



Greenbelt Aquatic & Fitness Center

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

HOURS

Monday-Friday: 6:00am-10:00pm;
Saturday & Sunday: 8:00am-9:00pm

DAILY ADMISSION RATES:

	Resident	Non-Resident
Youth (1-13 yrs)	\$3.00	\$4.25
Young Adult (14-17 yrs)	\$4.00	\$5.25
Adult (18-59 yrs)	\$5.00	\$6.25
Senior (60+)	\$3.75	\$4.50

• 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 listed 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 on page 23 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 at noon every other Wednesday for regular cleaning, will reopen Thursday at 6:00am.
- 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 & 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.

12 MONTH MEMBERSHIPS (Valid for 12 months from the date of purchase)		
	Resident	Non-Resident
Youth (1-13 yrs.)	\$119	\$256
Young Adult (14-17 yrs.)	\$187	\$321
Adult (18-59 yrs.)	\$256	\$386
Senior (60+ yrs.)	\$132	\$270
Single Parent Family	\$376	\$642
Family	\$529	\$691
Corporate	\$1063	\$1063

9 MONTH MEMBERSHIPS (Valid for 9 months from date of purchase; excludes summer season)		
	Resident	Non-Resident
Youth (up to 13 yrs.)	\$90	\$202
Young Adult (14-17 yrs.)	\$144	\$253
Adult (18-59 yrs.)	\$202	\$306
Senior (60+ yrs.)	\$97	\$216
Single Parent Family	\$289	\$506
Family	\$408	\$586
Corporate	N/A	N/A

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 eligible 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.

GAFC REGISTRATION DATES

Register 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, POOLS, or BEFORE or AFTER CLASS TIME.

Youth Swim Lessons

Pre-Evaluation, Saturday, March 7

Saturday Session: March 21 – May 16

(No Class 4/11)

Homeschool Session: March 20 – May 15

(No Class 4/10)

Passholders & Residents register: March 9

Open Registration: March 11

Adult Swim Lessons

Session 1: March 17 – April 9

Session 2: April 21 – May 14

Passholders & Residents register: March 1

Open Registration: March 3

Water Exercise Classes

Session 1: March 16 – April 3

Session 2: April 14 – May 8

Passholders & Residents register: March 1

Open Registration: March 3



YOUTH SWIM LESSONS

AQUA TOTS I 221116-A **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 underneath a bathing suit.

Sa 8:15am-8:45am
8 mtgs: 3/21 - 5/16 (No class 4/11)
PH: \$55, RNPH: \$61, NRNPH: \$68

AQUA TOTS II 221117-A **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.

Sa 8:15am-8:45am
8 mtgs: 3/21 - 5/16 (No class 4/11)
PH: \$55, RNPH: \$61, NRNPH: \$68

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: \$55, RNPH: \$61, NRNPH: \$68
8 mtgs: 3/21 - 5/16 (No class 4/11)
221118-A Sa 9:00am-9:30am
221118-B Sa 9:45am-10:15am
221118-C Sa 10:30am-11:00am
221118-D Sa 11:15am-11:45am

PH= Pass Holder
RNPH=Resident Non Pass Holder
NRNPH=Non Resident, Non Pass Holder
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 strokes will be introduced.

PH: \$55, RNPH: \$61, NRNPH: \$68
8 mtgs: 3/21 - 5/16 (No class 4/11)
231120-A Sa 9:00am-9:30am
231120-B Sa 9:45am-10:15am
231120-C Sa 10:30am-11:00am
231120-D Sa 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
8 mtgs: 3/21 - 5/16 (No class 4/11)
231121-A Sa 9:00am-9:30am
231121-B Sa 9:45am-10:15am
231121-C Sa 10:30am-11:00am
231121-D Sa 11:15am-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
8 mtgs: 3/21 - 5/16 (No class 4/11)
231122-A Sa 9:00am-9:30am
231122-B Sa 9:45am-10:15am
231122-C Sa 10:30am-11:00am
231122-D Sa 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
 8 mtgs: 3/21 - 5/16 (No class 4/11)
231123-A Sa 9:00am-9:30am
231123-C Sa 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
 8 mtgs: 3/21 - 5/16 (No class 4/11)
231124-B Sa 9:45am-10:15am
231124-C Sa 1030am-11:00am

