

Greenbelt Aquatic & Fitness Center

101 Centerway, 301-397-2204, www.greenbeltmd.gov/GAFC

INDOOR POOL & FITNESS WING
 Monday - Friday 6:00am-10:00pm
 Saturday & Sunday 8:00am-9:00pm
 Summer Holidays 8:00am-8:00pm

OUTDOOR POOL
 Monday - Friday 11:00am-8:00pm
 Saturday & Sunday 10:00am-8:00pm
 Summer Holidays 10:00am-7:45pm

IMPORTANT REMINDERS

- The above hours are subject to change.
- The indoor pool will be closed from August 18th at 8:00pm through August 26th at 6:00am for annual cleaning. The Fitness Wing will be closed August 19th & 20th for annual cleaning.
- All members are required to scan their pass to gain entry into the Aquatic & Fitness Center. Please see guidelines 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 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.

SUMMER DAILY ADMISSION PRICES May 25 - September 2, 2019			
	GREENBELT RESIDENT	NON-RESIDENT WEEKDAY	GUEST FEE
Youth (1-13 years)	\$3.50	\$4.75	\$4.75
Young Adult (14-17 years)	\$4.50	\$5.75	\$5.75
Adult (18-59 years)	\$5.50	\$6.75	\$6.75
Senior (60+ years)	\$4.25	\$5.00	\$5.00

Weekends and Holidays between the dates of May 25, 2019 and September 2, 2019 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.

TRIATHLON TRAINING FOR BEGINNERS #384203

Challenge Yourself in 2019: Do a Triathlon!!

This is a series of classes to get you ready for your first triathlon. Come prepared with questions you would like/need to know for the race. The classes will include workouts for swimming, biking, running, and strength training. There will be additional information on how to set up your transition area properly and race day preparation. The first class we will look at typical training plans for triathlon and answer any questions you may have. Second class will be in the pool to work on sighting and endurance. The third class will be bike training and transitions to running. The fourth class will be strength training in the gym. The fifth class will help you with running a strong finish. The last class will cover how to set up your transition area and how to prepare for race day.

Monday's 7:30pm - 8:30pm; July 1 thru August 5; Greenbelt Aquatic & Fitness Center, 101 Centerway; PH: \$40, RNPH: \$46, NRNPH: \$52; Instructor: Annacherie Thompson

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 your information 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.

SUMMER MEMBERSHIPS (MAY 25, 2019-SEPTEMBER 2, 2019)		
	Resident	Non-Resident
Youth (up to 13 yrs.)	\$63	\$144
Young Adult (14-17 yrs.)	\$98	\$181
Adult (18-59 yrs.)	\$132	\$216
Senior (60+ yrs.)	\$65	\$161
Single Parent Family	\$192	\$362
Family	\$262	\$414

HALF-SUMMER MEMBERSHIPS (JULY 1, 2019-SEPTEMBER 2, 2019)		
	Resident	Non-Resident
Youth (up to 13 yrs.)	\$43	\$98
Young Adult (14-17 yrs.)	\$66	\$123
Adult (18-59 yrs.)	\$90	\$147
Senior (60+ yrs.)	\$45	\$110
Single Parent Family	\$131	\$247
Family	\$169	\$283

12 MONTH MEMBERSHIPS					
RESIDENTS					
Youth	Young Adult	Adult	Senior	Single Parent Family	Family
\$119	\$187	\$256	\$132	\$376	\$529
NON-RESIDENTS					
Youth	Young Adult	Adult	Senior	Single Parent Family	Family
\$256	\$321	\$386	\$270	\$642	\$691

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 7000-7599 Hanover Parkway are not considered resident addresses.)**

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



**YOUTH SWIM LESSONS
REGISTRATION DATES**

Saturday Session: June 22-August 10
 Passholders & Residents register: June 3&4
 Open Registration: June 5

Weekday I Session: June 18-21, June 25-June28
 Passholders & Residents register: June 4&5
 Open Registration: June 6

