

Aquatics

Rules and Guidelines

- All patrons must enter through the main facility entrance and sign in at the Information/Check-In Desk. Sidewalk or exterior entrances are for emergency egress only.
- Glass containers are prohibited from the aquatics facility.
- The use of alcoholic products, or any form of tobacco product are not authorized on the grounds of the fitness or aquatics facilities.
- Parents are responsible for the supervision and behavior of their children. All children under the age of 15 years must be accompanied by an adult or person 18 yrs old or older. Family Locker rooms have been designated for these patrons as children are prohibited from the main locker rooms.
- Running on the deck or tiled entry way from the locker areas to the pool is not authorized.
- Hanging on the lane lines is prohibited.
- Water must be cleared immediately when a safety break is called by the guards on duty.
- Lanes are for lap swimming only.
- No swimming over lane line.
- Only qualified swimmers may enter the deeper areas of the pool. Deepest part of the lap area is 6ft and 4ft for the training/fitness area.
- Floatation devices other than those with USCG approval are prohibited.
- Personal MP3, compact disc or iPod music devices are authorized but portable stereos or "boom box" systems are not.

- Appropriate swimwear must be worn to use the pool. No thongs, cut offs, basketball shorts, underwear, or street clothes are allowed. All swimwear must be lined.

These rule are the most important regulations and others will be posted at the facility.

CBC Fitness Facilities and Services

- State-of-the-Art Exercise Equipment
- Group Exercise –Aerobics, Spinning, and more!
 - Martial Arts Rooms
 - Multi-Purpose Rooms
 - Racquetball Courts
- 2 Full Size Basketball Courts
- Steam/Sauna Rooms in both male and female locker rooms
 - Intramural Sports Program
 - Aquatics Program
 - Certified Personal Trainers
 - Friendly Professional Staff



NCBC Gulfport Fitness Center

445 Fifth Street Building 445

228-871-2668

Hours of Operation

Fitness Center

Monday-Friday	0430-2100
Sat/Sun	0900-1700
Holidays	0900-1700

Aquatics

PT Swim (Active Duty Only)

Monday-Friday	0530-0800
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Lap Swim (All eligible Members)

Monday-Friday	0800-2000
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Family Swim

Monday-Friday	1200-2000
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Holidays	0900-1700
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Lessons will be advertised and scheduled accordingly.

MISSION

To directly contribute to Navy Readiness by providing sports and fitness facilities, programs and activities that enhance the morale, physical and social well being of the active duty sailors and other eligible members of the Naval Construction Battalion Center Community.

ELIGIBILITY

Authorized Patrons

Active Duty, reserves, retired military personnel, and authorized family members; MWR personnel; NCBC civilian employees and contractors holding an official military ID card.

Youth Policy

- CBC Fitness Center was designed and constructed to support the fitness and readiness requirements of active duty personnel.
- Youth ages 16 and older may enter the facility unaccompanied as long as they present their military ID and sign in.
- Parents/guardians are advised that children between the ages of 10-15 years are authorized to utilize the strength, cardio, group fitness classrooms and family or lobby bathrooms but must be accompanied at all times while in the facility under the family fitness programs.
- Children under the age 10 years are authorized to use the lobby bathrooms and vending, family bathrooms, aquatics area for specific programs, and the spectator section of the gymnasium floor during Intramural Sporting events only. Strollers or toddlers in car seats or carriers are not to enter unauthorized areas of the facility nor be left unattended at any time.

Guest Policy

Any eligible patrons, age 18 or older, may sponsor one guest per visit at no cost. The guest must be checked in at the Information & Check-In Desk and accompanied by their sponsor at all times.

GENERAL RULES & GUIDELINES

- The fitness staff is empowered to enforce the rules and regulations pertaining to the CBC Fitness Center.
- Everyone entering the facility must sign in at the Information & Check-In Desk and show proper identification with each visit
- Patrons must wear appropriate attire (i.e. non-marking athletic shoes and workout clothing). Shirts must be worn at all times. Boots, dark-soled shoes, or footwear that leaves marks on the court floors are not permitted. Dirty or tattered shirts and clothing with offensive wording or pictures will not be permitted. Appropriate undergarments must be worn. The uses of rubberized, neoprene or plastic suits are prohibited.
- Patrons of CBC Fitness Center will conduct themselves in a manner, which does not interfere with other participants using the facility. (i.e. profanity, fighting, making threatening gestures or speech, willfully damaging or attempting to damage government property, permitting unauthorized guest entrance into the facility; acts of sexual harassment)
- Towels are provided at the Information & Check-In Desk with purchase of a \$5 coin, which will be exchanged for a shower or workout towel. Only one towel per token may be taken at a time, but may be swapped for a fresh one anytime. Towels are for use in the CBC Fitness Center and must not be taken from the building. If you misplace or lose your coin, you must purchase another.
- Patrons who are intoxicated or appear to be ill will not be permitted use of the facility.
- The use of chalk is prohibited.

- Patrons who become injured and/or develop cuts, scrapes or any type of external bleeding will cease physical activity immediately and report to a member of the fitness staff for assistance.
- The use of personal sports equipment, stereos, and large tape or compact disc players not equipped with headphones is prohibited in the CBC Fitness Center.
- All sports equipment will be signed for and returned to the Information & Check-In Desk.
- Patrons who do not adhere to these facility guidelines will be immediately informed by personnel for correction. Failure to comply will result in dismissal from the facility.
- Patrons are not allowed to take photos or videos of any activity in the CBC Fitness Center without documented approval from the CBC Public Affairs Office or MWR Administration. Cell phones equipped with cameras are not authorized in bathrooms or locker rooms while in the CBC Fitness Center.
- Alcohol and tobacco products are prohibited inside or on the grounds of CBC Fitness Center. Only MWR provided food and/or snacks are authorized inside the facility. Food will be allowed in the lobby only.

AQUATICS

Mission

The CBC Aquatics Center was designed to meet the physical requirements of the active duty member. When the facility is not in use for mission support functions, it will be scheduled for recreational swim and events.