18-28 June (Tuesday- Friday)
AM: 0900-0945 Level 2 Lionfish, Level 3 Swordfish
1000-1045 Level 1 Clownfish
1100-1130 Parent and Child Aquatics Level 2 Minnows
PM: 1700-1745 Level 1 Clownfish
1800-1845 Level 2 Lionfish

PARRIS ISLAND 18-28 June (Tuesday- Friday) AM: 1100- 1145 Level 1 Clownfish PM: 1700-1745 Level 1 Clownfish, Level 2 Lionfish 1800-1845 Level 3 Swordfish

NAVAL HOSPITAL 17-28 June (Mon, Tues, Thurs & Fri) AM: 0900-0945 Level 2 Lionfish 1000-1045 Level 1 Clownfish

SESSION 3:

LAUREL BAY 9-19 July (Tuesday- Friday)
AM: 0900-1100 Guard Start
0900-0945 Level 3 Swordfish
1000-1045 Level 1 Clownfish, Level 2 Lionfish

PARRIS ISLAND 9-19 July (Tuesday- Friday)

AM: 1100- 1145 Level 2 Lionfish PM: 1700-1745 Level 1 Clownfish, Level 2 Lionfish 1800-1845 Level 3 Swordfish, Level 4 Hammerheads

NAVAL HOSPITAL 8-19 July (Mon, Tues, Thurs & Fri) AM: 0900-0945 Level 2 Lionfish 1000-1045 Level 1 Clownfish

SESSION 4:

LAUREL BAY 30 July-9 August (Tuesday- Friday)
AM: 0900-0945 Level 3 Swordfish, Level 4 Hammerheads
1000-1045 Level 1 Clownfish, Level 2 Lionfish
PM: 1700-1745 level 1 Clownfish

PM: 1700-1745 level 1 Clownfish 1800-1845 Level 2 Lionfish

PARRIS ISLAND 30 July-9 August (Tuesday- Friday) PM: 1700-1745 Level 1 Clownfish, Level 2 Lionfish 1800-1845 Level 3 Swordfish

NAVAL HOSPITAL 29 July-9 August (Mon, Tues, Thurs & Fri) AM: 0900-0945 Level 2 Lionfish 1000-1045 Level 1 Clownfish

PRIVATE SWIM LESSONS

1 person, 4 consecutive lessons, 30 minutes each for \$40.00. Private lessons will be offered by appointment only; prior payment and registration are required. The scheduled lessons will be available for authorized patrons of all ages. Each private lesson will be limited to one person at a time, one on one instruction with a Water Safety Instructor. After you register you will be contacted to schedule your lessons.

ACTIVE DUTY SWIM LESSONS

Free for all Active Duty Marines and Sailors (all skill levels are welcome). RSVP at 228-1506
4 June-15 August Tuesday & Thursday
1200-1300 PI Outdoor Pool.

SUBMARINE RUN FREE EVENT!

Parris Island Outdoor Pool
Adult Events: Start time 0700

7 June: 1.7 mile run followed by a 300 meter swim 21 June: 1 mile run followed by a 300 meter swim followed by 1 mile run

26 July: 1.7 mile run followed by 400 meter swim followed by 1.7 mile run

Youth Event (under 18 years old) 20 July: Start time 0900

1 mile run followed by a 250 meter swim ½ mile run followed by a 150 meter swim ¼ mile run followed by a 75 meter swim 200 yard run followed by a 25 meter swim May use life jackets if necessary

SUMMER SAFETY DAY

Instructor led aquatics safety topics taught through fun interactive activities that promote safety in, on, and around all sources of water. This is a FREE event to include free shirts while supplies last! There will be a team event to build and float a cardboard boat.

Lunch will be provide: hotdogs, chips and drinks 29 June from 0900-1500 Parris Island

TAKING THE PLUNGE! POOL BASICS WITH EFMP

This one and half hour sensory experience will introduce you and your child to our great facility, fabulous staff, and common swim lesson structures and activities. Your child will explore the wonderful world of aquatics (the pool) while increasing body awareness, perception, coordination, oral motor skills (blowing bubbles), safety awareness, social skills, and most importantly a pool visiting routine. The ultimate goal is to get you and your child comfortable enough to enroll in swim lessons.

To enroll in this class please contact Dustin Romano, 228-7918 or scefmp@usmc-mccs.org.

0900-1030 Laurel Bay and Parris Island Pool

Parris Island: 11, 13 June Laurel Bay: 23, 25, 26 July Laurel Bay: 13, 15, 16 August

SWIM CAMP

The first week is \$50 with supplies included. Each additional week is \$15. There will be two swim meets for all swim camp participants, 22 June and 10 August 0900-1200. There will be a \$10 fee for each swim meet.

Times: 1700-1900 | Ages: 8-18 Location: Parris Island Outdoor Pool

Week 1: 4-7 June Week 2: 11-14 June Week 3: 18-21 June Week 4: 25-28 June Week 5: 9-12 July Week 6: 30 July- 2 August Week 7: 6-9 August



GUARD START

Guard Start is a program designed for children ages 10-14 who can complete the skills of American Red Cross Learn to Swim level 5. Guard Start teaches the participant duties and responsibilities of a professional lifeguard. Successful course completion not only offers the participants a chance to improve their swimming skills, but also the following American Red Cross certifications: CPR for the lay responder, Prevention of Blood Borne Pathogens, AED, First Aid and Guard Start. Obtaining these certifications will prepare participants who turn 15 years old to enroll in the American Red Cross lifeguard course.

Dates: 16-26 July (Tuesday-Friday)
Times: 0900-1100 | Location: Laurel Bay Pool | Cost: \$60