

G AFC REGISTRATION DATES

SPRING SESSION CLASS DATES

Water Exercise Class: April 6 - April 30

Adult Swim Lessons: March 16 - May 6

Home School Lessons: March 19 - May 14

Saturday Swim Lessons: March 20 - May 15

Passholders & Residents register: March 1st & 2nd

Open Registration: March 3rd until filled

SPRING MINI-SESSION CLASS DATES

Water Exercise Class: May 10 - June 4

Adult Swim Lessons: May 18 - June 10

Passholders & Residents register: May 3rd & 4th

Open Registration: May 5th until filled

Children & Home School Swim Lessons are NOT offered during Mini-Session



Register at the Aquatic & Fitness Center between 6:00am and 10:00pm for all dates noted above. All classes require registration unless otherwise noted. Please do not pre-write checks-some may be pro-rated.

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

The Greenbelt Aquatic & Fitness Center staff asks parents & guardians to view swimming lessons from the observation area. Please do not use emergency exit doors for access to the pool deck. You may drop off and pick up children at the locker room entrance from the pool deck.

CHILDREN'S SWIM CLASSES

PH=Passholder;

RNPH=Resident Non-Passholder;

NRNPH= Non-Resident Non-Passholder

WATER BABIES **Ages: 6 months - 18 months**

A new aquatic program for very young children. Children will learn to acclimate to the water and be introduced to basic skills. Children must wear a swim diaper underneath their swim suit. Children must be accompanied into the water by an adult dressed in a swim suit and participate in class. Dr.'s approval is recommended.

Th 10:30am-11:00am 6 mtgs: 3/18 - 4/22

PH: \$28 RNPH: \$32 NRNPH: \$35

Instructor: Li'l Dan Celdran

AQUA TOTS I **221116-A** **Ages 1-2**

Children will learn to adjust to the water and be introduced to simple skills. Children who wear diapers are required to wear a swim diaper underneath a bathing suit. Children must be accompanied into the water by an adult dressed in a bathing suit prepared to participate in class.

Sa 10:30am-11:00am 8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNPH: \$42 NRNPH: \$47

AQUA TOTS II

Ages 2-4

Children will learn to adjust to the water and begin to master simple skills. Children who wear diapers are required to wear a swim diaper underneath a bathing suit. Children must be accompanied into the water by an adult dressed in a bathing suit prepared to participate in class

221117-A Sa 9:45am-10:15am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNPH: \$42 NRNPH: \$47

221117-B Sa 11:15am-11:45am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNPH: \$42 NRNPH: \$47

BEGINNER FOR FOURS, LEVEL I **221118-A**

Child has not had any lessons before and does not put head or face in water. Students will work on proper leg and arm movements for the front crawl and personal safety in and around the water.

Ages 4

Sa 9:00am-9:30am 8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNPH: \$42 NRNPH: \$47

BEGINNER FOR FOURS, LEVEL II **221119-A**

Child is comfortable in, and can put head or face in the water. Students will work on proper leg and arm movements for the front crawl and personal safety in and around the water.

Sa 9:00am-9:30am 8 mtgs: 3/20 - 5/15 (No Class 4/3)

Ages 4 PH: \$37 RNPH: \$42 NRNPH: \$47

BEGINNER I

Ages 5-12

Students will learn floating techniques as well as proper leg and arm movements for the front crawl and elementary backstroke. Students will also learn personal safety in and around the water.

231120-A Sa 9:45am-10:15am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

231120-B Sa 10:30am-11:00am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

231120-C Sa 11:15am-11:45am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

BEGINNER II

Ages 5-15

Child can float on front and back and put face and head in water. Students will work on proper leg and arm movements for front crawl and backstroke and personal safety in and around the water.

231121-A Sa 9:45am-10:15am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

231121-B Sa 10:30am-11:00am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

231121-C Sa 11:15am-11:45am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

BEGINNER III

Ages 5-15

Child can swim 10 yards, front crawl and backstroke. Students will work on rhythmic breathing, improving kicks, strokes, endurance, deep water skills and treading water.

231122-A Sa 9:00am-9:30am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

231122-B Sa 11:15am-11:45am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

ADVANCED BEGINNER

Ages 5-15

Improve basic swimming ability and increase swimming distance. Water survival skills are introduced. Prerequisite: ability to swim 20 yards front crawl with rhythmic breathing and 15 yards on back or bring Red Cross Beginner card first day.

