



SWIM QUALIFICATIONS:

Military personnel may schedule Swim Qualification at Mainside Pool Monday-Friday between the hours of 0730-1030. To reserve training during this time, units must contact Rane scheduling at (252) 466-4041. Units must then e-mail a calendar invite including their "5 W's" to MCCS Aquatics (CHPT. Aquatics@usmc-mccs.org) with a subject line of "Scheduling Mainside Pool for MCIWS Use (date 0730-1030)." After reserving a time slot and ensuring all required personnel and safety equipment is obtained, units must then submit a signed copy of the MCIWS SOP to MCCS Semper Fit Aquatics 48 hours prior to reservation. Required documents are available online.

LAP SWIM AND UNIT PHYSICAL TRAINING

MCCS provides Lap Swim time for all authorized patrons at Mainside Pool Monday-Friday from 0530-0700 & 1100-1300. Units are authorized to utilize the pool for physical training during this time. Reservations are not required, however if your group has more than 50 personnel, please contact the Aquatics office.

Military training that includes the use of weighted objects, such as a 10lb. brick, the use of a rubber rifle, or the practice of hyperventilation is not allowed during MCCS Lap Swim or Recreational Swim times. [Exception: MCIWS are authorized to assist an Advanced Water Survival (AWS) candidate during MCCS Lap Swim time. Events allowed: sidestroke holding dive brick above water and 25 yd. underwater swim without hyperventilating. Candidate is not authorized to practice these events without the presence of a certified MCIWS].

If a unit or individual is doing physical training, they are allowed to wear their "cammies" and an empty backpack in the pool. They may also wear their green workout attire. During MCCS time, they are not allowed to wear boots.

Contact the Aquatics Office by phone at 252-466-2510 or email at CHPT. Aquatics@usmc-mccs.org

Visit <https://cherrypoint.usmc-mccs.org/recreation-fitness/fitness/aquatics> for more information.

WARRIOR ATHLETE

READINESS & RESILIENCE

CHERRY POINT AQUATICS

2026 ACTIVE DUTY RESOURCES

HOURS OF OPERATION

MAINSIDE POOL (YEAR ROUND)

LAP SWIM: MON-FRI 0530-0700 & 1100-1300

RECREATION SWIM: MON-FRI 1300-1900 | SAT-SUN 1200-1900

HANCOCK POOL (SEASONAL)

LAP SWIM: MON-FRI 1100-1300

RECREATION SWIM: MON-FRI 1100-1900 | SAT-SUN 1200-1900

CEDAR CREEK POOL (SEASONAL)

RECREATION SWIM: MON-FRI 1200-1700 | SAT-SUN 1200-1900



SWIM SURVIVAL SKILLS TRAINING (S3T):

Can your Marines swim? Did you know 40% of the total Active Duty USMC force is unqualified? Swim Survival Skills Training (S3T) is a Marine-centric, logically progressive swimming skill curriculum. Specifically designed to increase Marines' familiarity with the water environment, improve water survival qualification success rates, and reduce accidental drownings, this training includes aquatic skills for a Marine to achieve their completion in basic, intermediate, and advanced water survival levels.



Classes run Monday through Thursday from 1100-1200 at Mainside Pool. Register online.

Session 1: Feb 2-12; register by Jan 28
Session 2: April 13-23; register by Apr 8
Session 3: June 1-11; register by May 27
Session 4: Aug 10-20; register by Aug 5
Session 5: Oct 19-29; register by Oct 14

UNIT RESERVATIONS AT MAINSIDE POOL

Military personnel may schedule Unit PT sessions during MCCS time, Monday-Friday between the hours of 1300-1700 at Mainside Pool. **AMPIT, SKWIM, and Water Polo equipment are available for use.** To reserve training during this time, units must call the Aquatics office 24 hours prior to reservation. Reservations for unit PT sessions are not available during MCCS lap time.



is a unit-driven, aquatic physical fitness training program comparable to land-based physical training. It allows Marines of all fitness levels to train together, offering an alternative to land-based physical fitness and is adaptable to those in recovery.



Visit the **SKWIM** website at <https://www.skwiminternational.org/> to learn more about how to play.



AMERICAN RED CROSS LEARN-TO-SWIM ADULT LESSONS

The purpose of this program is to help active duty personnel develop, improve, and refine basic aquatic skills and swimming strokes. Swim lessons are offered at no cost for active duty personnel. Active Duty should contact the Aquatics office at (252) 466-2510 to enroll in our adult swim lesson program.

Classes run Tuesday and Thursday evening from 1830-1900 at Mainside Pool, bldg. 289.

Session 1: Jan 27-Feb 19; register by Jan 23
Session 2: Mar 3-Mar 26; register by Feb 27
Session 3: Apr 7-Apr 30; register by Apr 3
Session 4: Oct 6-29; register by Oct 2

Classes run Monday through Thursday from 1845-1915 at Cedar Creek Pool, bldg. 3552.

Session 1: June 8-June 18; register by June 3
Session 2: June 29-July 9; register by June 24
Session 3: July 27-Aug 6; register by July 22