



# Aquatic & Fitness Center

**101 Centerway - 301-397-2204 - [www.greenbeltmd.gov/GAFC](http://www.greenbeltmd.gov/GAFC)**

**Indoor Pool and Fitness Wing**  
**Monday - Friday 6:00am-10:00pm**  
**Saturday and Sunday 8:00am-9:00pm**  
**Summer Holidays 8:00am-8:00pm (pool)**

**Outdoor Pool**  
**Monday - Friday 11:00am-8:00pm**  
**Saturday and Sunday 10:00am-8:00pm**  
**Summer Holidays 10:00am-7:45pm**

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

*Greenbelt Municipal Swim Team Meets will be held on June 17, July 1\*, July 8\**

*\* Swim Lessons scheduled 9:00am-noon, limited lap lanes. GAFC Outdoor Pool will open at 1pm on these dates.*

## Summer Daily Admission Rates

	Greenbelt Resident	Non-Resident Weekday	Guest Fee
Youth (1-13 yrs)	\$3.25	\$4.50	\$4.50
Young Adult (14-17 yrs)	\$4.25	\$5.50	\$5.50
Adult (18-59 yrs)	\$5.25	\$6.50	\$6.50
Senior (60+)	\$3.75	\$5.50	\$5.50

Weekends and Holidays between the dates of May 27, 2017 and September 4, 2017 are restricted to passholders, Greenbelt residents, and their paying guests (limit of 3 guests per person). Greenbelt Residents are required to show proof of residency when paying daily admission.

### Important Reminders

- The above hours are subject to change
- The **indoor pool** will be closed from August 20 at 8:00pm through August 31 at 6:00am for annual cleaning. The **Fitness Wing** will be closed August 21 and 22 for annual cleaning.
- All members are required to scan their pass to gain entry into the Aquatic and Fitness Center. Please see guidelines on becoming a member.
- Aquatic classes take precedence over recreational swimming. Patrons may use whatever sections of the pool are not being utilized by classes. A minimum of three (3) lap lanes are available at all times, except during indoor swim team practices when no lap lanes are available.
- The facility closes at 8:00pm the third Sunday of every month for staff training. The indoor pool closes at 7:45pm this day.
- The hot tub closes at noon every other Wednesday 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.

SUMMER MEMBERSHIPS (VALID FROM MAY 27-SEPTEMBER 4, 2017)		
	Resident	Non-Resident
Youth	\$61	\$140
Young Adult	\$95	\$176
Adult	\$128	\$210
Senior	\$63	\$156
Single Parent Family	\$186	\$351
Family	\$254	\$402

HALF-SUMMER MEMBERSHIPS (VALID FROM JULY 1-SEPTEMBER 4, 2017)		
	Resident	Non-Resident
Youth	\$41	\$94
Young Adult	\$64	\$118
Adult	\$86	\$141
Senior	\$42	\$105
Single Parent Family	\$125	\$236
Family	\$161	\$271

12 MONTH MEMBERSHIPS					
RESIDENT					
Youth	Young Adult	Adult	Senior	Single Parent Family	Family
\$116	\$182	\$249	\$128	\$365	\$514
NON-RESIDENT					
Youth	Young Adult	Adult	Senior	Single Parent Family	Family
\$249	\$312	\$375	\$262	\$623	\$671



The Greenbelt Aquatic and Fitness Center is hosting a Family Swim Night in the Outdoor Pool each month of the summer! The events will be held on the following **Fridays: June 16, July 21, and August 18 from 8:00pm-10:00pm**. Admittance to the pool will be \$5.00 for all families, including passholders. Bring your pool toys and the whole family for an evening of fun! Check with the pool for details about the upcoming events.

Family Fun Night is designed to give families an opportunity to spend an evening together in a recreational atmosphere. Entering family must have at least one adult. Families will be charged \$1.00 for each additional non-family member, with a limit of three non-family members per group. In case of inclement weather, the event will be moved to the Indoor Pool.