231123-A Sa 10:30am-11:00am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

231123-B Sa 11:15am-11:45am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

INTERMEDIATE 231124-A

Ages 5-15

Class designed to review Advanced Beginner skills and to introduce breaststroke and side-stroke, turns, safety and survival skills and self-rescue. Prerequisite: able to swim 25 yards front crawl, 25 yards elementary backstroke.

Sa 9:45am-10:15am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

SWIMMER 231125-A

Ages 5-15

Designed to refine front crawl stroke, breaststroke, sidestroke and to introduce butterfly, surface diving and personal safety skills. Prerequisite: successful completion of skills for intermediate course.

Sa 9:00am-9:30am

8 mtgs: 3/20 - 5/15 (No Class 4/3)

PH: \$37 RNP: \$42 NRNP: \$47

BEGINNER I & II - HOME SCHOOL 231130-A

Ages 4-8

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

F 11:30am-12:15pm

8 mtgs: 3/19 - 5/14 (No Class 4/2)

PH: \$42 RNP: \$47 NRNP: \$53

BEGINNER III & ADVANCED BEGINNER - HOME SCHOOL 231131-A

Ages 6-12

This program is designed for children who are home schooled. Beginner III and Advanced Beginner swimming levels.

F 12:15pm-1:00pm

8 mtgs: 3/19 - 5/14 (No Class 4/2)

PH: \$42 RNP: \$47 NRNP: \$53

INTERMEDIATE & SWIMMER - HOME SCHOOL 231132-A

Ages 7-17

This program is designed for children who are home schooled. Intermediate swimming level and above.

F 1:00pm-1:45pm

8 mtgs: 3/19 - 5/14 (No Class 4/2)

PH: \$42 RNP: \$47 NRNP: \$53

ADULT WATER CLASSES

ADULT BEGINNER SWIM LESSONS Ages 16+

This class is designed for adults wishing to acclimate to the water and learn basic swimming as well as water safety and survival skills in both shallow and deep water. Lessons will introduce basic breathing methods, basic freestyle, backstroke and treading water techniques. All levels of beginners are welcome.

251192-A Th 7:00pm-7:45pm

PH: \$42 RNP: \$47

8 mtgs: 3/18 - 5/6

NRNP: \$53

251192-A2 Th 7:00pm-7:45pm

PH: \$21 RNP: \$24

4 mtgs: 5/20 - 6/10

NRNP: \$27

ADULT ADVANCED BEGINNING SWIM LESSONS

Ages 16+

This class is designed to improve basic swimming ability and increase swimming distance. In addition to advanced freestyle and backstroke techniques, breaststroke, basic workouts and drills will be introduced. Students should have a basic knowledge of freestyle and backstroke, the ability to swim half a length of the pool and be fairly independent in deep water.

251193-A Tu 7:00pm-7:45pm

PH: \$42 RNP: \$47

8 mtgs: 3/16 - 5/4

NRNP: \$53

251193-A2 Tu 7:00pm-7:45pm

PH: \$21 RNP: \$24

4 mtgs: 5/18 - 6/8

NRNP: \$27

WATER INTERVAL TRAINING

Ages 16+

This class offers intervals of aerobics and strength training in shoulder-deep water. Class utilizes a variety of exercises for the total body. Cardiovascular endurance, along with tone and definition are improved using the resistance of the water, spa bells, noodles and bottles with water.

251176-A M/W 6:00pm-6:45pm 7 mtgs: 4/7 - 4/28
PH: \$28 RNPH: \$33 NRNPH: \$38

251176-B M/W 6:00pm-6:45pm
7 mtgs: 5/10 - 6/2 (No Class 5/31)
PH: \$28 RNPH: \$33 NRNPH: \$38

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.

