

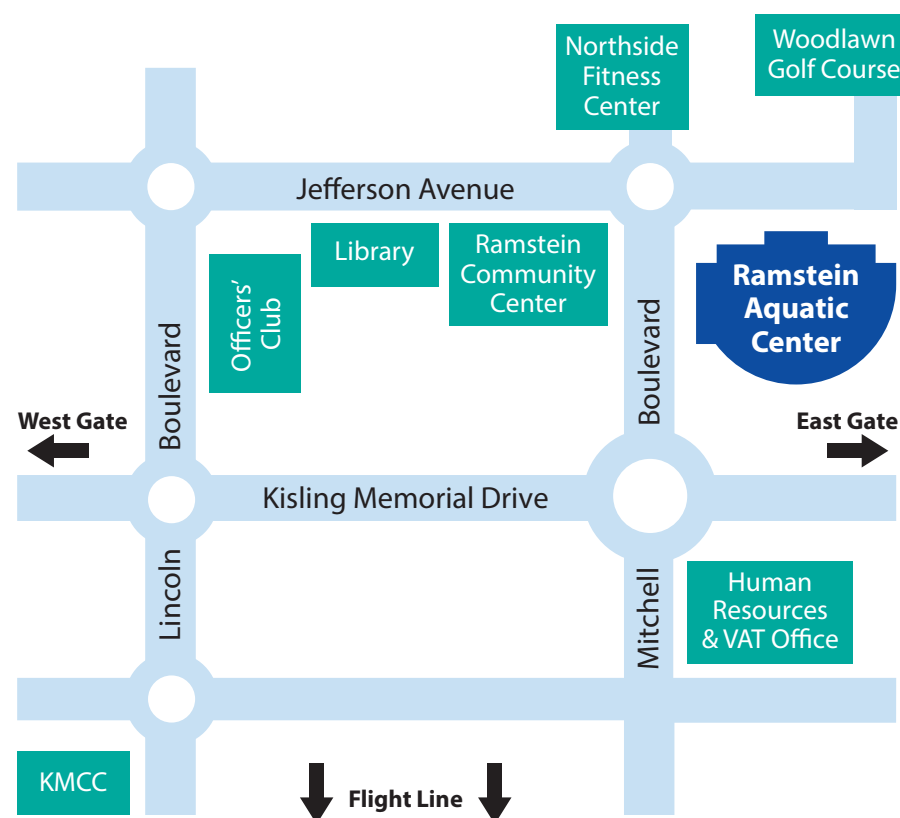
Welcome

The Ramstein Aquatic Center has three indoor pools, which allow for year-round swimming making it feel like summer!

The facility offers a 25-meter fitness pool with 9 lap lanes and a diving board, a recreation pool that has slides and a playground and a wade pool for the little ones.

The facility provides numerous programs including water fitness classes, Swim Challenge, Red Cross swim lessons (6 months to Adults), Private swim lessons, birthday parties, SCUBA classes, and monthly events.

Facility Location



Contact Us:

RAMSTEIN AQUATIC CENTER

Bldg. 422

DSN 478-7665

CIV 06371-405-7665



86fss.fscs.aquaticcenter@us.af.mil



Ramstein Aquatic Center



86fss.com/outdoor-rec/aquatic-center/

Hours of Operation

Tuesday-Friday

Fitness/Lap Pool: 0600-1945

Recreational/Kid Pool: 0900-1945

Saturday, Sunday & Family Days

1100-1645

Monday & Holidays

CLOSED

RAMSTEIN
Aquatic
CENTER

86th
FORCE
SUPPORT SQUADRON

RAMSTEIN AQUATIC CENTER



Pool Prices

Adults

Daily Pass: \$3
Individual Monthly Pass: \$20
Individual Annually Pass: \$90

Youth (6-17)

Daily Pass: \$2
Individual Monthly Pass: \$10
Individual Annually Pass: \$70

Family

Daily Pass: \$10
Individual Monthly Pass: \$35
Individual Annually Pass: \$175

- 5 and under: FREE, adult interactive supervision is required
- Family passes includes members on official orders

Swim Lessons

Group Swim Lessons

\$50 for 8 (30 minute) sessions
Available from 6 months to Adults

Private/Semi-Private Lessons

\$125 for Private (one-on-one)
\$188 for Semi-Private (two individuals of same skill)
Recommended for those 3 yrs and up

Water Fitness Classes

Prices

Daily Pass:
\$4 Member, \$7 Non-Member
Punch Cards (8 Classes):
\$25 Member, \$50 Non-Member

SwimFit

Wednesdays/Fridays: 1100-1230

Water Aerobics

Tuesdays/Thursdays: 1830-1930
Wednesdays: 1000-1100

Class days/times are subject to change. Ask front desk for details.

