

Aquatic & Fitness Center



Hours

Indoor Pool and Fitness Wing

Monday - Friday 6:00am-10:00pm

Saturday and Sunday 8:00am-9:00pm

Swimming must cease and pools must be vacated 15 minutes before the scheduled end of day for maintenance and closing procedures.

Daily Admission Rates

	Greenbelt Resident	Non-Resident
Youth (1-13 yrs)	\$2.75	\$4.00
Young Adult (14-17 yrs)	\$3.75	\$5.00
Adult (18-59 yrs)	\$4.75	\$6.00
Senior (60+)	\$3.50	\$4.25

101 Centerway - 301-397-2204 - www.greenbeltmd.gov

- “Children 11 and under entering the pool must be within sight and accompanied by a responsible person 16 years of age or older in appropriate swim attire (children 12 years of age and over are allowed to enter by themselves)”
- “Non-swimmers and all children age five (5) and under in the water must be directly supervised by a responsible person 16 years of age or older in appropriate swim attire.”

IMPORTANT REMINDERS

- The above hours are subject to change.
- All members are required to scan their membership card to gain entry into the Aquatic & Fitness Center. Please see guidelines below on becoming a member.
- Swimming must cease, and pools must be vacated 15 minutes before the scheduled end of day for maintenance and closing procedures.
- Aquatic classes take precedence over recreational swimming. Patrons may use whatever sections of the pool that are not being utilized by classes. A minimum of three (3) lap lanes are available at all times, except during swim team practices, when one (1) open swim lane is available.
- The facility closes at 8:00pm the third Sunday of every month for staff training.
- The hot tub closes every other Wednesday from noon to 8:00pm for regular cleaning.
- All passes are non-refundable and non-transferable

BECOMING A MEMBER

Becoming a member is easy – just follow these steps:

1. Stop by the Greenbelt Aquatic and Fitness Center front desk and ask to become a member.
2. Staff will enter you into our computer system.
3. Make payment.

If you are purchasing a Resident Membership, you will be required to provide proof of residency in the form of a state issued photo ID or current lease with a valid Greenbelt address. Without proof of residency at a valid Greenbelt address, you can only be issued a Non-Resident Membership at the Non-Resident Membership rate.

Explanation of Membership Passholder Categories

Youth Membership: 1-13 years of age

Young Adult Membership: 14-17 years of age

Adult Membership: 18-59 years of age

Senior Membership: 60 years of age and older

Single Parent Family Membership: One adult and single dependents, under the age of 21, residing permanently in the same household.

Family Membership: Two adults and single dependents, under the age of 21, residing permanently in the same household.

Residents: Those residing within the corporate limits of Greenbelt who pay City taxes and are entitled to vote in City elections (Greenbelt Road and 6999-7699 Hanover Parkway are not considered Greenbelt addresses.)

Non-Residents: Those residing outside the corporate limits of Greenbelt.

12 MONTH MEMBERSHIPS (VALID FOR 12 MONTHS FROM DATE OF PURCHASE)		
	Resident	Non-Resident
Youth	\$116	\$249
Young Adult	\$182	\$312
Adult	\$249	\$375
Senior	\$128	\$262
Single Parent Family	\$365	\$623
Family	\$514	\$671
Corporate	\$1032	\$1032

9 MONTH MEMBERSHIPS (VALID FOR 9 MONTHS FROM DATE OF PURCHASE. EXCLUDES SUMMER SEASON)		
	Resident	Non-Resident
Youth	\$87	\$196
Young Adult	\$140	\$246
Adult	\$196	\$297
Senior	\$94	\$210
Single Parent Family	\$281	\$491
Family	\$396	\$596
Corporate	NA	NA

GAFC SPECIAL HOURS

Labor Day	Monday, September 4	8:00am-8:00pm
Veterans Day	Saturday, November 11	8:00am-9:00pm
Thanksgiving Day	Thursday, November 23	8:00am-4:00pm
Christmas Eve	Sunday, December 24	8:00am-5:00pm
Christmas Day	Monday, December 25	12:00pm-4:00pm
New Year's Eve	Sunday, December 31	8:00am-5:00pm
New Year's Day	Monday, January 1	12:00pm-4:00pm



GREENBELT AQUATIC AND FITNESS CENTER

REGISTRATION DATES

Register at the Aquatic And Fitness Center between 6:00am and 10:00pm for all dates noted below.