Weekday II Session: July 9-12, July 16-19
 Passholders & Residents register: July 1&2
 Open Registration: July 3

Weekday III Session: July 30- August 2, August 6-9
 Passholders & Residents register: July 22&23
 Open Registration: July 24

ADULT SWIM LESSONS REGISTRATION DATES

Session I: June 4-27
Session II: July 9 – August 1
 Passholders & Residents register: May 20-21
 Open Registration: May 22

**WATER EXERCISE CLASSES
REGISTRATION DATES**

Session I: June 3- July 3
Session II: July 15 – August 16
 Passholders & Residents register: May 20-21
 Open Registration: May 22 until classes are filled

The Indoor Pool will be closed from August 18th at 8:00pm through August 25th, 2019, reopening Monday, August 26th at 6:00am for annual cleaning. The Fitness Wing will be closed August 19th & 20th for annual cleaning.

YOUTH SWIM LESSONS

AQUA TOTS I **Ages 6 months-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 under a bathing suit.

- PH: \$55, RNPH: \$61, NRNPH: \$68**
- 321116-1A** Tu-F 8:15am-8:45am
8 mtgs: 6/18 - 6/28
- 321116-2A** Tu-F 8:15am-8:45am
8 mtgs: 7/9 - 7/19
- 321116-3A** Tu-F 8:15am-8:45am
8 mtgs: 7/30 - 8/9
- 321116-A** Sa 8:15am-8:45am
8 mtgs: 6/22 - 8/10

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 under a bathing suit.

- PH: \$55, RNPH: \$61, NRNPH: \$68**
- 321117-1A** Tu-F 8:15am-8:45am
8 mtgs: 6/18 - 6/28
- 321117-2A** Tu-F 8:15am-8:45am
8 mtgs: 7/9 - 7/19
- 321117-3A** Tu-F 8:15am-8:45am
8 mtgs: 7/30 - 8/9
- 321117-A** Sa 8:15am-8:45am
8 mtgs: 6/22 - 8/10

PRESCHOOL BEGINNER I

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: \$55, RNPH: \$61, NRNPH: \$68**
- Saturday- 8 mtgs: 6/22 - 8/10**
- 321118-A** Sa 9:00am-9:30am
- 321118-B** Sa 9:45am-10:15am
- 321118-C** Sa 10:30am-11:00am
- 321118-D** Sa 11:15am-11:45am
- Weekday I- 8 mtgs: 6/18 - 6/28**
- 321118-1A** Tu-F 9:00am-9:30am
- 321118-1B** Tu-F 9:45am-10:15am
- 321118-1C** Tu-F 10:30am-11:00am
- 321118-1D** Tu-F 11:15am-11:45am

- Weekday II- 8 mtgs: 7/9 - 7/19**
- 321118-2A** Tu-F 9:00am-9:30am
- 321118-2B** Tu-F 9:45am-10:15am
- 321118-2C** Tu-F 10:30am-11:00am
- 321118-2D** Tu-F 11:15am-11:45am

- Weekday III- 8 mtgs: 7/30 - 8/9**
- 321118-3A** Tu-F 9:00am-9:30am
- 321118-3B** Tu-F 9:45am-10:15am
- 321118-3C** Tu-F 10:30am-11:00am
- 321118-3D** Tu-F 11:15am-11:45am

**Contact for all GAFC Classes:
301-397-2204**

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

PH: \$55, RNPH: \$61, NRNPH: \$68

Saturday- 8 mtgs: 6/22 - 8/10

331120-A Sa 9:00am-9:30am

331120-B Sa 9:45am-10:15am

331120-C Sa 10:30am-11:00am

331120-D Sa 11:15am-11:45am

Weekday I- 8 mtgs: 6/18 - 6/28

331120-1A Tu-F 9:00am-9:30am

331120-1B Tu-F 9:45am-10:15am

331120-1C Tu-F 10:30am-11:00am

331120-1D Tu-F 11:15am-11:45am

Weekday II- 8 mtgs: 7/9 - 7/19

331120-2A Tu-F 9:00am-9:30am

331120-2B Tu-F 9:45am-10:15am

331120-2C Tu-F 10:30am-11:00am

331120-2D Tu-F 11:15am-11:45am

Weekday III- 8 mtgs: 7/30 - 8/9

331120-3A Tu-F 9:00am-9:30am

331120-3B Tu-F 9:45am-10:15am

331120-3C Tu-F 10:30am-11:00am

331120-3D Tu-F 11:15am-11:45am

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: \$55, RNPH: \$61, NRNPH: \$68

