

Aquatics Facility

8897, Upper Wetzel, Rolling Hills Area (Morse Road)

phone: 485-7093/6575,

CIV 067836-7093/6575

Hours: Tues - Fri 1130-1900; Sat, 1000-1700;

closed Sun/Mon, and US holidays

Hours subject to change.

Baumholder is home to the Army's only aquatics facility in Germany. For an excellent cardio, low impact, high energy workout, or simply to relax, head over to the swimming pool and get acquainted with the staff and facility. The helpful aquatics professionals will show you swimming techniques and the latest equipment available to get you in top shape in no time.

Baumholder Aquatics Facility is a 25 meter, 5 lane pool with four swimmable lanes. There are showers available in the men's and women's locker rooms. The swimming pool is open to all SOFA ID cardholders and their family members. Children 12 and under need to be accompanied by a parent or adult guardian. Youth 13 and over with valid SOFA ID can use the pool unaccompanied. (IAW AR 215-1). Also, the pool is open to LN's, contractors, and others with a valid installation pass that authorizes use of MWR facilities. Guests with no SOFA affiliation can use the pool as long as they are accompanied by a valid SOFA ID cardholder. There is a nominal guest fee of \$3.00 per guest which will need to be paid in advance of the guest using the pool.

Only proper swimming attire is permitted in the pool. Exceptions are made for soldiers during scheduled unit training in which clean PT shirts and shorts can be worn. Long hair must be either pulled into a pony tail or pig tails, or a swim cap can be worn. Long hair is hair that can be pulled back and held with a hair-elastic. Please, no bobby pins or metal clips. Lockers are available for day use only, however, please bring your own lock. In addition, towels and goggles are not provided.

Training equipment is available for usage for specific types of swim training. Instructions can be given by one of the aquatics professionals if you are unsure how to use a piece of equipment. US Coast Guard approved floatation devices are available for use for infants, youth, and adults. Pool toys are also available. Please, do not bring outside pool toys or flotation devices.

Water Aerobics Program

The benefits of exercising in the water: increased circulation and flexibility, improved resting heart rate, cardiovascular endurance, muscular strength, muscular endurance, and balanced muscle toning. Core stabilization and balance are also improved. Other benefits include less stress on joints, reduced recovery time during exercise, relaxation, and psychological well-being. Most important, it is FUN!!! Class times and days may vary and are scheduled seasonally.

Learn-to-Swim Program

Certified American Red Cross Water Safety Instructors teach year-round water adjustment and Learn-to-Swim for young children, ages 12 months to 5 years, youth ages 6 years and up, and adults. Look for date, time, and level information, or contact Aquatics Manager for details.

Spring Splash and Winter Splash

A seasonal swimming opportunity. This is a water safety class with a hands-on educational session to learn how to be safe in, on, and around the water. Water safety lessons are age appropriate. New participants are assessed on their respective swimming level for future participation in the Learn-to-Swim Program. For previous Learn-to-Swim participants, this is a skill review and assessment session. No certification will be awarded. Look for date, time, and level information, or contact Aquatics Manager for details.

Guard Start: Junior Lifeguard Camp

The American Red Cross Junior Lifeguard Course is offered for youth ages 11 to 14. The course provides youth with a foundation of knowledge, attitudes, and skills to give them a better understanding of being safe in and around the water, what to do in case of an emergency, as well as prepare them for the Lifeguarding Course. There are lessons in prevention, fitness, response, leadership, and professionalism. This course is taught usually during the summer.

Lifeguard Training Course

The American Red Cross Lifeguard Training Course provides training for entry-level lifeguards. Participants learn skills and knowledge necessary to help prevent, to recognize, and to respond to emergencies and sudden illness. Training includes CPR and AED for the Professional Rescuer, First Aid, and Lifeguarding skills. Call to get on the waiting list and receive information when course is being offered.

Lifeguard Instructor Course

The American Red Cross Lifeguard Instructor Course provides training for individuals to be able to teach Lifeguard Training. Call to get on the waiting list and receive information when course is being offered.

Water Safety Instructor Course

The American Red Cross Water Safety Instructor Course provides training for individuals to become certified swimming instructors. Learn how to teach the fundamentals of learning to swim, how to breakdown strokes, how to apply hydrodynamic principles, and how to adapt teaching methods for the very young child, adults, and individuals with special needs. Call to get on the waiting list and receive information when course is being offered.

Unit Training and Unit PT

Aquatics Training is offered for units and covers a gambit of areas. Types of aquatics training available: Water Survival Training (TC 21-21), Shallow Water Egress Training (vehicle rollover simulator), SKED Training (in water victim retrieval and transport), Combat Water Survival Testing (instructional portion available), and APFT Swim Testing also available. There are alternate PT activities from which to choose, such as Water Aerobics, Aqua Jogger, Water Exercise, Circuit Training, Relays, Fundamental Aquatic Skills, Swimming Technique, Swimming Conditioning, Water Polo, and Inner Tube Water Polo. Trained instructors are provided. Allow two to three weeks advance notice. Please call for date and time availability. Reservation required. Have another water request in mind?

Multi-Purpose Room Rental and Classroom Rental

The Multi-Purpose Room is a cozy room to hold a birthday party, baby shower, get-together, etc. Classroom space is available for classes, meetings, trainings, etc. These rooms can be rented for a nominal fee. Fees vary per room. Minimum rental period is two hours. Set up and clean up time is scheduled in conjunction with the rental period. Maximum room capacity is 38 people for the Multi-Purpose Room, 20 people for the large classroom, and 10 people for the small classroom. Please call for date and time availability. Reservation required.

Lifeguard Positions

The Baumholder Aquatics Facility has vacancies for lifeguards. We need you! Are you ready for the challenge? Get paid to stay fit! Some benefits included and additional training opportunities are available. If you enjoy swimming and working with people, why not become a lifeguard?

Contact Information

Contact the Baumholder Aquatics Facility for information on wave-making programs, courses, classes, activities, etc. Call DSN 485-7093, CIV 06783-6-7093, or DSN 485-6575, CIV 06783-6-6575. We make waves; make some with us!