Please do not pre-write checks. All classes require registration unless otherwise noted.

CLASS RATES DO NOT INCLUDE USE OF FITNESS WING OR POOLS BEFORE OR AFTER CLASS TIMES.

Youth Swim Lessons

Pre-Evaluation, Saturday, September 23, 2017

Saturday Session: October 7 - December 9

(No Classes: 10/28 & 11/25)

Passholders & Residents register: September 25

Open Registration: September 27

Adult Swim Lessons

Session 1: September 12 - October 10

(No Classes: 9/21)

Session 2: October 24 - November 16

Session 3: November 28 - December 21

Passholders & Residents register: August 21

Open Registration: August 23

Water Exercise Classes

Session 1: September 11 - October 6

(No Classes: 9/20 & 9/21)

Passholders & Residents register: August 21

Open Registration: August 23

Session 2: October 16 - November 17

Passholders & Residents register: October 2

Open Registration: October 4

Session 3: November 27 - December 22

Passholders & Residents register: November 13

Open Registration: November 15

YOUTH SWIM LESSONS:

Contact: GAFC 301-397-2204

AQUA TOTS I

Ages birth-2

Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics. Each child must be accompanied into the water by only one adult dressed in a bathing suit prepared to participate in class. Children who wear diapers are required to wear a swim diaper underneath a bathing suit.

PH: \$51 RNPH: \$57 NRRNPH: \$64

421116-A Sa 8:15am-8:45am

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

421116-C Sa 3:15pm-3:45pm

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

**PH=PASSHOLDER,
RNPH=RESIDENT NON-PASSHOLDER,
NRRNPH=NON-RESIDENT, NON-PASSHOLDER**

AQUA TOTS II

Ages 2-4

Parents and children improve on the skills from AquaTots I and learn more advanced skill. Water safety topics are also included in this level. Each child must be accompanied into the water by only one adult dressed in a bathing suit prepared to participate in class. Children who wear diapers are required to wear a swim diaper underneath a bathing suit.

PH: \$51 RNPH: \$57 NRRNPH: \$64

421117-A Sa 8:15am-8:45am

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

421117-B Sa 2:30pm-3:00pm

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

BEGINNER I, PRESCHOOL

Ages 3-5

Become comfortable in the water. The preschool program is designed for young children who have not yet finished kindergarten but are able to perform independently; parent participation is not permitted. Students will learn to be comfortable in shallow and deep water and practice floating techniques. Proper leg and arm movements for strokes will be introduced.

PH: \$51 RNPH: \$57 NRRNPH: \$64

421118-A Sa 9:00am-9:30am

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

421118-B Sa 9:45am-10:15am

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

421118-C Sa 10:30am-11:00am

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

421118-D Sa 11:15am-11:45am

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

BEGINNER I

Ages 5-10

Become comfortable in the water. Students will learn to be comfortable in shallow and deep water and practice floating techniques. Proper leg and arm movements for strokes will be introduced.

PH: \$51 RNPH: \$57 NRRNPH: \$64

431120-A Sa 9:00am-9:30am

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

431120-B Sa 9:45am-10:15am

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

431120-C Sa 10:30am-11:00am

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

431120-D Sa 11:15am-11:45am

8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

BEGINNER II

Ages 5-12

Learn basic swimming skills. Class will be held in water over swimmers' heads. Students will learn proper body position and arm movements for front crawl, elementary backstroke and breaststroke. Back crawl, treading water, and breathing techniques will be introduced. Prerequisites: assisted float on front and back in deep water, streamline glide from wall on front and back, and object retrieval from bottom of pool with head submerged.