Saturday- 8 mtgs: 6/22 - 8/10

331121-A Sa 9:00am-9:30am

331121-B Sa 9:45am-10:15am

331121-C Sa 10:30am-11:00am

331121-D Sa 11:15am-11:45am

Weekday I- 8 mtgs: 6/18 - 6/28

331121-1A Tu-F 9:00am-9:30am

331121-1B Tu-F 9:45am-10:15am

331121-1C Tu-F 10:30am-11:00am

331121-1D Tu-F 11:15am-11:45am

Weekday II- 8 mtgs: 7/9 - 7/19

331121-2A Tu-F 9:00am-9:30am

331121-2B Tu-F 9:45am-10:15am

331121-2C Tu-F 10:30am-11:00am

331121-2D Tu-F 11:15am-11:45am

Weekday III- 8 mtgs: 7/30 - 8/9

331121-3A Tu-F 9:00am-9:30am

331121-3B Tu-F 9:45am-10:15am

331121-3C Tu-F 10:30-11:00am

331121-3D Tu-F 11:15-11:45am

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: \$55, RNPH: \$61, NRNPH: \$68

Saturday- 8 mtgs: 6/22 - 8/10

331122-A Sa 9:00am-9:30am

331122-B Sa 9:45am-10:15am

331122-C Sa 10:30am-11:00am

331122-D Sa 11:15am-11:45am

Weekday I- 8 mtgs: 6/18 - 6/28

331122-1A Tu-F 9:00am-9:30am

331122-1B Tu-F 9:45am-10:15am

331122-1C Tu-F 10:30am-11:00am

331122-1D Tu-F 11:15am-11:45am

Weekday II- 8 mtgs: 7/9 - 7/19

331122-2A Tu-F 9:00am-9:30am

331122-2B Tu-F 9:45am-10:15am

331122-2C Tu-F 10:30am-11:00am

331122-2D Tu-F 11:15am-11:45am

Weekday III- 8 mtgs: 7/30 - 8/9

331122-3A Tu-F 9:00am-9:30am

331122-3B Tu-F 9:45am-10:15am

331122-3C Tu-F 10:30am-11:00am

331122-3D Tu-F 11:15am-11:45am

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: \$55, RNPH: \$61, NRNPH: \$68

Saturday- 8 mtgs: 6/22 - 8/10

331123-A Sa 9:00am-9:30am

331123-C Sa 10:30am-11:00am

Weekday I- 8 mtgs: 6/18 - 6/28

331123-1A Tu-F 9:00am-9:30am

331123-1C Tu-F 10:30am-11:00am

Weekday II- 8 mtgs: 7/9 - 7/19

331123-2A Tu-F 9:00am-9:30am

331123-2C Tu-F 10:30am-11:00am

Weekday III- 8 mtgs: 7/30 - 8/9

331123-3A Tu-F 9:00am-9:30am

331123-3C Tu-F 10:30am-11:00am

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: \$55, RNPH: \$61, NRNPH: \$68

Saturday- 8 mtgs: 6/22 - 8/10

331124-A Sa 9:00am-9:30am

331124-B Sa 9:45am-10:15am

331124-D Sa 11:15am-11:45am

Weekday I- 8 mtgs: 6/18 - 6/28

331124-1B Tu-F 9:45am-10:15am

331124-1D Tu-F 11:15am-11:45am

Weekday II- 8 mtgs: 7/9 - 7/19

331124-2B Tu-F 9:45am-10:15am

331124-2D Tu-F 11:15am-11:45am

Weekday III- 8 mtgs: 7/30 - 8/9

331124-3B Tu-F 9:45am-10:15am

331124-3D Tu-F 11:15am-11:45am



ADULT SWIM LESSONS

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: \$60, RNPH: \$68, NRNPH: \$75

