

Base Alameda MWR Services

Open to those with access to Base Alameda
(Closed on Thanksgiving and Christmas)

POOL

BUDDY SWIM REQUIRED – SWIMMING SOLO IS NEVER ALLOWED

- Pool Facility Usage:
 - Complete Self Check-In via Pool Log Book – ENSURE your name and information are legible
 - To schedule unit training, contact Ms. Capp-Carter 510-437-3579
 - Pool will be closed when unit training occurs

Open Lap Swim Hours:

Monday – Thursday	0530 – 2100
Friday	0530 – 1200 ***Closed at 1200 for Cleaning***
Saturday – Sunday	0830 - 1800

AUTO HOBBY SHOP

Tuesday – Friday	1130 – 1900 Last Car in at 1800
Saturday	0900 – 1600 Last Car in at 1500
Sunday – Monday	Closed

GYM

Multi-Purpose Room, CrossFit Room, Basketball Court, TRX, Racquetball Court are OPEN for use ONLY for fully vaccinated personnel

- Gym Facility Usage:
 - Hold out CAC to ID yourself w/ staff
 - Complete Self Check-In via Gym Log Book – ENSURE your name and information are legible
 - Must wipe down equip prior to and after use

Hours:

Monday – Friday	0530 - 2100
Saturday – Sunday	0830 - 1800

RENTAL OFFICE

- MWR Rental Office may be reached at 510-437-3548

Monday – Friday	0800 - 1400
Saturday – Sunday	Closed

SIGNAGE WILL BE POSTED AND ADVERTISED FOR UPCOMING INDOOR YOGA & SPIN CLASSES FOR VACCINATED PERSONNEL!

NOTE

- If **UNVACCINATED** or within 14 days of last vaccination: mask usage **REQUIRED** for entry/exit of gym and pool and must be worn if unable to maintain 6' social distancing
- Tennis, Outdoor Basketball and Racquetball Courts are open on a first come/first served basis