

Physical Fitness Center Pilot Project:  
Lifeguard staff conduct swim lessons

Swimming lessons have previously been held at the Physical Fitness Center but through a contract instructor. Though the classes were filled with participants, it was not financially successful because of the cost of the instructor and the low fee charged to students. Through many informal requests to the lifeguard and Physical Fitness staff members it was determined that there was a desire for swimming lessons in the community. The current Head Lifeguard and other lifeguard staff became certified water safety instructors to be prepared to give lessons at the Physical Fitness Center. This would help keep the overall cost low and still be able to charge a low rate to the participants. The lessons were scheduled for consecutive weekends with the idea that this is when most people have free time.

The classes filled to capacity and the lessons were successful. Changes for the next session have been determined by the staff so more people can participate at different times. Although private lessons were offered they were not very successful because of the higher price charged to patrons compared to the group lessons. We will still offer private lessons because no money will be lost because it is scheduled with the instructor. Classes just on the weekend were a problem for some people especially the adults learning to swim. Many of our patrons do not live in the area, but commute to work, so it was determined that if adult lessons were given in the evening, after work hours, that more adults will participate. Most participants were satisfied with the prices and all were satisfied with the quality of the lessons. This will be a continuing program and more staff with the proper teaching certification are going to be hired so more classes can be offered at different levels and at all three pools over the summer. By offering the lessons at the outdoor pools located in the housing areas, over summer, this will give children some group activity that they may not otherwise have. They will be able to walk to the pools during the day, if old enough, and not take additional time working parents. There will always be a need for swim lessons in our community because of growing families and new families arriving to Fort Monmouth.