351192-A Tu/Th 7:00pm-7:45pm

8 mtgs: 6/4 - 6/27

351192-B Tu/Th 7:00pm-7:45pm

8 mtgs: 7/9 - 8/1

ADULT ADVANCED BEGINNER SWIM LESSONS

AGES 16+

Designed for adults wishing to improve basic swimming skills. Students will learn proper breathing techniques for front crawl and breaststroke, and begin to learn more advanced strokes and treading water techniques. Prerequisites: Basic knowledge of front crawl, back crawl, and breaststroke, and ability to swim half a length of the pool and be fairly independent in deep water.

PH: \$60, RNPH: \$68, NRNPH: \$75

351193-A Tu/Th 7:50pm-8:35pm

8 mtgs: 6/4 - 6/27

351193-B Tu/Th 7:50pm-8:35pm

8 mtgs: 7/9 - 8/1

ADULT INTERMEDIATE SWIM LESSONS

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: \$60, RNPH: \$68, NRNPH: \$75

351194-A Tu/Th 8:40pm-9:25pm

8 mtgs: 6/4 - 6/27

351194-B Tu/Th 8:40pm-9:25pm

8 mtgs: 7/9 - 8/1

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.

351170-1A M/W 7:00pm-7:45pm

10 mtgs: 6/3 - 7/3

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

351170-1B Tu/Th 6:00pm-6:45pm

9 mtgs: 6/4 - 7/2

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

351170-2A M/W 7:00pm-7:45pm

10 mtgs: 7/15 - 8/14

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

351170-2B Tu/Th 6:00pm-6:45pm

10 mtgs: 7/16 - 8/15

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

351170-A M/W 1:00pm-1:45pm

10 mtgs: 6/3 - 7/3

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

351170-B M/W 1:00pm-1:45pm

10 mtgs: 7/15 - 8/14

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

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.

351171-1A M/W/F 8:00am-8:45am

15 mtgs: 6/3 - 7/5

PH: \$75, RNPH: \$80, NRNPH: \$85

351171-1B M/W/F 10:00am-10:45am

6 mtgs: 6/3 - 6/14

PH: \$30, RNPH: \$35, NRNPH: \$40

351171-1D Tu/Th 7:45am-8:30am

9 mtgs: 6/4 - 7/2

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

351171-2A M/W/F 8:00am-8:45am

15 mtgs: 7/15 - 8/16

PH: \$75, RNPH: \$80, NRNPH: \$85

351171-2D Tu/Th 7:45am-8:30am

10 mtgs: 7/16 - 8/15

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

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.

351172-A1 M/W 6:00pm-6:45pm

10 mtgs: 6/3 - 7/3

PH: \$55, RNPH: \$60, NRNPH: \$65

351172-A2 M/W 6:00pm-6:45pm

10 mtgs: 7/15 - 8/14

PH: \$55, RNPH: \$60, NRNPH: \$65

BABYSITTING / FIRST AID/ CPR CLASSES

Contact: GAFC 301-397-2204

BABYSITTING COURSE 357111-1

Ages 11-15

This course is designed to provide youth who are planning to babysit, the knowledge and skills necessary to safely, and responsibly care for children and infants. Each participant will develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe, and help children behave. Each participant will also learn basic child care and basic first aid. Please bring lunch and/or snacks for during break times.

Sa 6/8; 9:00am-4:30pm

PH: \$30, RNPH: \$35, NRNPH: \$40

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 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 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: \$60, RNPH: \$68, NRNPH: \$75

357177-1 F 6/7; 6:00pm-8:00pm

357177-2 F 7/12; 6:00pm-8:00pm

357177-3 F 8/9; 6:00pm-8:00pm

