**Aquatics Center/Indoor Pool**

**Hours of Operation**

Monday, Thursday and Friday, 6 a.m.-1 p.m. and 3-7:30 p.m.

Tuesday-Wednesday and Saturday-Sunday, Closed

**Eligibility**

U.S. active-duty military, dependents, DoD civilian and U.S retiree members may use the pool.

100 percent ID check.

**Reservations**

* **Reservations are required** for entry and use. **No walk-ins allowed.**
* Reservations **must** be made by the individual request the reservation for themselves or a family member. **No** reservations can be made for friends.
* **Reservations** can be made by calling 956-82-2129 or DSN 727-2129 during normal operating hours.
	+ Reservations are for **one 45-minute lap swimming** time slot.
	+ Patrons must choose which lane distance they would like to reserve, 12- or 25-meter distance.

**Things to bring / do prior to arriving for reservation**

* CAC, TEI or Dependent/Retiree ID - 100 percent ID check.
* Cloth face covering - masks are required at all times on the pool deck and in the facility. **Do not** wear a cloth face covering while in the pool.
* Flip flops or slide-on shoes for pool deck - no sneakers or bare feet allowed.
* Water bottle - no drinking fountains available for refills.
* Safety First! Please remember to follow the following rules:
	+ Food and beverage permitted, but **no glass**!
	+ No food and beverage permitted on the pool deck.
* Patrons **must** shower before swimming.

**General Information**

* Maximum Capacity: **12 people**
* Towel service available.
* Changing rooms and bathrooms **available.**
* **Parent or guardian must be present** for children 16 years old and younger. Non-swimming siblings **not permitted** on the swim deck.
* **Annual Navy Youth Swim Test required for youth 17 years old and younger**. Youth who have demonstrated the necessary skills will have **full** access to the aquatics facility, including slides, diving boards, swimmer’s zone/deep end and other recreational amenities, as determined Naval Station Rota MWR Aquatics program.
* **Per Navy instruction**, children 3 years old and younger are required to wear a swim diaper, regardless of being potty-trained.
* Patrons must keep 6 feet / 2 meter distance between you and the next person at all times within the facility.

**Check in and out**

* Patrons must check in/out with front desk aquatics staff.
* Patrons are encouraged to wait in vehicle until 5 minutes prior to their reservation time to prevent gather or loitering in front of the facilities.
* 100 percent ID check. Please have your ID card ready at the check-in desk.

**Pool**

* Patrons must wear appropriate swim attire.
* Shower is required before swimming.
* Lap swim only.
* Only one swimmer per lane.
* Changing rooms and bathrooms available.
* Personal items and bags must be stored in locker room or lockers.
* No shared items (kickboards, buoys, floats, etc.) permitted.
* Individual PT only. No group training allowed.