

LIBERTY CALL

Cool off with a splash



(Top) Kamian Hall, 6, jumps from the high-diving board at Scott's Pool as life-guard Moku Correa keeps watch below.

(Right) Air Force Capt. Lee Curto, from Joint Intelligence Command, Pacific, enjoys a lap-swim at Scott's pool during lunchtime.



ENFN Matthew McConas, USS Salvor, pulls FN Bryan Jobe of USS Russell during Search and Rescue (SAR) candidate training at Towers Pool. Candidates train once a week before attending SAR swimmer school in San Diego.



(Above) Imelda Hall and daughter Kiandra, 10 months, enjoy a refreshing swim in Scott's Pool. All Navy pools are free to active duty servicemembers and their families with show of military ID cards.

(Below) Andrea Hines relaxes poolside at Scott's Pool and enjoys a phone call as her friend Mia Cyr soaks up the sun next to her.

Photos by J03 Brenda Diggs

MWR swimming pools: A refreshing, relaxing place to go

Compiled by J03 Brenda Diggs
Navy Region Hawaii

Navy Region Hawaii's Morale, Welfare and Recreation (MWR) Aquatics Division offers 10 sparkling swimming pools located throughout Pearl Harbor, Barbers Point, Lualualei, NCTAMS, Ford Island and Navy housing areas. The aquatics division also provides a variety of water recreation activities for the entire family at each pool. All you have to do is show your military ID to gain free access to the pools.

MWR's aquatic programs include American Red Cross swimming lessons for children during the summer months. For "water babies," there is a Parent/tot course taught at Scott's pool. And for adults, there are private swimming lessons available at Grenfell Pool, which is located at Bldg. 1512, Subase, next to Burger King (473-2670).

"Hawaii is paradise because of the weather," said Hamilton. "Swimming and water is a year round activity and children are around water constantly. We (MWR) work to provide safety and security for children around water."

All of the pools offer adult lap swimming 11 a.m. to 1 p.m. and 4 - 6 p.m. This is a great way for active duty personnel to train for the swim portion of the physical readiness test (PRT) and to just stay fit.

For the early birds, Scott Pool - located near Bldg. 1512 behind the NEX Uniform Shop and Kona Breeze pool - at Bldg. 1697 on Barbers Point, provide additional lap swim time.



"We see a great difference with the PRT lap swims and private swimming clinics, especially with the new

PRT regulations," said Hamilton.

Various organizations also use the pools for training. Search and Rescue (SAR) training is held at Towers Pool (Makalapahousing), Navy SEALs and ATG dive training school use Arizona Pool (Ford Island). Plus 130 kids from the Tsunami Swim Team, rated the military's best swim team in Hawaii, practice daily at Richardson Pool (Rainbow Bay Marina - Arizona Memorial). A second team, the Barbers Point Swimming Club (The Flying Fish), practices at the Power Point Fitness Center (Kona Breeze pool) every weekday.

Children ages 6 - 18 are welcome to join these clubs. There is also an adult masters swim program that welcomes adults 18 and over looking to improve their stroke, speed and endurance.

Planning a poolside party? The base pools are a perfect place. There is plenty of patio space, which is available for rental. The aquatics division is in the process of adding "splash polo" at Scott pool, which will be the third water attraction at the pool. Splash polo will feature water toys and activities for youngsters of all ages, according to Hamilton.

The pools are always manned by at least two trained lifeguards, according to Hamilton. American Red Cross classes, including CPR, first aid, lifeguard training, water safety and many instructor training classes are also available.

For more information on the pools, hours or the locations, call 473-0394.