

**JEB LITTLE CREEK**

# 2023 AQUATICS GUIDE



VISIT ONLINE FOR EVENTS

**GATOR WATER PARK**  
D St., Bldg. 3410, Virginia Beach  
757-462-7173

**PIERSIDE POOL**  
Midway Rd., Bldg. 1560, Norfolk  
757-462-8280

**JEBLC AQUATICS COORDINATOR**  
757-462-7478



**NavyLifeJEB.com**

**@JEBLCFS**  
**#jeblittlecreekfortstory**

No Navy endorsement implied.

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### GUEST POLICIES

- Each patron, 18 years and older with a valid ID card, can sponsor no more than two guests.
- The sponsor must remain with the guest(s) at all times.

### PROHIBITED ITEMS

- Glass containers, pets and chewing gum
- Smoking is limited to the designated area only.
- Improper/indecent bathing attire
- Toys (balls, Frisbees, diving sticks, etc.), including in the wading pool
- Flotation devices (not U.S. Coast Guard approved)
- Abusive, profane language, spitting, open wounds, bandages or communicable illnesses of any kind
- Persons under the influence of alcohol or drugs
- Radios, TVs and music devices without headphones

**JEBLC AQUATICS COORDINATOR**  
**757-462-7478**

JEB Little Creek Pierside and Gator Pool are cashless facilities.

# GATOR WATER PARK

BUILDING 3410, D STREET · 757-462-7173



## HOURS OF OPERATION

May 27 - June 18: Weekends only

June 20 - September 3: Tuesday - Sunday: 11 a.m. - 4 p.m.

## DAILY PRICES

**\$9 daily visit** - Active duty, retirees, Reservists and eligible family members

**\$11 daily visit** - DoD civilians and guests

**Children ages two and younger admitted free.**

A daily visit pass is valid for all sessions on that date. However, if a day pass is purchased for the first session, participants must return to the back of the line if they wish to participate in the second session.

Guests are limited to two per eligible sponsor.

## SEASON PASSES

Season passes are available for purchase at Rockwell Hall Gym and Gator Park.

**One person: \$70**

**Three people: \$180**

**Five people: \$300**

**Two people: \$120**

**Four people: \$240**

**Six people: \$360**

## PARTY AREA RESERVATIONS

**There is a maximum of two parties per day.**

- Party Area Rental fee: \$300
- Groups are limited to 20 people starting at 11 a.m.
- All fees are non-refundable
- Reservations must be made at Rockwell Hall Gym until June 20, and Gator Water Park beginning June 20.

**Private parties may be reserved from 6 - 9 p.m., Tuesday - Sunday.**

Rental Fees: \$2,000 for 100 guests, \$2,500 for 150 guests, \$3,000 for 200 guests. For \$5,000 the pool may be rented for private events during business hours.

## GATOR BITES SNACK BAR

Pizza · Chips · Ice Cream

Candy · Drinks · Healthy options also available

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# GATOR WATER PARK



## RULES & REGULATIONS

- A valid military or DoD ID card is required upon entry.
- All customers who enter the facility, regardless of purpose, will be charged the daily admission fee.
- Children 10 years and older must present an ID card upon entry and have it in their possession for the duration of their stay at the facility.
- Children between the ages of 10 and 17 who cannot complete a swim test cannot be left unattended and must be under constant supervision (within arms reach) of an individual, 18 years or older, with proper ID.
- The aquatics team is not responsible for lost or stolen personal items.
- When the pool has reached capacity, customers may enter only as an equal number of customers leave, on a first-come, first-served basis.

## POOL AND DECK BEHAVIOR

- All customers must obey lifeguards and/or aquatic team members.
- Running on the pool deck is prohibited.
- Diving is not permitted.
- Only U.S. Coast Guard approved life jackets are permitted.
- Life jackets are not permitted on large water slides.
- A swim test must be passed in order to enter deep water and for children, ages 10 to 17, to be left alone, and only if they are an ID card-carrying military eligible family member (subject to the manager's judgment).
- Horseplay (pushing, dunking, throwing, shoulder carrying, etc.) is not permitted.
- Gymnastics (flips, back dives, etc.) off the side of the pool are not permitted.
- Playing or tampering with safety equipment is prohibited.
- Excessive breath holding and drown proofing are not permitted.
- Children who are not potty-trained must be in both a swim diaper and a bathing suit.
- Standing or swimming in front of slides is prohibited.
- Headfirst slides are prohibited. Seated position or on back, facing forward only.
- Only one person may go down the slides at a time.
- Avoid stopping on slides.
- No toys or face masks allowed.
- No noodles or floated allowed in main pool.



