



Greenbelt Aquatic & Fitness Center

ANNIVERSARY 1991-2016

101 Centerway, 301-397-2204
www.greenbeltmd.gov/GAFC
Hours of Operation:
Indoor Pool and Fitness Wing
Monday - Friday 6:00am-10:00pm
Saturday & Sunday 8:00am-9:00pm

Daily Admission Rates

	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

GAFC Special Hours

Thanksgiving Day	Thursday, November 24 th 8:00am-4:00pm
Christmas Eve	Saturday, December 24 th 8:00am-5:00pm
Christmas Day	Sunday, December 25 th 12:00pm-4:00pm
New Year's Eve	Saturday, December 31 st 8:00am-5:00pm
New Year's Day	Sunday, January 1 st 12:00pm-4:00pm

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.

25-25-25 Bi-Triathlon

No Excuses...Fun and Competition for All Levels

Distance of Monthly Competition:

Swim: 2,500yd ~ Bike: 25mi ~ Run/Walk: 25mi

*** You may substitute rowing (Cocept2 Rower) for Swimming in Triathlon**

Run/Walk: 25mi ~ Bike: 25mi

**** You may use the Elliptical or Treadmill for the Run/Walk portion**

Complete the designated distance in a month time frame to be eligible for giveaways. Complete the designated distance each month for a year and win a free one-month membership for non-pass holders or one month extension for pass holders.

Honor System: All participants responsible for tracking their progress

- Each participant will receive a passport to track their distances
- After each workout log your distance
- Total your distance at the end of the month and receive a prize
- Pick up a registration form at the front desk ...



Rollback Daily Admission 25th of each month:

Fall/Winter/Spring/Summer

Resident

Adult	\$3.00
Young Adult	\$1.75
Youth	\$1.75
Senior	\$1.75

Non-Resident

Adult	\$3.50
Young Adult	\$1.75
Youth	\$2.25
Senior	\$2.25

Becoming a Member

Becoming a member is easy – just follow these steps:

1. Stop by the Greenbelt Aquatic & 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.

12 MONTH MEMBERSHIPS (VALID FOR 12 MONTHS FROM DATE OF PURCHASE)		
	Resident	Non-Resident
Youth (up to 13 yrs.)	\$116	\$249
Young Adult (14-17 yrs.)	\$182	\$312
Adult (18-59 yrs.)	\$249	\$375
Senior (60+ yrs.)	\$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 (up to 13 yrs.)	\$87	\$196
Young Adult (14-17 yrs.)	\$140	\$246
Adult (18-59 yrs.)	\$196	\$297
Senior (60+ yrs.)	\$94	\$210
Single Parent Family	\$281	\$491
Family	\$396	\$569
Corporate	N/A	N/A

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 & single dependents, under the age of 21, residing permanently in same household

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

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

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

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.

Children’s Saturday Swim Lesson Dates:

January 7 - February 25

Children’s Home School Lesson Dates:

January 6 - February 24

Passholders & Residents register:

December 19 & 20

Open Registration: December 21 until filled

Pre-Evaluation: December 17, 10:30am-12:00pm

Have your child’s skill evaluated

Meet the instructors

Turn in your registration forms

Water Exercise Class Dates:

Session I: January 3 - February 3

Session II: February 13 - March 10

Passholders & Residents register:

December 19 & 20

Open Registration: December 21 until filled

Adult Swim Lesson Dates:

Session 1: January 3 - January 26

Session 2: February 7 - March 2

Passholders & Residents register:

December 19 & 20

Open Registration: December 21 until filled

YOUTH SWIM LESSONS

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

AQUA TOTS I

Ages 6mo-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: \$43 RNP: \$48 NRNP: \$54

8 mtgs: 1/7 - 2/25

121116-A Sa 8:15am-8:45am/GAFC

121116-C Sa 4:00pm-4:30pm/GAFC

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: \$43 RNP: \$48 NRNP: \$54

8 mtgs: 1/7 - 2/25

121117-A Sa 8:15am-8:45am/GAFC

121117-B Sa 3:15pm-3:45pm/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: \$47 RNP: \$52 NRNP: \$59

8 mtgs: 1/7 - 2/25

121118-A Sa 9:00am-9:30am/GAFC

121118-B Sa 9:45am-10:15am/GAFC

121118-C Sa 10:30am-11:00am/GAFC

121118-D Sa 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: \$47 RNP: \$52 NRNP: \$59

8 mtgs: 1/7 - 2/25

131120-A Sa 9:00am-9:30am/GAFC

131120-B Sa 9:45am-10:15am/GAFC

131120-C Sa 10:30am-11:00am/GAFC

131120-D Sa 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: \$47 RNP: \$52 NRNP: \$59

8 mtgs: 1/7 - 2/25

131121-A Sa 9:00am-9:30am/GAFC

131121-B Sa 9:45am-10:15am/GAFC

131121-C Sa 10:30am-11:00am/GAFC

131121-D Sa 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: \$47 RNP: \$52 NRNP: \$59

8 mtgs: 1/7 - 2/25

131122-A Sa 9:00am-9:30am/GAFC

131122-B Sa 9:45am-10:15am/GAFC

131122-C Sa 10:30am-11:00am/GAFC

131122-D Sa 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: \$47 RNP: \$52 NRNP: \$59