## 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 and Registration Dates

Saturday Session: June 24-August 12

Passholders & Residents register: June 5-6

Open Registration: June 7

#### Weekday I Session: June 20-23, June 27-June 30

Passholders & Residents register: June 5-6

Open Registration: June 7

#### Weekday II Session: July 11-14, July 18-21

Passholders & Residents register: July 3-4

Open Registration: July 5

#### Weekday III Session: August 1-4, August 8-11

Passholders & Residents register: July 24-25

Open Registration: July 26

#### Adult Swim Lessons and Registration Dates

Session I: June 6-29

Session II: July 18 - August 10

Passholders and Residents register: May 15-21

Open Registration: May 22 until classes are filled

#### Water Exercise Classes and Registration Dates

Session I: June 5 - July 5

Session II: July 17 - August 16

Passholders and Residents register: May 15-21

Open Registration: May 22 until classes are filled

## 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 RNP: \$57 NRP: \$64

Saturday - 8 mtgs: 6/24 - 8/12

321116-A Sa 8:15am-8:45am/GAFC

321116-C Sa 3:15pm-3:45pm/GAFC

Weekday I - 8 mtgs: 6/20 - 6/30

321116-1A Tu/W/Th/F 8:15am-8:45am/GAFC

Weekday II - 8 mtgs: 7/11 - 7/21

321116-2A Tu/W/Th/F 8:15am-8:45am

Weekday III - 8 mtgs: 8/1 - 8/11

321116-3A Tu/W/Th/F 8:15am-8:45am/GAFC

PH=PASSHOLDER,

RNP=RESIDENT NON-PASSHOLDER,

NRNP=NON-RESIDENT, NON-PASSHOLDER

The indoor pool will be closed from August 20 at 8:00pm through August 31, 2017 at 6:00am for annual cleaning. The Fitness Wing will be closed August 21st & 22nd for annual cleaning.

### AQUA TOTS II

**Ages 2-4**

Parents and children improve on the skills from Aqua Tots I and learn more advanced skills. 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 RNP: \$57 NRP: \$64

Saturday - 8 mtgs: 6/24 - 8/12

321117-A Sa 8:15am-8:45am/GAFC

321117-B Sa 2:30pm-3:00pm/GAFC

Weekday I - 8 mtgs: 6/20 - 6/30

321117-1A Tu/W/Th/F 8:15am-8:45am/GAFC

Weekday II - 8 mtgs: 7/11 - 7/21

321117-2A Tu/W/Th/F 8:15am-8:45am/GAFC

Weekday III - 8 mtgs: 8/1 - 8/11

321117-3A Tu/W/Th/F 8:15am-8:45am/GAFC

### PRESCHOOL BEGINNER

**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 RNP: \$57 NRP: \$64

Saturday - 8 mtgs: 6/24 - 8/12

321118-A Sa 9:00am-9:30am/GAFC

321118-B Sa 9:45am-10:15am/GAFC

321118-C Sa 10:30am-11:00am/GAFC

321118-D Sa 11:15am-11:45am/GAFC

Weekday I - 8 mtgs: 6/20 - 6/30

321118-1A Tu/W/Th/F 9:00am-9:30am/GAFC

321118-1B Tu/W/Th/F 9:45am-10:15am/GAFC

321118-1C Tu/W/Th/F 10:30am-11:00am/GAFC

321118-1D Tu/W/Th/F 11:15am-11:45am/GAFC

Weekday II - 8 mtgs: 7/11 - 7/21

321118-2A Tu/W/Th/F 9:00am-9:30am/GAFC

321118-2B Tu/W/Th/F 9:45am-10:15am/GAFC

321118-2C Tu/W/Th/F 10:30am-11:00am/GAFC

321118-2D Tu/W/Th/F 11:15am-11:45am/GAFC

Weekday III - 8 mtgs: 8/1 - 8/11

321118-3A Tu/W/Th/F 9:00am-9:30am/GAFC

321118-3B Tu/W/Th/F 9:45am-10:15am/GAFC

321118-3C Tu/W/Th/F 10:30am-11:00am/GAFC

321118-3D Tu/W/Th/F 11:15am-11:45am/GAFC

## 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      RNP: \$57      NRNP: \$64

**Saturday - 8 mtgs: 6/24 - 8/12**

- 331120-A** Sa 9:00am-9:30am/GAFC
- 331120-B** Sa 9:45am-10:15am/GAFC
- 331120-C** Sa 10:30am-11:00am/GAFC
- 331120-D** Sa 11:15am-11:45am/GAFC