PH: \$51 RNPH: \$57 NRNPH: \$64

431121-A Sa 9:00am-9:30am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

431121-B Sa 9:45am-10:15am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

431121-C Sa 10:30am-11:00am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

431121-D Sa 11:15am-11:45am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

BEGINNER III

Ages 5-15

Improve basic swimming skills. Students will learn rhythmic breathing, proper kick for elementary backstroke and breaststroke, and treading water. Scissor kick and dolphin kick will be introduced. Prerequisites: 10 yards front crawl, 10 yards basic elementary backstroke, 5 yards basic breaststroke.

PH: \$51 RNPH: \$57 NRNPH: \$64

431122-A Sa 9:00am-9:30am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

431122-B Sa 9:45am-10:15am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

431122-C Sa 10:30am-11:00am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

431122-D Sa 11:15am-11:45am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

ADVANCED BEGINNER

Ages 5-15

Transition from basic swimming to more advanced swimming skills. Students will learn basic dives and improve front crawl, back crawl, elementary backstroke and breaststroke. Sidestroke, butterfly, and underwater swimming will be introduced. Prerequisites: 15 yards front crawl, 15 yards back crawl, 15 yards elementary backstroke, 10 yards breaststroke and 30 seconds treading water.

PH: \$51 RNPH: \$57 NRNPH: \$64

431123-A Sa 9:00am-9:30am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

431123-D Sa 11:15am-11:45am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

INTERMEDIATE

Ages 5-15

Learn distance swimming skills. Students will swim full lengths of the pool to improve front crawl, back crawl, breaststroke, sidestroke, and butterfly, and retrieve objects from the deep end. Flip turns and long shallow dives will be introduced. Prerequisites: 25 yards front crawl, 25 yards back crawl, 25 yards elementary backstroke, 15 yards breaststroke, and 1 minute treading water.

PH: \$51 RNPH: \$57 NRNPH: \$64

431124-B Sa 9:45am-10:15am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)

431124-C Sa 10:30am-11:00am
8 mtgs: 10/7 - 12/9 (No class 10/28, 11/25)



HOMESCHOOL SWIM LESSONS

Contact: GAFC 301-397-2204

BEG. I - HOME SCHOOL 431134-B

Ages 4-12

This program is designed for children who are home schooled. Beginner I swimming level.

F 12:15pm-1:00pm
8 mtgs: 10/6 - 12/8 (No class 10/27, 11/24)

PH: \$55 RNPH: \$61 NRNPH: \$69

BEG.II & BEG.III, HOMESCHOOL 431135-C

Ages 5-17

This program is designed for children who are home schooled. Beginner I and Beginner II swimming levels.

F 1:15pm-2:00pm
8 mtgs: 10/6 - 12/8 (No class 10/27, 11/24)

PH: \$55 RNPH: \$61 NRNPH: \$69

ADBEG, INT, & SWM, HOMESCHOOL 431136-A

Ages 6-15

This program is designed for children who are home schooled. Advanced Beginner, Intermediate, and Swimmer swimming level.

F 11:15am-12:00pm
8 mtgs: 10/6 - 12/8 (No class 10/27, 11/24)

PH: \$55 RNPH: \$61 NRNPH: \$69

FIRST AID/CPR CLASSES

Contact: GAFC 301-397-2204

FIRST AID/CPR/AED

Ages 13+

All classes will be led by an American Red Cross certified instructor. Participants must attend and participate in all course sessions, demonstrate competency in all required skills, and pass each section of the written exam with a score of 80 percent or better in order to receive certification. Learn to recognize and respond appropriately to cardiac, breathing, and first aid emergencies in adults, children, and infants. This course teaches skills, including CPR and the use of an AED, that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This class follows the Blended Learning format which combines online learning with an in-person skills session where participants will practice skills and demonstrate competency.

