

# Okinawa MCCS Semper Fit Aquatics Program

## Frequently Asked Questions

### Facility

**Q: Where can I find Aquatic facility hours and phone numbers?**

A: Our facility hours and phone numbers are posted online at: <https://www.okinawa.usmc-mccs.org/recreation-fitness/swimming/pools>

**Q: Why are the seasonal pools not open now?**

A: Because the seasonal pools are not heated pools and will be too cold to swim in until late May.

**Q: What facilities have a baby pool?**

A: The Kinser, McTureous, and Plaza.

**Q: Why are there no high dives?**

A: Facilities must meet specific depth requirements to ensure patron safety, and not all our pools meet those requirements to have a low or a high diving board.

**Q: Why are pool hours diminished during the spring and late summer/fall?**

A: Most of our lifeguard staff are high school students. Once school resumes, they are no longer available to staff our pools on a full-time basis, therefore, we must diminish our operating hours.

**Q: Why do some pools taste salty?**

A: Our chemical supplier uses a brand of chlorine that results in a slightly salty-tasting pool.

### Sign-In

**Q: Is there a fee to enter the pool?**

A: No.

**Q: Can we use the lap swim equipment? (I.e. kick board, flippers, etc.)?**

A: Yes, if they are being utilized for lap swimming only.

**Q: Do you provide goggles?**

A: No, we do not provide goggles; however, we often have piles of lost-and-found goggles available at the sign-in table.

## **Rules**

### **Q: Why is there a swim test?**

A: We must ensure the safety of our patrons, and part of this entails determining the swimming ability of those patrons. Those patrons who have better swimming skills are deemed to be less likely to have a problem in water that is over their heads; on the contrary, those patrons who are less skilled in swimming are deemed to have more likely problems when swimming in deep water, thereby elevating the risk of an in-water emergency. To diminish the risk, those patrons who do not pass the full swim test each year are not allowed (unaccompanied) into the deeper areas of the pool, thereby lowering the risk of in-water emergencies for those swimmers.

### **Q: Why do I need to pass a swim test to use a slide or diving board?**

A: Slides and diving boards are located in a deeper area of the pool and are required to be installed to meet the specific depth requirement. For safety regulations and policy, swimmers using a slide or diving board must be unaccompanied. Additionally, swimmers must pass the swim test to utilize the deep end of the pool. If a swimmer has not passed the swim test, they will not be allowed to utilize the slides and/or diving boards.

### **Q: Can I dive into the pool?**

A: Yes, however, only past the **9-foot mark in the deep end** and **from designed areas**. These designated areas depend on the facility's structure.

### **Q: What are your diving board and slide rules?**

A:

- To use a slide and/or diving board, a child (under the age of 16) must have passed the swim test.
- Goggles and/or other swim items are not allowed on the slides and boards.
- Patrons must go down the slide by feet first on the back.
- When waiting in line for the slide, patrons must wait at the bottom of the stairs until the lifeguard signals the patron to go up the stairs.

### **Q: Can lanes be shared during lap swim?**

A: Yes. We recommend swimmers use the "circle swimming" method by swimming on the right side of the lane to avoid collisions.

## **Lifeguard Courses**

### **Q: Where can I find the Lifeguarding course information?**

A: The lifeguarding course information can be found at <https://www.okinawa.usmc-mccs.org/recreation-fitness/swimming/aquatics-program/lifeguard>

### **Q: How do I sign up for a lifeguard course?**

A: After clicking the link (<https://www.okinawa.usmc-mccs.org/recreation-fitness/swimming/aquatics-program/lifeguard>), please click "Register Today!" in the red bracket. Then select the course date and check out. All the certification course registrations are done online only. If you need assistance, you may contact us at [mccsaquatics@okinawa.usmc-mccs.org](mailto:mccsaquatics@okinawa.usmc-mccs.org) or 645-3180 or 098-970-3180.

## Swim Tests

### Q: What is the swim test?

A: Any child under the age of 16 may take a swim test that allows them more privileges at the pool. To pass the swim test, swimmers must complete a 25-meter swim with a recognizable stroke (as described by the American Red Cross) and a 1-minute float or tread in deep water **while** keeping their face above the water. Swimmers who are 16 years old and older are not required to take a swim test.

### Q: How does the swim test work?

Age	Pass Swim test?	Bracelet Color	Adult/Guardian in Facility?	In Water Without Adult?	Distance from Adult?	Shallow Water?	Deep Water?	Adult Supervision When out of Out of the Water?	May act as an Adult?
Under 12	No	None	Required	No	Touch Supervision / Arm's Length	Yes	No	Periodic Face-to-Face Contact	No
Under 12	Yes	Orange	Required	Yes	Constant supervision	Yes	Yes	Periodic Face-to-Face Contact	No
12 to 15	No	None	Required if Swimmer is in Water	No	Touch Supervision / Arm's Length	Yes	No	Periodic Face-to-Face Contact	No
12 to 15	Yes	Green	Not Required	Yes	N/A	Yes	Yes	Periodic Face-to-Face Contact	No
16 to 17	N/A	None	Not Required	Yes	N/A	Yes	Yes	Not Required	Yes
18 and Older	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes

### Q: What if my child does not have a swim test band?

A: Any child under the age of 16 that **does not** pass any swim tests **must** remain within arm's reach of an adult, and the adult must be in the water whenever the child is in the water.

## **Swim Team**

### **Q: Where can I find information on the Okinawa Dolphin Swim Team?**

A: The ODST Swim Team information can be found at <https://www.okinawa.usmc-mccs.org/recreation-fitness/swimming/aquatics-program/dolphins-swim-team>

## **Swim Lessons**

### **Q: Where can I register for swim lessons?**

A: The swim lessons can be found at <https://www.okinawa.usmc-mccs.org/recreation-fitness/swimming/aquatics-program/dolphin-swim-school>, and there is no walk-In registration. **We only accept online registration.**

### **Q: How much do swim lessons cost?**

A: All the swim lessons are priced at \$38 per session. Each session includes 4 lessons, and each lesson is 30 minutes. However, some sessions may only have three lessons due to the federal holiday and will be prorated accordingly. If the lesson was cancelled due to weather conditions, or pool closure, a refund for the particular cancelled lesson will be refunded at the end of the session.

### **Q: Which pools offer swim lessons?**

A: We offer **year-round** swim lessons at the Hansen pool, and in summer, we offer summer swim lessons at Hansen, Plaza, McTureous, and Kinser pools.

### **Q: How do I know which class I should register my child for?**

A: All swim lesson registrations are based on the participant's age.

- Starfish swim class (18 months - 3 years old)
- Tadpoles swim class (3 - 4 years old)
- Minnows swim class (5 - 6 years old)
- Jellyfish swim class (7 - 8 years old)
- Manta Rays swim class (9 - 10 years old)
- Sea Lions swim class (11 - 12 years old)
- Tiger Sharks swim class (13 - 14 years old)
- Streamliners swim class (15 years old and older)

## **Pool Parties**

### **Q: How do I reserve the pool for private pool party?**

A: A private pool party reservation form can be downloaded at <https://www.okinawa.usmc-mccs.org/modules/media/?do=inline&id=105bdc83-f244-4ef5-b6f6-5fb8adcffa49&v=1>. Email us at [mccsaquatics@okinawa.usmc-mccs.org](mailto:mccsaquatics@okinawa.usmc-mccs.org) and attach the pool party reservation form to make a reservation. The price of the private pool party will depend on the number of participants and the length of the party, and a payment link will be provided.