Lap Swim

Lap swim is available during normal operational hours, but due to programs these numbers are subject to change; a minimum of 2 lap lanes are always available.

Tuesday-Friday

0600-0800: 2 lanes*
0800-1530: 6 lanes
1530-1915: 2 lanes*
1915-1945: 6 lanes

* = August-February

Saturday & Sunday

1100-1645: 7 lanes

Kingfish Swim Team

We host the Kaiserslautern Kingfish Swim Team and if you're interested in joining, please visit their website for more information:
kingfishswimteam.com

Birthday Parties

Looking for a fun and unique birthday party? We offer two packages depending on your birthday needs. Please contact the front desk two weeks in advance for booking.

Package 1: \$75 Package 2: \$145

Supervision Requirements

AGE (years)	NOT PASSED the swim test	PASSED the swim test
<5	Interactive Supervision: Adult who is at least 18 years must be within arm's length	N/A
6-10	Interactive supervision in the FIT pool, Direct supervision in the REC pools: clear line of sight with ability to communicate	Direct Supervision in all pools
11-13	Interactive supervision in the FIT pool and direct supervision in the REC pools	Can be unattended to stay for up to 3 hours in the facility with a properly signed and filed liability form
>14	Adult supervision not required in the facility. Swim test not required for FIT pool.	

Scuba

We offer Open Water PADI Certification courses from May-Sept. This is a lifetime certification that you obtain by online coursework, pool exercises, and open water training. Sign-ups begin in April with limited space available!

Lifeguard Courses

Interested in becoming a lifeguard? We provide American Red Cross lifeguarding courses throughout the year. Please contact us for more information on the next course.

Swim Challenge

Need some extra motivation throughout the year? The swim challenge is a go-at-your-own-pace program that ends 31 December. Start anytime and see how far you can swim...they who dare, win! Plus, earn prizes at each milestone.

Events

We host a wide variety of programs and events all year round. From Bring Your Own Float day, Easter egg hunt in the pool, to movie nights. Be on the look out for these events and more!



Welcome to the Challenge

Lifeguarding is a challenging and important job. Being an effective lifeguard requires commitment and a lot of work, but the personal and professional benefits are well worth the effort. As a lifeguard it is your mission to prevent harm, or injury, and if need be, act in a crisis situation. The lifeguard course is designed to challenge you physically and mentally. Congratulations on your decision to challenge yourself and make a difference at Ramstein.



RAMSTEIN AQUATIC CENTER

Ramstein Air Base

Bldg. 422

DSN: 478-7665 (POOL)

Civ: 06371-405-7665

<https://86fss.com/outdoor-rec/aquatic-center/>



Ramstein Aquatic Center

HOURS OF OPERATION

Tuesday – Friday

FIT POOL 0600 - 1945

REC POOL 0900 – 1945

Saturdays/Sundays/Family Days

1100 – 1645

Mondays CLOSED

NEXT LIFEGUARD COURSE WILL BE HELD ON:



LEARN TO SAVE A LIFE!



Lifeguards...make a difference!

Get qualified at the Ramstein Aquatic Center in Rescue Skills, CPR/AED & First Aid.

PURPOSE

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program offers a choice of Lifeguarding/First Aid/CPR/AED courses to meet the various training needs of a diverse audience.

PREREQUISITES

Candidates must:

1. Be at least 15 years old on or before the final scheduled session of the course.
2. Swim 300 meters, continuously demonstrating breath control and rhythmic breathing.
 - Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes, using only the legs.
 - Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds:
 - Starting in the water, swim 20 meters. Swim goggles are not allowed.
 - Surface dive, feet-first or headfirst, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 meters on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath.
 - Exit the water without using a ladder or steps.