## SPLASH NAVY SWIM TEST

In order to borrow a deep end wrist band for the day, swimmers must have a Youth Navy Swim License by demonstrating the following minimum standards:

1. Swim one pool length (minimum 25 yards) unassisted and without rest.  
Swimmers must use a recognizable swim stroke for the entire distance.
  2. Tread water for a minimum of 60 seconds.
  3. Jump into the deep end of the pool and return to the surface.
  4. Exit the pool unassisted.
- \* Swimmers may be reassessed as needed even after receiving a Youth Navy Swim License.

## SPLASH PARK & WADING POOL RULES

- OPEN TO CHILDREN AGE FIVE AND YOUNGER ONLY.
- Parents must actively supervise their children.
- Running on pool deck and in Splash Park is prohibited.

## GATOR FLOATS RULES

- No more than three people at a time are allowed on a single Gator Float.
- All movement is from the bathhouse to the big slide.
- When patrons reach the far side, they must exit the pad area.
- If a patron falls off, they must clear the area. There is no climbing back up on the pads.

## ROCK WALL RULES

- You must pass the swim test in order to participate.
- One person at a time on rock wall.
- Exit the drop zone at the closest exit point as soon as you fall in, avoiding slide drop zone.
- The wall may be closed for safety concerns during peak swimming times.



# PIERSIDE POOL

Midway Rd., Building I 560

757-462-8280



## HOURS OF OPERATION

**Open June 20 - September 1**

6 a.m. - 3 p.m., Monday - Friday

**Lap swim:** 6 - 8 a.m. and 11 a.m. - 1 p.m.

**Group exercise courses:** 8 - 11 a.m.

**Open swim and lap swim:** 1 - 3 p.m.

Note: One or two lap lanes will be available during open swim.  
Lap lanes will be unavailable during any class or group exercise.

## POOL AND DECK RULES

- Running on the pool deck is prohibited.
- Diving is not permitted.
- Only U.S. Coast Guard approved life jackets are permitted.
- Children ages 10 to 17 must pass a swim test in order to enter deep water for them to swim alone.
- Horseplay (pushing, dunking, throwing, shoulder carrying, etc.) is not permitted.
- Gymnastics (flips, back dives, etc.) off the side of the pool are not permitted.
- Playing or tampering with safety equipment is prohibited.
- Excessive breath holding and drown proofing are not permitted.
- Children who are not potty-trained must be in both a swim diaper and a bathing suit.



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# AQUATIC COURSES & CHALLENGES

## LIFEGUARDING COURSES

### LIFEGUARDING COURSES: \$150

Participants must register separately for a prerequisite swim and a lifeguarding course. The prerequisite swim must be passed before continuing to the lifeguarding course. Any date of prerequisite swim may be chosen to qualify for a lifeguarding course as long as the prerequisite swim precedes the lifeguarding course.

### PREREQUISITE SWIM REGISTRATION: Free with lifeguard courses

- Must be at least 16 years old on or before the last day of the course session and must have completed all online content before the beginning of the first class.
- Prerequisite swims TBD. Call for dates at 757-462-7478

### BLENDED LEARNING LIFEGUARDING COURSE: \$200 - DATES TBD

- Registration refunds may be offered if the participant fails to pass the prerequisite swim test.
- All online content must be completed before the first in-person session.
- All courses are offered over three days; participants must be present at all three sessions in order to earn a certification.

*Registrations will be accepted at Pierside and Rockwell Hall Gyms.  
Email the Aquatic Coordinator at [william.h.rhodes58.naf@us.navy.mil](mailto:william.h.rhodes58.naf@us.navy.mil)*

## SECOND CLASS SWIM PREP

### PIERSIDE POOL

Naval personnel only

June 5 - 8, noon to 1 p.m. Call 757-462-7478 for details.

Preregistration is not required. Cost: Free

- This class focuses on developing confidence and ability to survive in aquatic environments.
- Instructors will be available to assist service members with their swimming goals.

## WATER AEROBICS

### PIERSIDE POOL

Fridays, June 23 - August 5, 10 a.m. Registration is required.

Ages 16 and older. Cost: \$3 per class or \$20 for season.

- Experience a fun and energetic water exercise program.
- Everyone is encouraged to work at their own pace. Exercises may be modified to suit individual needs.

## JUST KEEP SWIMMING CHALLENGE

### PIERSIDE POOL

June 20 - September 2. Cost: Free

*Ask staff about incentives!*

### KEEP SWIMMING ALL SUMMER LONG!

The first step to building endurance, distance and dropping time is getting in the pool!

- Use the self-tracker (ask staff) to record your distance and watch your progress.
- We will help you along the way with technique tips, workouts and progress.

