

## Summer Swim Lessons

Swim lessons are available through CYS Youth Sports & Fitness program. Swim lessons are two week sessions comprised of eight 40 minute lessons based on American Red Cross standards.

Participants must be 5 years old and have a current (CYS) Services membership on file at Parent Central. Town of Highlands children registered in the Highland Falls and Fort Montgomery school district are eligible to enroll in swim lessons. For more information, please contact the Youth Sports-Department at (845) 938-3208



Long Pond



Lake Frederick

## Swimming Rules

All children under 14 years of age must pass the swim test to swim in the deep water. The deepwater swim test includes:

1. Tread water for 1 minute
2. Swim approximately 50 yards using freestyle stroke.
3. Swim approximately 50 yards using freestyle, backstroke, or breast stroke.
4. Get up on a dock without using a ladder.

All exercises for the swim test must be performed consecutively and without assistance. Improper or weak strokes could be grounds for failure. Lifeguards make the final decision of pass or fail. Completion does not ensure passing. Parents are not allowed to accompany swimmer during the swim test.

No smoking allowed at any of the facilities. The use of flotation devices or swimming aids are prohibited unless authorized by the facility manager on a case by case basis. Flotation devices must be USCG approved. A mandatory 15 minute rest period will be administered every hour at quarter to the hour for all patrons 13 years of age and under.

No fishing from the paddle boats or swimming dock.

Life jackets must be worn at all times for all who are boating.

Electric trolling motors only. No gas motors

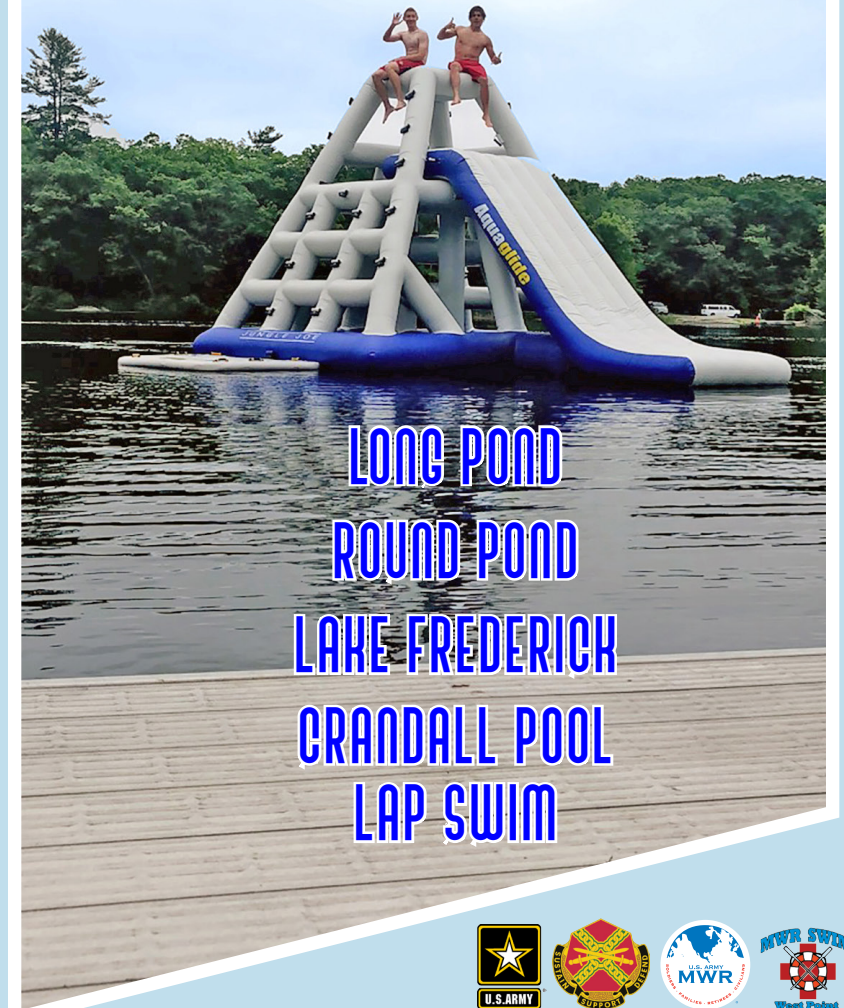
Food may be brought into all swimming areas except Crandall Pool. Alcohol and glass containers are prohibited.

Children 15 and under must be accompanied by an adult at all times.



[westpoint.armymwr.com](http://westpoint.armymwr.com)

# WEST POINT RECREATIONAL SWIMMING GUIDE



LONG POND  
ROUND POND  
LAKE FREDERICK  
CRANDALL POOL  
LAP SWIM



## Crandall Pool Lap Swim

Located inside Arvin Gymnasium,  
Building 727.

