



SCUBA LOCKER

Fees: Rental and sale items are posted at the Locker. Dive trip prices vary according to destination and have minimum participation requirements. The Iwakuni Dive Locker is a great place to start your Japanese dive experience. We provide scuba / snorkel gear rental, retail sales, monthly dive trips, and scuba lessons during the summer months. Check us out, and while you are here sign our buddy list.

YOUTH SWIM TEAM

No charge.
Scheduled practices and swim meets.
This fun and competitive sport provides fitness, instills sportsmanship, and a healthy competitive spirit in all who participate. Swim teams are open to all youth between the ages of 6 and 17.

PRIVATE POOL PARTIES

Fees: Published prior to the opening of the outdoor pools
Need a place for a birthday party, anniversary celebration, unit function or a farewell?
During the summer months you can entertain your friends with a COOL, SAFE, and FUN filled time.

PROGRAMS OFFERED BY THE AQUATICS DEPARTMENT

☎ 253-4966

Semper Fit Division
MCCS Iwakuni

MCAS Iwakuni,
Japan Aquatics
& Scuba programs
have been especially
designed to meet our
customer's wide range
of needs and desires.
From infants to adults
and privates to generals
there is a program
activity for
everyone!





MARINE CORPS SWIMMING QUALIFICATIONS

No charge. Entire last full week of each month. It is required that all Marines, on a biannual basis, meet basic swimming and water survival skill requirements.

MARINE UNIT PHYSICAL FITNESS TRAINING

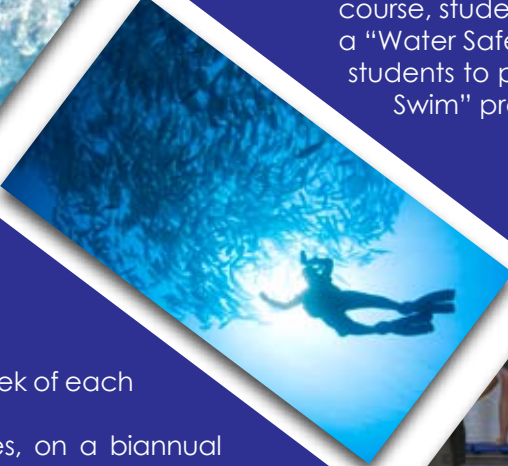
No charge. Please schedule in advance. Aquatics activities should be a regular part of every Marine's physical fitness program. Usually these are intended to be both fun and healthful. Such activities as water polo, water basketball, and lap swimming are part of this program.

MARINE CORPS INSTRUCTOR WATER SAFETY TRAINING

No charge. The course is given once a year and lasts for three weeks Monday to Friday 7:30 a.m. to 4:30 p.m. This intensive course is open to any Marine who has met or exceeded a level one in their water survival qualifications. Upon successful completion of the training Marines are then qualified to teach water survival skills to fellow Marines.

RED CROSS JR LIFEGUARD WATER SAFETY AID

Fee: \$30 per child
Open to youth ages 10- 14 that have successfully completed Level 4 "Learn-To-Swim" test. The course provides a wide range of water safety knowledge. Upon successful completion of the course, students will be awarded certification as a "Water Safety Aid". This certification will allow students to provide assistance in the "Learn-to-Swim" programs.



PRIVATE SWIMMING LESSONS

Fee: Civilians \$40 for eight lessons or a total of four hours; Military \$15 for eight lessons or a total of four hours. By appointment. Lessons are designed to each swimmer's ability and available to everyone from as young as six months to adults. Lessons are 30 minutes and can be scheduled twice a week.

RED CROSS LIFEGUARD CLASS

Fee: \$80 per person
The lifeguard class is open to interested individuals ages 15 and over. Participants must be able to swim 500 meters, tread water, and retrieve a submerged brick from a minimum depth of seven feet. The class provides lifeguard candidates with the skills and knowledge necessary to keep the patrons of aquatic facilities safe.

RED CROSS WATER SAFETY INSTRUCTOR

Fee: \$100 per person
The Water Safety Instructor program provides skills and knowledge in a logical progression preparatory to teaching aquatic skill development. Prerequisites: The candidate must be at least 16; have passed the Level 6 "Learn-To-Swim" test; successfully taken and passed a pre-course written test. Candidates are required to complete the Red Cross "Fundamentals of Instructor Training".

RED CROSS LIFEGUARD INSTRUCTOR

Fee: \$100 per person
Candidates must be 17 or older, pass two pre-course written tests and four skill scenarios. The class provides lifeguard instructor candidates with the skills and knowledge necessary to teach lifeguards how to keep patrons of aquatic facilities safe.