**Weekday I - 8 mtgs: 6/20 - 6/30**

- 331120-1A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331120-1B** Tu/W/Th/F 9:45am-10:15am/GAFC
- 331120-1C** Tu/W/Th/F 10:30am-11:00am/GAFC
- 331120-1D** Tu/W/Th/F 11:15am-11:45am/GAFC

**Weekday II - 8 mtgs: 7/11 - 7/21**

- 331120-2A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331120-2B** Tu/W/Th/F 9:45am-10:15am/GAFC
- 331120-2C** Tu/W/Th/F 10:30am-11:00am/GAFC
- 331120-2D** Tu/W/Th/F 11:15am-11:45am/GAFC

**Weekday III - 8 mtgs: 8/1 - 8/11**

- 331120-3A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331120-3B** Tu/W/Th/F 9:45am-10:15am/GAFC
- 331120-3C** Tu/W/Th/F 10:30am-11:00am/GAFC
- 331120-3D** Tu/W/Th/F 11:15am-11:45am/GAFC

## 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      RNP: \$57      NRNP: \$64

**Saturday - 8 mtgs: 6/24 - 8/12**

- 331121-A** Sa 9:00am-9:30am/GAFC
- 331121-B** Sa 9:45am-10:15am/GAFC
- 331121-C** Sa 10:30am-11:00am/GAFC
- 331121-D** Sa 11:15am-11:45am/GAFC

**Weekday I - 8 mtgs: 6/20 - 6/30**

- 331121-1A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331121-1B** Tu/W/Th/F 9:45am-10:15am/GAFC
- 331121-1C** Tu/W/Th/F 10:30am-11:00am/GAFC
- 331121-1D** Tu/W/Th/F 11:15am-11:45am/GAFC

**Weekday II - 8 mtgs: 7/11 - 7/21**

- 331121-2A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331121-2B** Tu/W/Th/F 9:45am-10:15am/GAFC
- 331121-2C** Tu/W/Th/F 10:30am-11:00am/GAFC
- 331121-2D** Tu/W/Th/F 11:15am-11:45am/GAFC

**Weekday III - 8 mtgs: 8/1 - 8/11**

- 331121-3A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331121-3B** Tu/W/Th/F 9:45am-10:15am/GAFC
- 331121-3C** Tu/W/Th/F 10:30am-11:00am/GAFC
- 331121-3D** Tu/W/Th/F 11:15am-11:45am/GAFC

## 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      RNP: \$57      NRNP: \$64

**Saturday - 8 mtgs: 6/24 - 8/12**

- 331122-A** Sa 9:00am-9:30am/GAFC
- 331122-B** Sa 9:45am-10:15am/GAFC
- 331122-C** Sa 10:30am-11:00am/GAFC
- 331122-D** Sa 11:15am-11:45am/GAFC

**Weekday I - 8 mtgs: 6/20 - 6/30**

- 331122-1A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331122-1B** Tu/W/Th/F 9:45am-10:15am/GAFC
- 331122-1C** Tu/W/Th/F 10:30am-11:00am/GAFC
- 331122-1D** Tu/W/Th/F 11:15am-11:45am/GAFC

**Weekday II - 8 mtgs: 7/11 - 7/21**

- 331122-2A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331122-2B** Tu/W/Th/F 9:45am-10:15am/AFC-5FT
- 331122-2C** Tu/W/Th/F 10:30am-11:00am/GAFC
- 331122-2D** Tu/W/Th/F 11:15am-11:45am/GAFC

**Weekday III - 8 mtgs: 8/1 - 8/11**

- 331122-3A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331122-3B** Tu/W/Th/F 9:45am-10:15am/GAFC
- 331122-3C** Tu/W/Th/F 10:30am-11:00am/GAFC
- 331122-3D** Tu/W/Th/F 11:15am-11:45am/GAFC