Due to the online portion of this class, registration closes one week prior to start date. Class prices below include the \$27 certification fee charge for the American Red Cross online portion of the class. You may register for the online portion of the course at <http://redcrosslearning.com/auth/login>. Once completed, you will be issued a certificate which you will need to bring to class. Participants MUST complete the online session of the training two (2) days prior to the classroom skills session.

- | | | |
|---------------------------------|-------------------|--------------------|
| PH: \$55 | RNPH: \$61 | NRNPH: \$69 |
| 457177-1 F 6:00pm-8:00pm | | |
| 1 mtg: 9/8 | | |
| 457177-2 F 6:00pm-8:00pm | | |
| 1 mtg: 10/13 | | |
| 457177-3 F 6:00pm-8:00pm | | |
| 1 mtg: 11/10 | | |
| 457177-4 F 6:00pm-8:00pm | | |
| 1 mtg: 12/8 | | |

ADULT SWIM LESSONS

Contact: GAFC 301-397-2204

BEGINNER SWIM LESSONS

Ages 14+

“Learning the Basics” - Learn skills and concepts needed to stay safe in and around water while gaining basic aquatic skills and swimming strokes.

- | | | |
|---|-------------------|--------------------|
| PH: \$59 | RNPH: \$65 | NRNPH: \$74 |
| 451192-1A Tu/Th 7:00pm-7:45pm | | |
| 8 mtgs: 9/12 - 10/10 (No class 9/21) | | |
| 451192-2B Tu/Th 8:00pm-8:45pm | | |
| 8 mtgs: 10/24 - 11/16 | | |
| 451192-3A Tu/Th 7:00pm-7:45pm | | |
| 8 mtgs: 11/28 - 12/21 | | |

INTERMEDIATE SWIM LESSONS

Ages 14+

“Improving Skills and Swimming Strokes” - Learn skills and concepts needed to stay safe in and around water while improving proficiency in basic aquatic skills and the six basic swimming strokes. Prerequisites: Participants must be comfortable in chest-deep water, able to put their face in the water, and able to perform strokes that can be recognized as front crawl, breaststroke, and back crawl, each for 15 yards.

- | | | |
|---|-------------------|--------------------|
| PH: \$59 | RNPH: \$65 | NRNPH: \$74 |
| 451194-1B Tu/Th 8:00pm-8:45pm | | |
| 8 mtgs: 9/12 - 10/10 (No class 9/21) | | |
| 451194-2A Tu/Th 7:00pm-7:45pm | | |
| 8 mtgs: 10/24 - 11/16 | | |
| 451194-3B Tu/Th 8:00pm-8:45pm | | |
| 8 mtgs: 11/28 - 12/21 | | |

WATER EXERCISE

Contact: GAFC 301-397-2204

DEEP WATER AEROBICS

Ages 16+

A non-impact class designed to improve cardiovascular endurance. The class uses a variety of water movements to increase tone and definition of upper and lower body. Participants can use a floatation belt.

- SESSION 1**
- | | | |
|---|-------------------|--------------------|
| 451170-1A M/W 7:00pm-7:45pm | | |
| 7 mtgs: 9/11 - 10/4 (No class 9/20) | | |
| PH: \$32 | RNPH: \$37 | NRNPH: \$42 |
| 451170-1B Tu/Th 6:00pm-6:45pm | | |
| 8 mtgs: 9/12 - 10/5 | | |
| PH: \$36 | RNPH: \$41 | NRNPH: \$46 |
| 451170-A M/W/F 1:00pm-1:45pm | | |
| 11 mtgs: 9/11 - 10/6 (No class 9/20) | | |
| PH: \$50 | RNPH: \$55 | NRNPH: \$60 |
- SESSION 2**
- | | | |
|--------------------------------------|-------------------|--------------------|
| 451170-2A M/W 7:00pm-7:45pm | | |
| 10 mtgs: 10/16 - 11/15 | | |
| PH: \$45 | RNPH: \$50 | NRNPH: \$55 |
| 451170-2B Tu/Th 6:00pm-6:45pm | | |
| 10 mtgs: 10/17 - 11/16 | | |
| PH: \$45 | RNPH: \$50 | NRNPH: \$55 |
| 451170-B M/W/F 1:00pm-1:45pm | | |
| 15 mtgs: 10/16 - 11/17 | | |
| PH: \$68 | RNPH: \$73 | NRNPH: \$78 |
- SESSION 3**
- | | | |
|--------------------------------------|-------------------|--------------------|
| 451170-3A M/W 7:00pm-7:45pm | | |
| 8 mtgs: 11/27 - 12/20 | | |
| PH: \$36 | RNPH: \$41 | NRNPH: \$46 |
| 451170-3B Tu/Th 6:00pm-6:45pm | | |
| 8 mtgs: 11/28 - 12/21 | | |
| PH: \$36 | RNPH: \$41 | NRNPH: \$46 |
| 451170-C M/W/F 1:00pm-1:45pm | | |
| 12 mtgs: 11/27 - 12/22 | | |
| PH: \$54 | RNPH: \$59 | NRNPH: \$64 |