LEARNING OBJECTIVES

- Explain how to fulfill the responsibilities of a professional lifeguard
- Describe the role that facility management plays in facility safety.
- Describe the drowning process.
- Identify the behaviors of a swimmer, distressed swimmer, and an active and a passive victim.
- Identify and define elements of effective surveillance.
- Explain proper scanning techniques and identify tactics to overcome scanning challenges.
- Identify how to recognize and care for a victim of poisoning, heat-related illnesses and cold-related emergencies.
- Demonstrate how to care for victims with head, neck or spinal injuries on land and water
- Demonstrate how to give in-water ventilations.
- Demonstrate how to perform a quick extrication of a victim from the water.
- And more

CERTIFICATION REQUIREMENTS

- Attend and actively participate in all class sessions (may include eLearning modules).
- Demonstrate competency in all required skills
- Pass the final skills scenarios and written exam

CERTIFICATE & VALIDITY

- The American Red Cross certificate for Lifeguarding/First Aid/CPR/AED is valid for 2 years.



2020 SWIM LESSON HANDBOOK

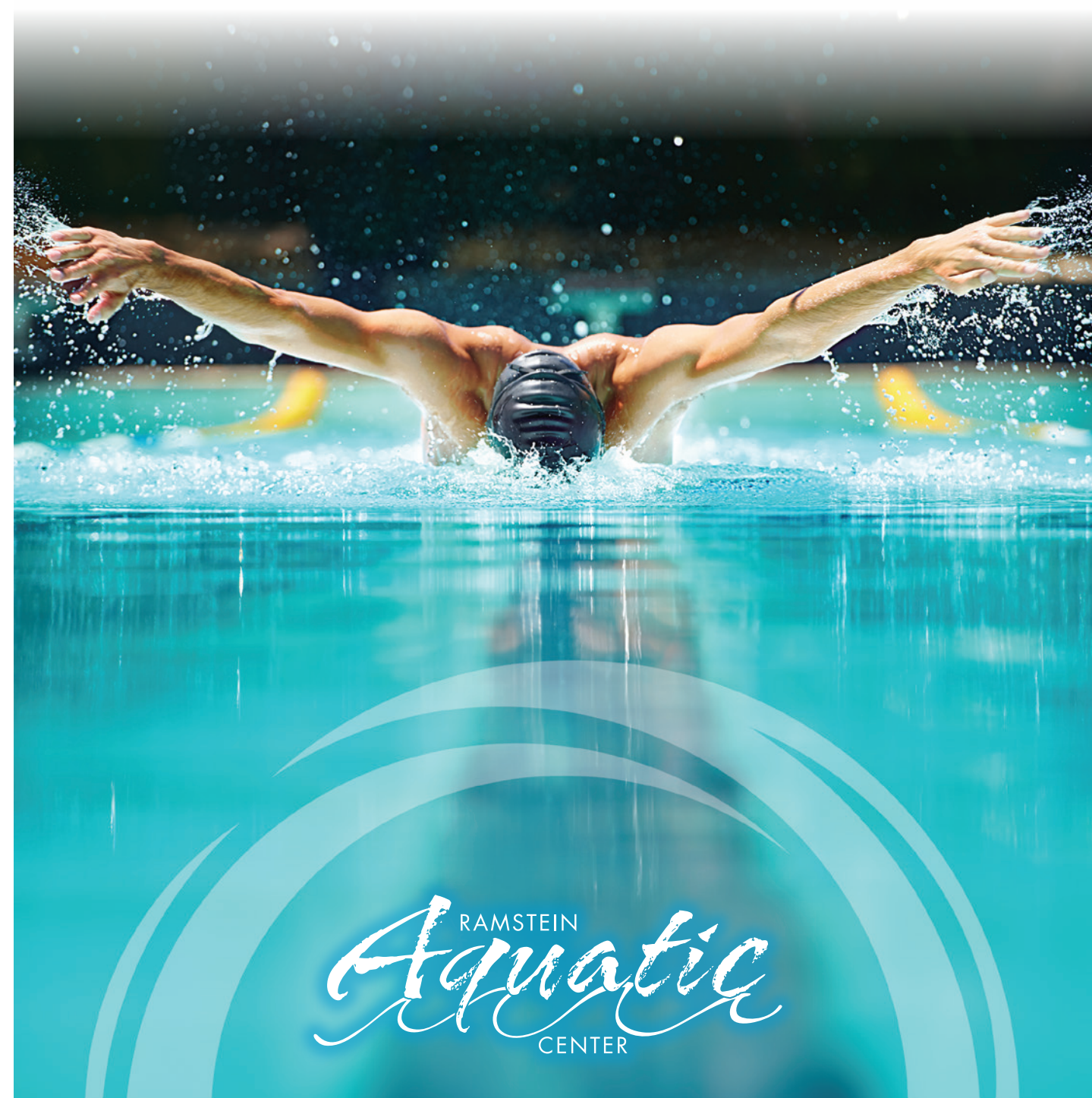


Table of Contents

Swim Lesson & Pool Prices	2
Registration Guidelines	3
Group Lesson Descriptions	4
Private/Semi-Private Lesson Descriptions	5
Group Lesson Schedule	6
Private/Semi-Private Lesson Schedule	7
Contact/Hours of Operation	8