251171-B M/W 7:00pm-7:45pm 7 mtgs: 4/7 - 4/28
PH: \$28 RNPH: \$33 NRNPH: \$38

251171-D M/W/F 8:00am-8:45am 11 mtgs: 4/7 - 4/30
PH: \$44 RNPH: \$49 NRNPH: \$54

251171-E M/W/F 10:00am-10:45am 11 mtgs: 4/7 - 4/30
PH: \$44 RNPH: \$49 NRNPH: \$54

251171-F Tu/Th 7:45am-8:30am 8 mtgs: 4/6 - 4/29
PH: \$32 RNPH: \$37 NRNPH: \$42

251171-G Tu/Th 6:00pm-6:45pm 8 mtgs: 4/6 - 4/29
PH: \$32 RNPH: \$37 NRNPH: \$42

251171-H M/W/F 8:00am-8:45am
11 mtgs: 5/10 - 6/4 (No Class 5/31)
PH: \$44 RNPH: \$49 NRNPH: \$54

251171-J M/W/F 10:00am-10:45am
11 mtgs: 5/10 - 6/4 (No Class 5/31)
PH: \$44 RNPH: \$49 NRNPH: \$54

251171-K M/W 7:00pm-7:45pm
7 mtgs: 5/10 - 6/2 (No Class 5/31)
PH: \$28 RNPH: \$33 NRNPH: \$38

251171-L Tu/Th 7:45am-8:30am 8 mtgs: 5/11 - 6/3
PH: \$32 RNPH: \$37 NRNPH: \$42

251171-M Tu/Th 6:00pm-6:45pm 8 mtgs: 5/11 - 6/3
PH: \$32 RNPH: \$37 NRNPH: \$42

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.

251170-A M/W 7:00pm-7:45pm 7 mtgs: 4/7 - 4/28
PH: \$28 RNPH: \$33 NRNPH: \$38

251170-B Tu/Th 6:00pm-6:45pm 8 mtgs: 4/6 - 4/29
PH: \$32 RNPH: \$37 NRNPH: \$42

251170-C M/W 7:00pm-7:45pm
7 mtgs: 5/10 - 6/2 (No Class 5/31)
PH: \$28 RNPH: \$33 NRNPH: \$38

251170-D Tu/Th 6:00pm-6:45pm 8 mtgs: 5/11 - 6/3
PH: \$32 RNPH: \$37 NRNPH: \$42

ARTHRITIS AQUATICS

Ages 16+

An Arthritis Foundation (AF) water exercise program, taught by an AF trained instructor, concentrates on increasing range of motion, flexibility and muscular strength and endurance. Class can benefit those post surgery in need of a low impact/intensity exercise program.

261174-B M/W/F 2:00pm-2:45pm 11 mtgs: 4/7 - 4/30
PH: \$44 RNPH: \$49 NRNPH: \$54

261174-C M/W/F 2:00pm-2:45pm
11 mtgs: 5/10 - 6/4 (No Class 5/31)
PH: \$44 RNPH: \$49 NRNPH: \$54

DEEP WATER ARTHRITIS

Ages 16+

Deep water exercise using water buoyancy and resistance to improve range of motion, joint mobility and muscle tone. Involves exercises performed in deep water with aid of a ski belt. Designed for students with arthritis but available for those with other medical problems. (Medical clearance may be requested prior to participation in this program.)

261175-B M/W/F 3:00pm-3:45pm 11 mtgs: 4/7 - 4/30
PH: \$44 RNPH: \$49 NRNPH: \$54

261175-C M/W/F 3:00pm-3:45pm
11 mtgs: 5/10 - 6/4 (No Class 5/31)
PH: \$44 RNPH: \$49 NRNPH: \$54

LIFEGUARD TRAINING & TESTING



LIFEGUARD TRAINING

231141-A

Ages 15-Adult

Participants will learn the skills necessary to become a lifeguard. The skills of water rescue, first aid, CPR, and customer service will be

covered in this Red Cross approved course. Participants must be 15 years of age by the last day of class.

M/W 6:00pm-10:00pm 8 mtgs: 3/8 - 3/31
PH: \$150 RNPH: \$165 NRNPH: \$180

LIFEGUARD SCREENING TEST

Ages 15-Adult

Participants who are interested in the Lifeguard Training class must complete the screening test prior to enrolling in the class. A 300 yard continuous swim as well as diving for a 10 lb. brick will be required to pass the screening test. Participants must be 15 years of age on or before the last day of class.

231140-A Tu 2:00pm-6:00pm 1 mtg: 3/2
PH: \$5 RNPH: \$5 NRNPH: \$5

231140-B W 2:00pm-6:00pm 1 mtg: 3/3
PH: \$5 RNPH: \$5 NRNPH: \$5

231140-C Th 2:00pm-6:00pm 1 mtg: 3/4
PH: \$5 RNPH: \$5 NRNPH: \$5

231140-D F 2:00pm-6:00pm 1 mtg: 3/5
PH: \$5 RNPH: \$5 NRNPH: \$5