

NAVAL STATION EVERETT TSUNAMI POOL

Pool Fees

LAP SWIM

Military ID Holders/DoD	Free
Contractors/Guests.....	\$6.50

RECREATION SWIM

Active Duty/Reservists & Family Members	Free
Retirees & Retiree Family Members.....	\$2.50
Retiree Families (up to 5)	\$5.50
DoD Civilians/Contractors.....	\$3
Monthly Recreation Swim Pass	\$30
Monthly recreation swim pass for eligible Retirees, Retiree families and DoD Civilian employees.	

AQUATICS GROUP FITNESS CLASS

Military ID Holders	Free
All Other Eligible Users, Drop In.....	\$3.50
All Other Eligible Users, Monthly Pass	\$30

DAILY GUEST PASS

Guests are allowed use of the fitness facility including classes and pool entry. Guests must be escorted by an eligible user at all times.

Daily Pass, for ages 15+	\$6.50
Daily Pass, under the age of 15	\$3.50

Important Notes

- Children ages 6-16 must be accompanied by an adult.
- Children ages 6 and under must have a person, 16 years of age or older, in the swimming pool with them at all times.
- Children wearing a life vest or flotation device, regardless of age, must have an adult within arm's reach at all times.

LAST UPDATED: FEBRUARY 2016



Hours of Operation

MONDAY-THURSDAY

0600-1300: Lap Swimming*/Command Reservations and Aquatics Programming
1300-1600: Lap Swimming/Recreation Swim and Aquatics Programming
1600-1900: Lap Swimming/Aquatic Programs

FRIDAYS

0600-1300: Lap Swimming*/Command Reservations and Aquatics Programming
1300-1900: Lap Swimming/Recreation Swim

SATURDAYS

0930-1200: Lap Swimming/Aquatic Programs
1200-1500: Lap Swimming/Recreation Swim

SUNDAYS/HOLIDAYS

CLOSED

*Active Duty Personnel have lane priority during this time. Command Lane Reservations are highly recommended.

TSUNAMI POOL

(425) 304-3388

everett.aquatics@navylifepnw.com

Connect with Us!  **navylifepnw.com**
everything northwest

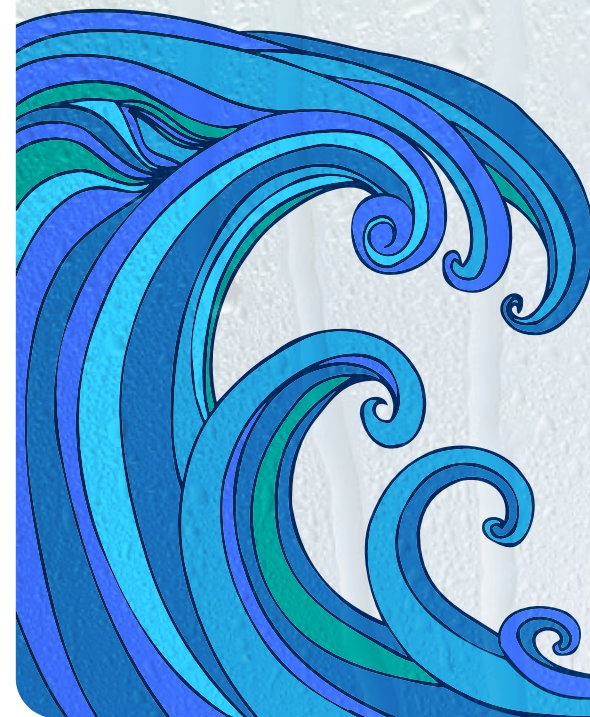
NavylifePNW app
Available for Android™ and iPhone™!

 /EverettFFR

Information Guide

(425) 304-3388

NAVAL STATION EVERETT'S TSUNAMI POOL



Swim Instruction

PRESCHOOL & YOUTH SWIM LESSONS

We offer a comprehensive, quality lesson program here at Naval Station Everett. Following the American Red Cross Learn to Swim program, we have customized our curriculum to fit the needs of our installation. All of our instructors are trained and certified as Water Safety Instructors. (Ages 3-12 years)

ADULT SWIM LESSONS

Designed for adults who wish to learn how to swim, gain and improve basic aquatic skills. (Ages 16+)

BABY WAVES

This parent and infant/toddler class offers a unique opportunity for parents to interact with their child in the water environment. Emphasis is on water orientation and water safety. Classes also include basic supported propulsion and flotation. (Ages 6 months-3 years)

Cost per session, per student:

Active Duty/Reservists	\$30
Retired/DoD	\$32

Health & Safety Classes

ADULT & PEDIATRIC CPR/AED & FIRST AID

This Red Cross-certification course helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies until emergency medical services personnel take over. Course must have four participants enrolled to run. For ages 12+, \$40 for all eligible patrons.

LIFEGUARDING CERTIFICATION

The course is to provide entry-level lifeguard candidates with the knowledge and skills to prevent, recognize and respond to aquatic emergencies until emergency medical services personnel take over. Successful candidates will receive a two-year certification in Lifeguarding, Adult and Pediatric CPR/AED with First Aid. In the Hybrid option, the majority of book work and videos are done online and then the candidates will come in for the Rescue Skills and CPR/AED/FA portions. Course must have four participants enrolled to run. For ages 15+, \$150 for all eligible patrons.

Active Duty/Reservists Swim Trainings

QUALIFICATION CLINICS

Our certified instructors will breakdown basic swim techniques and provide feedback, in a 30-minute session, on swimming strokes required for military swim qualifications. No cost to participate, but must register in advance.

ADDITIONAL COMMAND FITNESS OPTIONS

- Water Polo (with or without inner tubes)
- Water Volleyball
- Underwater Hockey
- Custom Aquatic Fitness Classes

Lane reservations for command activities are highly recommended.

Contact the Tsunami Pool office for scheduling.

Group Fitness Classes

WATER AEROBICS

This fast-paced aerobics class offers an hour of increased cardiovascular moves, building stamina while toning the major muscle groups. We finish off with core exercises and stretching.

AQUAFLOW

Flow through this low-impact fitness option, designed to improve range of motion and flexibility. Join this social class and work those joints and muscles throughout the whole body. This class is great for those rehabilitating or in need of a gentler workout.

AQUAFIT

Take your routine to the deep and bring a whole new level to your fitness. Finish off your day focusing on overall strengthening moves and building stamina. This deep-water class is no-impact and great for turning up the intensity.

TSUNAMI POWER CIRCUIT

A 45-minute cross-training class that blends the natural resistance of water with land-based strength exercises. Get all the benefits of the gym with lower impact in this creative and high-energy workout.