Swim Lesson Prices

- **Group Swim Lessons: \$50**
 - 8x 30 minute sessions
- **Private Swim Lessons: \$125**
 - 4x 45 minute *OR* 6x 30 minute sessions
- **Semi-Private Swim Lessons: \$188**
 - 4x 45 minute *OR* 6x 30 minute sessions

Pool Prices

- | | | |
|-----------------------|------------------|-----------------|
| • Daily Passes | • Monthly | • Yearly |
| - Adults: \$3 | - Adults: \$20 | - Adults: \$90 |
| - Youths: \$2 | - Youths: \$10 | - Youths: \$70 |
| - Family: \$10 | - Family: \$35 | - Family: \$175 |

* **5 and under: FREE**
Adult interactive supervision required

* **Family passes**
are for everyone on your orders

How to Register

Liability Form

- Form **MUST** be on file prior to registration; can be filled out online (emailed to RAC) or in person.

Choosing Your Classes

- Decide if you would like group/private/semi-private swim lessons.
- Schedules will be posted the week **BEFORE** registration in our facility and Facebook page.
- If your child has had **NO** swim lesson experience, they will start at Level 1. If you feel your child is above a Level 1, then they will need an assessment. An assessment is **NOT** required for Level 1.
- Assessments are done the week of group registration. The assessment schedule will be posted the week prior to registration.

Registration

- Registration will begin at 0600 (6 a.m.) on a first come first serve basis.
- If you are unable to come in person, you can call, **BUT** we take priority to those in person. Must have liability form on file.

Waitlist:

If the class you want is full, we can put your name on a wait-list and contact you if openings are available; no guarantees.

Payments

- USD Cash, Visa, MasterCard, or American Express

Group Swim Lesson Descriptions

- **Group lessons** will have 6-10 students depending on class level per 1 instructor.
- **4 week session:** 2x a week - choice of either Tuesday/Thursday *OR* Wednesday/Friday
- **2 week session:** Every day, Tuesday-Friday, for two consecutive weeks.

Parent and Child Aquatics

(PCA Levels 1 & 2: ages 6 mo.-3 yrs.)

Parent and Child Aquatics teaches safe behaviors around the water and develop swimming readiness by leading parents and children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water.

Preschool Aquatics

(PSA Levels 1-3: ages 3-5 yrs)

Preschool Aquatics facilitates age appropriate learning of fundamental water safety and aquatic skills.

Learn-to-Swim

(LTS Levels 1-5: ages 6-15 yrs)

Learn-to-Swim consists of five comprehensive levels that teach children of varying ages and abilities on how to swim skillfully and safely with confidence.

Adult Swim Lessons

(Ages 15+)

In this class you will learn the beginning basics (swimming strokes, tread water, etc.) to stroke refinement and water safety. This class adapts to the needs of the students and focuses of your confidence and success in the water.

Private/Semi-Private Lessons Descriptions

- Recommended for ages 3+
- Our certified instructors are able to tailor lessons based on your personal goals whether you are new to swimming or want to train for swim team, they can help you.
- Semi-Private is for two individuals that are the same swim skill level and swim conduct.
- The 4x 45 minute sessions are not recommended for those 6 and under.

Keep in Mind

- If you plan on swimming before and/or after your scheduled swim lesson, you will need to pay the daily fee or use month/year pass.
- Adult (18+) supervision is required during the swim lesson; need to be in the facility at all times.
- Please keep your household information updated in case we need to contact you about the swim lessons.
- It is normal to repeat levels. Every child learns at a different pace, and some of the skills may require more time to learn.
- Ask the instructor which skills your child should review in an effort to help them progress through the swim levels.