AQUACIZE

Ages 16+

Emphasizes aerobics, stretching and toning exercises for the swimmer and non-swimmer. Aquacize is designed to condition the heart and lungs and to improve muscle tone while burning calories. Muscle conditioning, use of bottles and spa bells are included in the class.

SESSION 1

451171-1A M/W/F 8:00am-8:45am

11 mtgs: 9/11 - 10/6 (No class 9/20)

PH: \$50 RNP: \$55 NRNP: \$60

451171-1B M/W/F 10:00am-10:45am

11 mtgs: 9/11 - 10/6 (No class 9/20)

PH: \$50 RNP: \$55 NRNP: \$60

451171-1C M/W 7:00pm-7:45pm

7 mtgs: 9/11 - 10/4 (No class 9/20)

PH: \$32 RNP: \$37 NRNP: \$42

451171-1D Tu/Th 7:45am-8:30am

8 mtgs: 9/12 - 10/5

PH: \$36 RNP: \$41 NRNP: \$46

SESSION 2

451171-2A M/W/F 8:00am-8:45am/AFC-OPEN

15 mtgs: 10/16 - 11/17 (No class 11/11)

PH: \$68 RNP: \$73 NRNP: \$78

451171-2B M/W/F 10:00am-10:45am/AFC-OPEN

15 mtgs: 10/16 - 11/17 (No class 11/11)

PH: \$68 RNP: \$73 NRNP: \$78

451171-2C M/W 7:00pm-7:45pm

10 mtgs: 10/16 - 11/15

PH: \$45 RNP: \$50 NRNP: \$55

451171-2D Tu/Th 7:45am-8:30am

10 mtgs: 10/17 - 11/16

PH: \$45 RNP: \$50 NRNP: \$55

SESSION 3

451171-3A M/W/F 8:00am-8:45am

12 mtgs: 11/27 - 12/22

PH: \$54 RNP: \$59 NRNP: \$64

451171-3B M/W/F 10:00am-10:45am

12 mtgs: 11/27 - 12/22

PH: \$54 RNP: \$59 NRNP: \$64

451171-3C M/W 7:00pm-7:45pm

8 mtgs: 11/27 - 12/20

PH: \$36 RNP: \$41 NRNP: \$46

451171-3D Tu/Th 7:45am-8:30am

8 mtgs: 11/28 - 12/21

PH: \$36 RNP: \$41 NRNP: \$46



AQUA ZUMBA

Ages 16+

Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

451172-A1 M/W 6:00pm-6:45pm

7 mtgs: 9/11 - 10/4 (No class 9/20, 10/3)

PH: \$36 RNP: \$41 NRNP: \$46

451172-A2 M/W 6:00pm-6:45pm

10 mtgs: 10/16 - 11/15

PH: \$41 RNP: \$46 NRNP: \$51

451172-A3 M/W 6:00pm-6:45pm

8 mtgs: 11/27 - 12/20

PH: \$41 RNP: \$46 NRNP: \$51