**Crandall Pool Information Tape: (845) 938-2985.** Please call for any daily or weekly changes and up-to-date schedules, as hours can change seasonally.

### Year-Round Hours of Operation:

(subject to change)

Monday-Friday: 12-1:30pm

Monday-Wednesday: 7-9pm

Thursday: 6:30-8:30pm

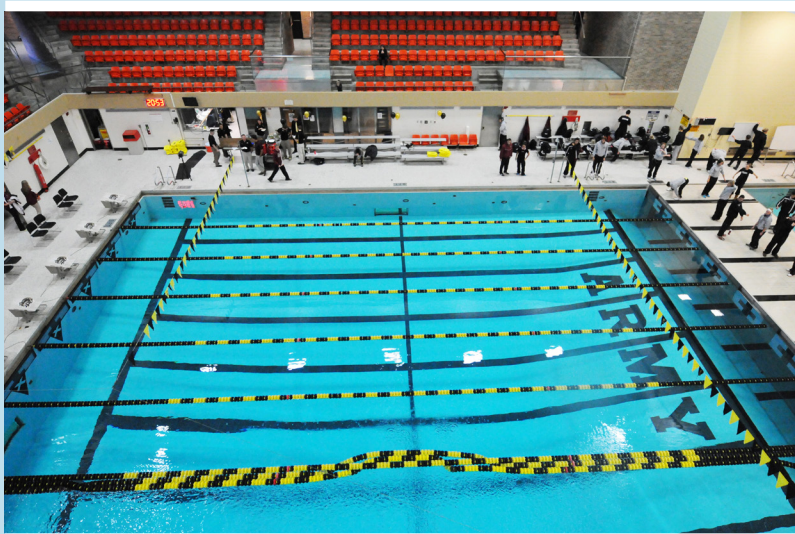
*Closed Saturdays, Sundays, Federal Holidays and all home football games.*

### Eligibility:

1. Active Duty & immediate Family members.
2. DoD Civilians & immediate Family members.
3. Retired Military & immediate Family members.

**Cost:** No Fee.

\*Please note the pool depth is between 8-16 feet and is not recommended for use by young children as there is no shallow areas in the pool.



## Long Pond

Route 293, Town of Highlands.  
Front Desk: 845.938.3170

### Hours of Operation

Memorial Day - Mid-June: Saturday & Sunday: Grounds

open at 10am, beach area 11am - 5pm

June 17th - September 2nd: 7 Days a week: 10am - 6pm

Long Pond recreation area, West Point's premier swim location is located off of route 293. A little over three miles off post on the left. Long Pond is a clear lake surrounded by a beach, pavilion and picnic areas. Lifeguards are on duty at the swimming beach during the summer months. Patrons must purchase a daily pass, punch card or season family splash pass at the administration check-in near the beach entrance or at the MWR Fitness Center prior to visiting.

### Daily Visits:

\$5 for ages 14 and up

\$4 for ages 3 to 13, E1 - E6 and Cadets

Free for children age 2 and under.

### Punch Cards:

\$46 for 12 punches, ages 14 and up,

\$36 for 12 punches, ages 3-13, E1 - E6 and Cadets

Free for children age 2 and under.

### 2019 Season Family Splash Pass:

\$80, up to 8 immediate family members on one pass.

### Boat Rentals: 10am - 5pm Ages 16+\*

Paddle boats \$4/30 min \$6/60 min

Row Boats \$6/60 min \$30/day due in by 5pm

Includes oars and PFD.

### Pavilion Rental 10am - 5pm \$100/day\*\*

\*swim passes not included.

\*\*Rental is through the Round Pond main office at (845) 938-2503.

### Eligibility:

1. Active Duty & immediate Family members.
2. DoD Civilians & immediate Family members.
3. Retired Military & immediate Family members.
4. Town of Highlands Residents.

Long Pond photo on back. →

## Round Pond



1348 Round Pond Rd., Route 293.  
Front Desk: 845.938.2503

### Hours of Operation

Memorial Day - Labor Day:

Holidays, Saturday & Sunday: 11am - 5pm

### Monday-Friday:

Swim at your own risk: 12-4pm

The Round Pond Recreation area is located in a rocky, woody area, just three miles off post. Round Pond is a clear mountaintop lake surrounded by a beach, playgrounds, picnic areas and campsites.

## Lake Frederick

Route 32 → Smith Clove Rd.

54 Lake Frederick Rd., Highland Mills, NY 10930

### Beach Hours of Operation

May 25-26, June 1-2, 8-9, June 17 through September 2nd:

11am-6pm

Lake Frederick beach is available to Active Duty Military and immediate family members, DoD Civilians and immediate family members, Retired Military and DoD Civilians with proper ID and patrons who are staying at the Recreation Area (Camping, Pavilion Rental; and their guests). Children 15 and under must be accompanied by an adult at all times.

Lake Frederick photo on back. →