## 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      RNP: \$57      NRNP: \$64

**Saturday - 8 mtgs: 6/24 - 8/12**

- 331123-A** Sa 9:00am-9:30am/GAFC
- 331123-C** Sa 10:30am-11:00am/GAFC

**Weekday I - 8 mtgs: 6/20 - 6/30**

- 331123-1-A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331123-1C** Tu/W/Th/F 10:30am-11:00am/GAFC

**Weekday II - 8 mtgs: 7/11 - 7/21**

- 331123-2A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331123-2C** Tu/W/Th/F 10:30am-11:00am/GAFC

**Weekday III - 8 mtgs: 8/1 - 8/11**

- 331123-3A** Tu/W/Th/F 9:00am-9:30am/GAFC
- 331123-3C** Tu/W/Th/F 10:30am-11:00am/GAFC



## 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 RNP: \$57 NRNP: \$64

**Saturday - 8 mtgs: 6/24 - 8/12**

**331124-B Sa 9:45am-10:15am/GAFC**

**331124-D Sa 11:15am-11:45am/GAFC**

**Weekday I - 8 mtgs: 6/20 - 6/30**

**331124-1B Tu/W/Th/F 9:45am-10:15am/GAFC**

**331124-1D Tu/W/Th/F 11:15am-11:45am/GAFC**

**Weekday II - 8 mtgs: 7/11 - 7/21**

**331124-2B Tu/W/Th/F 9:45am-10:15am/GAFC**

**331124-2D Tu/W/Th/F 11:15am-11:45am/GAFC**

**Weekday III - 8 mtgs: 8/1 - 8/11**

**331124-3B Tu/W/Th/F 9:45am-10:15am/GAFC**

**331124-3D Tu/W/Th/F 11:15am-11:45am/GAFC**



## ADULT BEGINNER SWIM LESSONS

**Ages 16+**

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

PH: \$55 RNP: \$61 NRNP: \$69

**Session I - 8 mtgs: 6/6 - 6/29**

**351192-1A Tu/Th 7:00pm-7:45pm/GAFC**

**Session II - 8 mtgs: 7/18 - 8/10**

**351192-2B Tu/Th 8:00pm-8:45pm/GAFC**

## ADULT INTERMEDIATE SWIM LESSON

**Ages 16+**

"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: \$55 RNP: \$61 NRNP: \$69

**Session I - 8 mtgs: 6/6 - 6/29**

**351194-1B Tu/Th 8:00pm-8:45pm/GAFC**

**Session II - 8 mtgs: 7/18 - 8/10**

**351194-2A Tu/Th 7:00pm-7:45pm/GAFC**

## FIRST AID AND LIFEGUARDING

Contact: Greenbelt Aquatic and Fitness Center,  
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 the online portion of this class, registration closes one week prior to start date. There is an additional \$27 certification fee that must be paid to the American Red Cross when registering for the online portion of the class. Participants MUST complete the online session of the training two (2) days prior to the classroom skills session.

PH: \$55 RNP: \$61 NRNP: \$69

**357177-1 F 6:00pm-8:00pm/GAFC**

**1 mtg: 6/9**

**357177-2 F 6:00pm-8:00pm/GAFC**

**1 mtg: 7/14**

**357177-3 F 6:00pm-8:00pm/GAFC**

**1 mtg: 8/11**

### LIFEGUARDING PRE-TEST

**Ages 15+**

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. In order to qualify for the Lifeguarding class participants must complete all of the following: -Swim 300 yards continuously demonstrating breath control and rhythmic breathing -Tread water for 2 minutes using only the legs -Complete a timed event within 1 minute, 40 seconds (Starting in the water, swim 20 yards, Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object, Surface and swim 20 yards on back with both hands holding object, Exit the water without using a ladder or steps). Participants may drop in at any time during the scheduled times to complete the 10 to 20 minute test. Swim suits are required.

