JOHN H. CHAFEE FITNESS CENTER POOL

AQUATICS SCHEDULE FOR OCTOBER 13 - DECEMBER 18, 2026

SUBJECT TO CHANGE • CLOSED WEEKENDS & FEDERAL HOLIDAYS • (401) 841-6628

NavyLife**NPT**.com | NavyLife**NPT**

CONTRACTORS, RETIRED DOD CIVILIANS, & VETERANS ARE NOT ELIGIBLE TO USE THE POOL OR THE FITNESS CENTER.

THE POOL IS 25 METERS LONG.

THE AVERAGE TEMPERATURE IS 82°.

ADULT (18+) LAP/OPEN SWIM FEES:
Free for active duty personnel, retirees, reservists, their dependents and DoW civilians.

GROUP FITNESS PUNCH CARDS:
$40 card for 10 punches for DoW civilians.

***Active duty personnel, retirees, reservists, and their dependents may sponsor civilian guests for $5 each. DoW civilians may only sponsor their immediate family members for $5 each.*

	MON	TUE	WED	THU	FRI	SAT & SUN
6-9 am	CLOSED	ADULT (18+) LAP *4-6 LANES*	CLOSED	ADULT (18+) LAP *4-6 LANES*	CLOSED	
9-10 am	WATER WELLNESS *1-2 LANES*	WATER WELLNESS *1-2 LANES*	WATER WELLNESS *1-2 LANES*	WATER WELLNESS *1-2 LANES*	WATER WELLNESS *1-2 LANES*	ADULT (18+) LAP *1-3 LANES* / FAMILY OPEN SWIM *2-3 LANES*
10 am - 1 pm	ADULT (18+) LAP *4-6 LANES*	ADULT (18+) LAP *4-6 LANES*	ADULT (18+) LAP *4-6 LANES*	ADULT (18+) LAP *4-6 LANES*	ADULT (18+) LAP *4-6 LANES*	
1-2 pm	WATER WELLNESS *1-2 LANES*	WATER WELLNESS *1-2 LANES*	WATER WELLNESS *1-2 LANES*	WATER WELLNESS *1-2 LANES*	WATER WELLNESS *1-2 LANES*	CLOSED
2-3 pm		CLOSED		CLOSED		
3-6 pm			FAMILY OPEN SWIM *2-3 LANES*		FAMILY OPEN SWIM *2-3 LANES*	

Command CFL's interested in NOFFS Aquatic programs/classes please contact us for more information, at chafeereservation@gmail.com.

AQUATIC RULES & REGULATIONS

1. Pool use is only permitted when a lifeguard is on duty. Lifeguard has full authority over pool rules.
2. Doors are locked for your protection. NO unauthorized entry into the swimming pool without permission by MWR Aquatics Management.
3. Shoes may not be worn on the pool deck, except by MWR Aquatic staff.
4. You must shower before entering the pool, per Rhode Island State bathing code.
5. Swimmers must wear clean, appropriate swimwear at all times. Undergarments, cut offs, or workout attire is not acceptable.
6. Persons with colds, skin infections, or open wounds are not permitted to enter the pool. Persons suffering from fever, inflamed eyes, nasal or ear discharge, or any other communicable disease will NOT be permitted to use the swimming pool.
7. Anyone suspected of being under the influence of drugs or alcohol cannot enter the pool.
8. Glass bottles and food are NOT permitted on the pool deck.
9. Spitting, chewing gum, or chewing tobacco products in the pool or on the pool deck area is NOT permitted.
10. NO running. Any conduct which endangers the safety and comfort of others is prohibited.
11. Swim diapers are required for all children who are not toilet trained. Standard disposable diapers are strictly prohibited.
12. There is absolutely no diving. NO EXCEPTIONS.
13. Breath holding activities are prohibited.
14. NO hanging or climbing on lane lines.
15. Use of equipment during open swim is available upon request of the lifeguard. Lifeguards reserve the right to remove equipment from the pool for any reason.
16. Masks/snorkels are not permitted during any time. Special Consideration may be made for active duty personnel who present a note from either their commanding officer and/or their physician.
17. Only U.S. Coast Guard approved flotation devices are permitted. Bubble suits, water wings, or any other inflatables are NOT permitted for use at any time.
18. Aquatics Management may close the aquatic facility for short periods of time without notice. Areas will be cleared of all persons during thunderstorms, electrical storms, and inclement weather. At the first sound of thunder or sight of lightning, the area will be cleared and remain cleared until deemed safe (approximately 30 minutes after the last rumble or sighting). One long blast on the whistle by the lifeguards is the emergency signal indicating all people in the water shall clear the swimming area immediately.
19. Socializing with an on-duty lifeguard, climbing on the lifeguard stands or using lifesaving equipment for other than an emergency use is strictly prohibited.
20. Children who cannot swim are only permitted to stay in the shallow end of the swimming pool. Children 17 years old and younger must demonstrate the ability to pass the lifeguards swim test to swim in the deep end.
21. SPLASH Swimming Pool swim test includes, but not limited to: 1) Swimming the full length of the pool (shallow to deep), using a recognizable swim stroke comfortably (swimming on your back or under water is not acceptable). 2) Patrons must demonstrate the ability to tread water for one minute. 3) Jump into deep end of swimming pool and return to surface. 4) Exit the pool unassisted.
22. Patrons must be at least 10 years old and able to pass the swim test to be left unattended at the swimming pool, while the parent remains in the building. Children ages 10-17, if left unattended must demonstrate the ability to pass the lifeguards swim test.
23. Children who cannot swim must be under the direct supervision of an adult (18 years old and older) at all times, including in the water. Direct supervision is being within arm's reach of your child.
24. Children ages five and under must have direct, interactive (in-water) supervision of a parent or guardian ages 18 and older.

CLASS DESCRIPTIONS

ADULT (18+) LAP - Swimming is a life skill as well as great exercise. Whether you're looking to get a few laps in, get a few miles in, or just looking to improve your swim golf score; adult lap swim is the perfect time to get a good workout in. With slow, medium, and fast lanes, we're sure you will get a wonderful workout in our pool. Must be 18 or older to participate.

FAMILY OPEN SWIM - During scheduled Open Swim times, the pool is available for swimmers who wish to participate in non-lap swim activities, as well as to relax and enjoy our pool. It is a great time to work out independently or have family time to play together in the pool. Children 10 and under must be accompanied in the water by an adult. A swim test is required for children ages 17 and under to swim in the deep end. Children who cannot pass the swim test are required to remain in the shallow end at all times. Please refer to our age authorization chart for full descriptions.

WATER WELLNESS - Encompasses a variety of activities such as hydrotherapy and water-based exercise (with no instructor). During water wellness time, 1 or 2 pool lanes will be provided.

OPEN SWIM RULES
per BUPERS 1710.3