8 mtgs: 1/7 - 2/25

131123-A Sa 9:00am-9:30am/GAFC

131123-C Sa 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: \$47 RNP: \$52 NRNP: \$59

8 mtgs: 1/7 - 2/25

131124-B Sa 9:45am-10:15am/GAFC

131124-D Sa 11:15am-11:45am/GAFC

ADULT SWIM LESSONS

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: \$47 RNP: \$52 NRNP: \$59

8 mtgs: 1/3 - 1/26

151192-1B Tu/Th 8:00pm-8:45pm/GAFC

8 mtgs: 2/7 - 3/2

151192-2A Tu/Th 7:00pm-7:45pm/GAFC

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: \$47 RNP: \$52 NRNP: \$59

8 mtgs: 1/3 - 1/26

151194-1A Tu/Th 7:00pm-7:45pm/GAFC

8 mtgs: 2/7 - 3/2

151194-2B Tu/Th 8:00pm-8:45pm/GAFC

AQUATIC EXERCISE

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

151170-1A M/W 7:00pm-7:45pm/GAFC

8 mtgs: 1/4 - 2/1 (No class 1/16)

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

151170-1B Tu/Th 6:00pm-6:45pm/GAFC

10 mtgs: 1/3 - 2/2

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

151170-A M/W/F 1:00pm-1:45pm/GAFC

13 mtgs: 1/4 - 2/3 (No class 1/16)

PH: \$59 RNP: \$64 NRNP: \$69

SESSION 2

151170-2A M/W 7:00pm-7:45pm/GAFC

7 mtgs: 2/13 - 3/8 (No class 2/20)

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

151170-2B Tu/Th 6:00pm-6:45pm/GAFC

8 mtgs: 2/14 - 3/9

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

151170-B M/W/F 1:00pm-1:45pm/GAFC

12 mtgs: 2/13 - 3/13 (No class 2/20)

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



HOMESCHOOL SWIM LESSONS

BEG.I, HOMESCHOOL 131134-B

Ages 4-15

This program is designed for children who are homeschooled - Beginner I swimming level.

PH: \$51 RNP: \$57 NRNP: \$64

8 mtgs: 1/6 - 2/24

F 12:15pm-1:00pm/GAFC

BEG.II & BEG.III, HOMESCHOOL 131135-C

Ages 5-15

This program is designed for children who are homeschooled - Beginner II and Beginner III swimming levels.

PH: \$51 RNP: \$57 NRNP: \$64

8 mtgs: 1/6 - 2/24

F 1:15pm-2:00pm/GAFC

ADV.BEG.,INT.&SWM., HOMESCHOOL 131136-A

Ages 6-15

This program is designed for children who are homeschooled - Advanced Beginner, Intermediate, and Swimmer swimming levels.

PH: \$51 RNP: \$57 NRNP: \$64

8 mtgs: 1/6 - 2/24

F 11:15am-12:00pm/GAFC



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

151171-1A M/W/F 8:00am-8:45am/GAFC

13 mtgs: 1/4 - 2/3 (No class 1/16)

PH: \$59 RNPH: \$64 NRNPH: \$69

151171-1B M/W/F 10:00am-10:45am/GAFC

13 mtgs: 1/4 - 2/3 (No class 1/16)

PH: \$59 RNPH: \$64 NRNPH: \$69

151171-1C M/W 7:00pm-7:45pm/GAFC

8 mtgs: 1/4 - 2/1 (No class 1/16)

PH: \$36 RNPH: \$41 NRNPH: \$46

151171-1D Tu/Th 7:45am-8:30am/GAFC

10 mtgs: 1/3 - 2/2

PH: \$45 RNPH: \$50 NRNPH: \$55

SESSION 2

151171-2A M/W/F 8:00am-8:45am/GAFC

11 mtgs: 2/13 - 3/10 (No class 2/20)

PH: \$50 RNPH: \$55 NRNPH: \$60

151171-2B M/W/F 10:00am-10:45am/GAFC

11 mtgs: 2/13 - 3/10 (No class 2/20)

PH: \$50 RNPH: \$55 NRNPH: \$60

151171-2C M/W 7:00pm-7:45pm/GAFC

7 mtgs: 2/13 - 3/8 (No class 2/20)

PH: \$32 RNPH: \$37 NRNPH: \$42

151171-2D Tu/Th 7:45am-8:30am/GAFC

8 mtgs: 2/14 - 3/9

PH: \$36 RNPH: \$41 NRNPH: \$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.

151172-A1

M/W 6:00pm-6:45pm/GAFC

8 mtgs: 1/4 - 2/1 (No class 1/16)

PH: \$41 RNPH: \$46 NRNPH: \$51

151172-A2

M/W 6:00pm-6:45pm/GAFC

7 mtgs: 2/13 - 3/8 (No class 2/20)

PH: \$36 RNPH: \$41 NRNPH: \$46

FIRST AID/CPR CLASSES

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.

157177-1 F 6:00pm-8:00pm/GAFC

1 mtg: 1/13

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

157177-2 F 6:00pm-8:00pm/GAFC

1 mtg: 2/10

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

