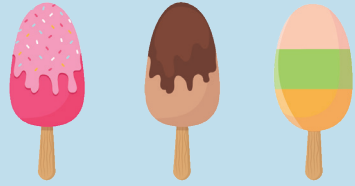


# Concessions at Long Pond

**ICE CREAM**  
**\$2.00**



**COLD BEVERAGES**  
**\$2.00**



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, but 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

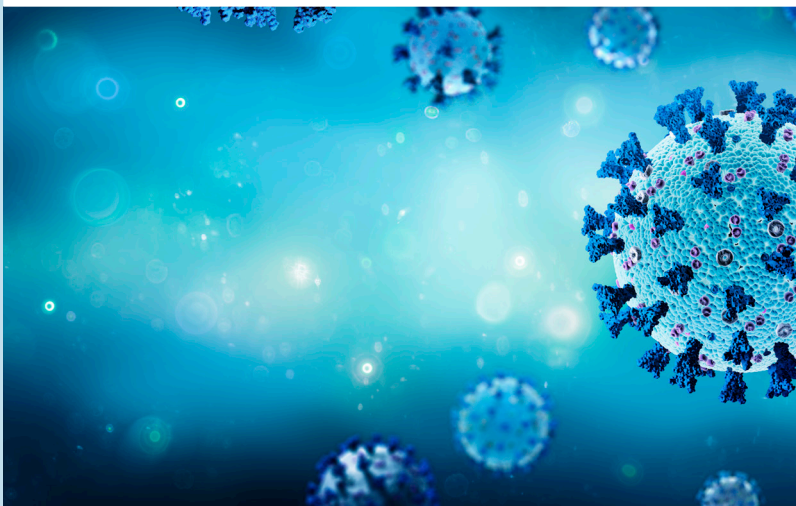




# COVID Mitigation Policies

Effective for the 2021 Swim Season.  
More info at [westpoint.armymwr.com](http://westpoint.armymwr.com)

- **Long Pond**
  - All swim beach reservations must be done in advance (online) beginning at 12:00AM daily, by visiting [westpoint.armymwr.com](http://westpoint.armymwr.com). Proof of reservation will be validated on-site by staff prior to admittance.
  - 10x10 reserved spaces will be marked on the beach to encourage social distancing. Beachgoers must remain inside their space while at the beach.
  - Face coverings must be worn when entering the beach area and can be removed once patrons reach their designated space.
  - Two (2) daily sessions will be offered. This will provide adequate time for lifeguards to disinfect beach areas in-between swim sessions.
- **Round Pond / Lake Frederick**
  - Swim beaches available for CAMPERS ONLY – proof of camping reservation must be shown.
  - Social distancing guidelines of at least six feet of separation must be maintained by parties at all times, including in the water. Social distancing will be strictly enforced
- Personal water toys and inflatables are not permitted at this time. Sand toys are OK but should not be shared.



## Long Pond

Route 293, Town of Highlands.  
Front Desk: 845.938.3170

### Hours of Operation

[Memorial Day Weekend to mid-June]: Open Saturday and Sunday 10:30am-1:30pm and 2:30-5:30pm.

[Mid June-Labor Day]: Open 7 days a week 10:30am-1:30pm and 2:30-5:30pm.

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 ticket online via WebTrac for each session prior to visiting.

### Daily Visits:

\$5 for ages 14 and up, & Cadets  
\$3 for ages 3 to 13, & Seniors  
Free for children age 2 and under.

### 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 \$200/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.

ALL TICKETS MUST BE PURCHASED ONLINE AT:

**[WESTPOINT.ARMYMWR.COM](http://WESTPOINT.ARMYMWR.COM)**

Long Pond photo on back. →

## Round Pond



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

\*Open to occupied cabin and tent camping customers only.

### Hours of Operation

Memorial Day Weekend - Labor Day

[Monday-Friday]: Swim at your own risk: 12-4pm  
[Holidays, Saturday & Sunday]: 11am - 5pm

Round Pond Recreation Area is located in a rocky, woody area, just three miles off post down Route 293. 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

\*Open to occupied cabin and tent camping customers only.

### Hours of Operation

Memorial Day Weekend - Labor Day; 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. →