FITNESS

# Canoe Battleship

**FREE** Command PT Rowing Competition

**FRI, JUNE 2**

**Beginning at 7:30 a.m.  
at Gator Water Park**



 **VISIT ONLINE  
FOR DETAILS**



*Open to the first 12 teams of 3 to 4-person active duty enlisted. Teams will maneuver their canoes in an attempt to fill their opposing canoes and sink their battleship! The final remaining battleship shall be declared the victor!*

*Teams will paddle in depths up to 6-feet and should feel comfortable being in the water.*

**757-462-7735**

JEB LITTLE CREEK - FORT STORY

**FREE  
FAMILY  
EVENT!**

# Family Fitness, Sports & Aquatics Day

**Saturday, June 24**

**Noon to 3 p.m.**

**Pierside Gym and Pool**



PIERSIDE  
POOL



**Dance with  
the DJ!**

**Swimming**

**Water Safety**

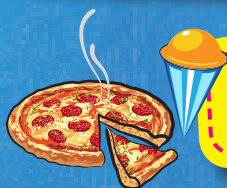
**Croquet**

**Volleyball**

**Frisbee Golf**

**Cornhole**

**Treats & Eats**





JEB LITTLE CREEK | AQUATICS

*Free!*

*Grab your towel and floatie  
and meet us at Gator Water Park  
for our Summer Dive-In Movie Series!*

# *Dive-in Movies*

**FRIDAYS: June 23 & July 21**  
**at Gator Water Park**



Water slides will be turned off at the start of the movie.

- ✦ Pool deck opens at 7 p.m.
- ✦ Prizes & giveaways awarded!
- ✦ Movie will start following Evening Colors.
- ✦ Beach chairs and blankets are welcome.

Open to active duty, Reservists, retirees, DoD civilians and eligible family members.  
May be canceled due to weather.



## JEBLCFS Swim Course Registration Form Summer 2023

### PARTICIPANT'S INFORMATION:

Participant's Name: \_\_\_\_\_ Age: \_\_\_\_\_

First Last

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Emergency Information:

Emergency Contact Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Secondary Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

### Medical Information:

Does the participant have any medical condition that the instructor should be aware of  
(for example: diabetes or suffers from seizures)? Circle one: YES NO

If yes, please explain: \_\_\_\_\_

Course Name	Course Times and Cost
<b>Learn-to-Swim Classes will be taught during the following dates:</b> Session One: June 20 - 30 Session Two: July 10 - 20 Session Three: July 24 - August 3 Session Four: August 7 - 17	\$60 per child of active duty, retired, reserve personnel and DoD civilian.  <b>Course times:</b> 8:25 - 9:10 a.m. 9:20 - 10:05 a.m. 10:15 - 11 a.m.

Fill in the preferred course selection and an alternate:

\_\_\_\_\_

Signature

Date

A signature is required for all participants age 18 and younger.

**Commander, Navy Installations Command (CNIC)**  
**Fleet and Family Readiness Programs**  
**License, Authorization, Release, and Agreement**

I, \_\_\_\_\_, hereby give and grant to the United States Department of the Navy, (hereinafter referred to as "Navy"), and those acting with and under their permission, a full and royalty-free license and the right to use any work created by me in any media, form or format, including, but not limited to, artwork of any kind, photos, logos and videos for publishing, illustration, advertising, trade and promotion, or any other use (hereinafter referred to as "MEDIA") in any medium for any purpose, including the identification of the Navy as a source or sanctioning authority for any goods, service, or organization that the Navy may use the MEDIA in connection with, and the licensing of the MEDIA by the Department of the Navy for commercial use in connection with any goods, service, or organization.

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I hereby waive any right that I may have to inspect or approve the MEDIA or the materials to which they may be incorporated or any use whatsoever with which they may be associated.

I hereby release and discharge the Navy from any liability by virtue of any blurring, distortion, alteration, optical illusion, or use in composite form, whether intentional or otherwise, that may exist in the MEDIA or in any publications thereof.

I understand and agree that this Authorization, Release and Agreement shall be effective forever from the date hereof and shall be applicable throughout the world.

The undersigned hereby represents and warrants that no third party has any copyright or other ownership interest, or any other claim of partial or full exclusivity that might conflict with this Authorization, Release and Agreement, in or to the MEDIA, and releases and discharges, and agrees to indemnify the Navy, from any and all claims. This agreement shall be binding upon me and my heirs, legal representatives, and assigns.

I hereby warrant that I am full age\* and have every right to contract in my own name in execution of this Authorization, Release and Agreement. I state further that I have read this Authorization, Release and Agreement in its entirety prior to my execution hereof, and that I am fully familiar with and in agreement with the contents hereof.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*\*I hereby certify that I am 18 years of age or older, or have reached the age of majority under the laws of the jurisdiction within which I am domiciled. If I have not reached the age of majority, this release must be signed by a parent or guardian.*