PH: \$5 RNP: \$5 NRNP: \$5

**357180-1 M 9:00am-2:30pm/GAFC 1 mtg: 5/29**

**357180-2 Tu 9:00am-2:30pm/GAFC 1 mtg: 5/30**

**357180-3 W 9:00am-2:30pm/GAFC 1 mtg: 5/31**

**357180-4 Th 9:00am-2:30pm/GAFC 1 mtg: 6/1**

**357180-5 Fri 9:00am-2:30pm/GAFC 1 mtg: 6/2**

**357180-6 Sa 9:00am-2:30pm/GAFC 1 mtg: 6/3**

**LIFEGUARDING**

**Ages 15+**

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. The Lifeguarding program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and more. Participants must pass Lifeguarding Pre-Test prior to registering.

**357181-A M/Tu/W/Th/F 9:00am-4:30pm/GAFC**  
 5 mtgs: 6/12 - 6/16  
 PH: \$160 RNP: \$176 NRNP: \$200

**WATER EXERCISE**

Contact: Greenbelt Aquatic and Fitness Center,  
 301-397-2204

**SENIOR SWIM**

**Ages 60+**

Water exercises that emphasize stretching, strengthening and toning exercises for the swimmer and non-swimmer. FREE to pass holders, resident non-passholders pay \$1.50 each visit; non-resident, non-passholders pay \$2.00 each visit. Registration is REQUIRED.

**371101-1 M 11:15am-12:00pm/GAFC**  
 10 mtgs: 6/19 - 8/28 (No class 7/31)  
 Instructor: Marsha Voigt

**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 I**

**351170-A M/W/F 1:00pm-1:45pm/GAFC**  
 15 mtgs: 6/5 - 7/10 (No class 6/23 & 7/4)  
 PH: \$68 RNP: \$73 NRNP: \$78

**351170-1A M/W 7:00pm-7:45pm/GAFC**  
 10 mtgs: 6/5 - 7/5 (No class 7/4)  
 PH: \$45 RNP: \$50 NRNP: \$55

**351170-1B Tu/Th 6:00pm-6:45pm/GAFC**  
 9 mtgs: 6/6 - 7/6 (No class 7/4)  
 PH: \$41 RNP: \$46 NRNP: \$51

**Session II**

**351170-2A M/W 7:00pm-7:45pm/GAFC**  
 10 mtgs: 7/17 - 8/16  
 PH: \$45 RNP: \$50 NRNP: \$55

**351170-2B Tu/Th 6:00pm-6:45pm/GAFC**  
 10 mtgs: 7/18 - 8/17  
 PH: \$45 RNP: \$50 NRNP: \$55

**351170-B M/W/F 1:00pm-1:45pm/GAFC**  
 15 mtgs: 7/17 - 8/18  
 PH: \$68 RNP: \$73 NRNP: \$78

**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 I**

**351171-1A M/W/F 8:00am-8:45am/GAFC**  
 15 mtgs: 6/5 - 7/7 (No class 7/4)  
 PH: \$68 RNP: \$73 NRNP: \$78

**351171-1C M/W 7:00pm-7:45pm/AFC-OPEN**  
 10 mtgs: 6/5 - 7/5  
 PH: \$45 RNP: \$50 NRNP: \$55

**351171-1D Tu/Th 7:45am-8:30am/GAFC**  
 8 mtgs: 6/8 - 7/6 (No class 7/4)  
 PH: \$36 RNP: \$41 NRNP: \$46

**Session II**

**351171-2A M/W/F 8:00am-8:45am/GAFC**  
 15 mtgs: 7/17 - 8/18  
 PH: \$68 RNP: \$73 NRNP: \$78

**351171-2D Tu/Th 7:45am-8:30am/GAFC**  
 10 mtgs: 7/18 - 8/17  
 PH: \$45 RNP: \$50 NRNP: \$55

**351171-2F M/W 7:00pm-7:45pm/GAFC**  
 10 mtgs: 7/17 - 8/16  
 PH: \$45 RNP: \$50 NRNP: \$55

**AQUA ZUMBA 351172-A1**

**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.

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

**351172-A1 M/W 6:00pm-6:45pm/AFC-OPEN**  
 10 mtgs: 6/5 - 7/5 (No class 7/4)

**351172-A2 M/W 6:00pm-6:45pm/GAFC**  
 10 mtgs: 7/17 - 8/16