2020 Group Swim Lesson Schedule

	Assessment Day	Group Registration Day	Class Dates
January	7 Jan	8 Jan	14 Jan-7 Feb <i>4 week session</i>
February	11 Feb	12 Feb	18 Feb-13 Mar <i>4 week session</i>
March	17 Mar	18 Mar	24 Mar-3 Apr <i>2 week session</i>
April	14 Apr	15 Apr	21 Apr-15 May <i>4 week session</i>
May	19 May	20 May	26 May-19 Jun <i>4 week session</i>
June	23 Jun	24 Jun	30 Jun-10 Jul <i>2 week session</i>
July	14 Jul	15 Jul	21-31 July <i>2 week session</i>
August	4 Aug	5 Aug	11-21 August <i>2 week session</i>
September	25 Aug	26 Aug	1-25 September <i>4 week session</i>
October	29 Sep	30 Sep	6-30 October <i>4 week session</i>
November	3 Nov	4 Nov	10-20 November <i>2 week session</i>

2020 Private/Semi-Private Lesson Schedule

	Registration Day	Class Dates
January	2 Jan	7-10 January
	8 Jan	14 Jan-7 Feb
February	4 Feb	11-14 February
	11 Feb	18 Feb-13 Mar
March	10 Mar	17-20 March
	17 Mar	24 Mar-3 Apr
April	7 Apr	14-17 April
	14 Apr	21 Apr-15 May
May	12 May	19-22 May
	19 May	26 May – 19 Jun
June	16 Jun	23-26 June
	23 Jun	30 Jun-10 Jul
July	7 Jul	14-17 July
	14 Jul	21-31 July
August	28 Jul	4-7 August
	4 Aug	11-21 August
	18 Aug	25-28 August
September	25 Aug	1-15 September
	22 Sep	29 Sep-2 Oct
October	29 Sep	6-30 October
November	27 Oct	3-6 November
	17 Nov	24-25 Nov & 1-4 Dec

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HOURS OF OPERATION

Tuesday-Friday

Recreational Pool: 0900-1945

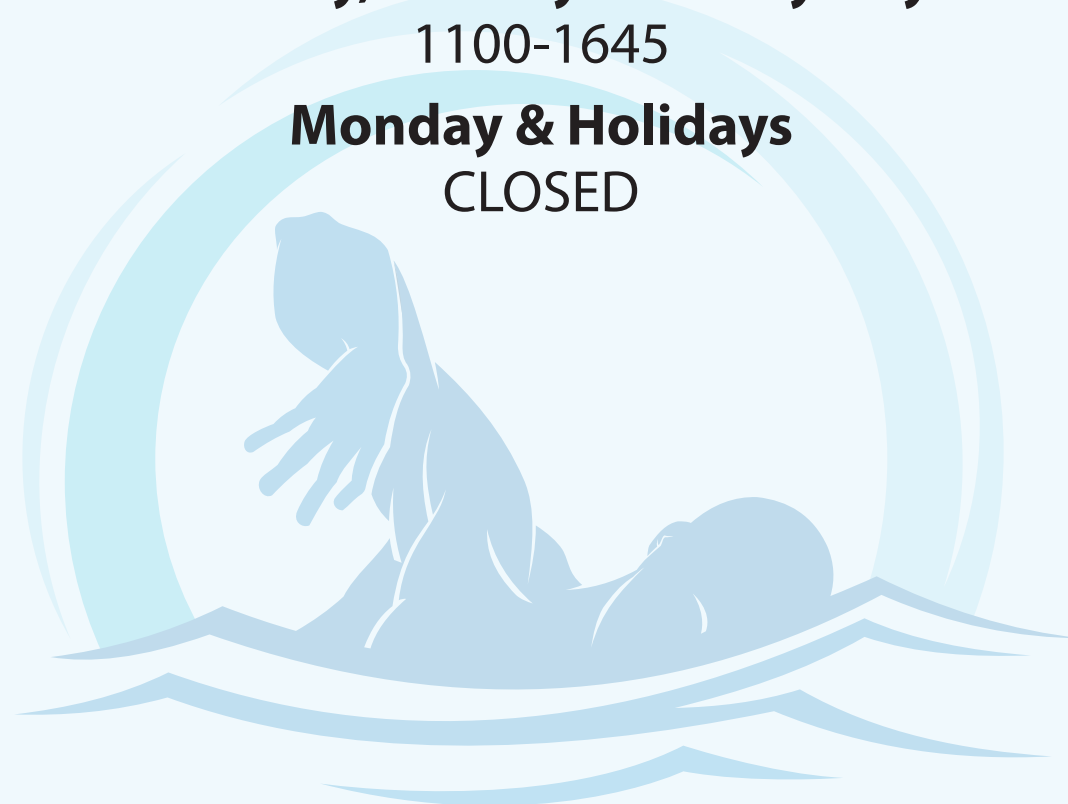
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