HOMESCHOOL SWIM LESSONS

BEG.I, HOMESCHOOL 231134-A

Ages 4-12

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

F 11:00am-11:30am
 8 mtgs: 3/20 - 5/15 (No class 4/10)
 PH: \$55, RNPH: \$61, NRNPH: \$68

BEG.II HOMESCHOOL 231137-B

Ages 5-17

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

F 11:45am-12:15pm
 8 mtgs: 3/20 - 5/15 (No class 4/10)
 PH: \$55, RNPH: \$61, NRNPH: \$68

BEG.III HOMESCHOOL 231138-C

Ages 5-17

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

F 12:30-1:00pm
 8 mtgs: 3/20 - 5/15 (No class 4/10)
 PH: \$55, RNPH: \$61, NRNPH: \$68

ADV.BEG.,INT.&SWM., HOMESCHOOL 231136-D

Ages 6-17

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

F 1:15pm-1:45pm
 8 mtgs: 3/20 - 5/15 (No class 4/10)
 PH: \$55, RNPH: \$61, NRNPH: \$68

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: \$60, RNPH: \$68, NRNPH: \$75
251192-1 Tu/Th 7:00pm-7:45pm
 8 mtgs: 3/17 - 4/9
251192-2 Tu/Th 7:00pm-7:45pm
 8 mtgs: 4/21 - 5/14

ADVANCED BEGINNER SWIM LESSONS

Ages 16+

Designed 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
251193-1 Tu/Th 7:50pm-8:35pm
 8 mtgs: 3/17 - 4/9
251193-2 Tu/Th 7:50pm-8:35pm
 8 mtgs: 4/21 - 5/14

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: \$60, RNPH: \$68, NRNPH: \$75
251194-2A Tu/Th 8:40pm-9:25pm
 8 mtgs: 3/17 - 4/9
251194-3A Tu/Th 8:40pm-9:25pm
 8 mtgs: 4/21 - 5/14

WATER 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.

251170-1A M/W 7:00pm-7:45pm
 6 mtgs: 3/16 - 4/1
 PH: \$30, RNPH: \$35, NRNPH: \$40
251170-1B Tu/Th 6:00pm-6:45pm
 6 mtgs: 3/17 - 4/2
 PH: \$30, RNPH: \$35, NRNPH: \$40
251170-2A M/W 7:00pm-7:45pm
 7 mtgs: 4/15 - 5/6
 PH: \$35, RNPH: \$40, NRNPH: \$45
251170-2B Tu/Th 6:00pm-6:45pm
 8 mtgs: 4/14 - 5/7
 PH: \$40, RNPH: \$45, NRNPH: \$50

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.

251171-1A M/W/F 8:00am-8:45am

9 mtgs: 3/16 - 4/3

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

251171-1B M/W/F 10:00am-10:45am

9 mtgs: 3/16 - 4/3

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

251171-1D Tu/Th 7:45am-8:30am

6 mtgs: 3/17 - 4/2

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

251171-2A M/W/F 8:00am-8:45am

11 mtgs: 4/15 - 5/8

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

251171-2B M/W/F 10:00am-10:45am

11 mtgs: 4/15 - 5/8

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

251171-2D Tu/Th 7:45am-8:30am

8 mtgs: 4/14 - 5/7

PH: \$40, RNPH: \$45, NRNPH: \$50

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.

251172-A1 M/W 6:00pm-6:45pm

6 mtgs: 3/16 - 4/1

PH: \$35, RNPH: \$40, NRNPH: \$45

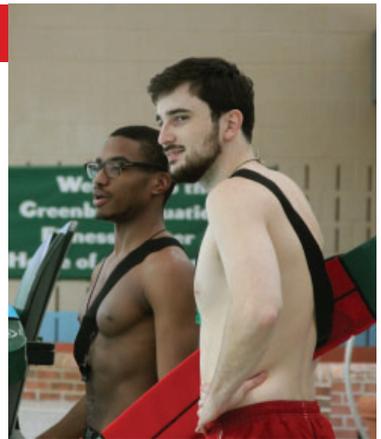
251172-A2 M/W 6:00pm-6:45pm

7 mtgs: 4/15 - 5/6

PH: \$40, RNPH: \$45, NRNPH: \$50

LIFEGUARDING

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.



LIFEGUARDING

PRE-TEST AGES 15+

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, RNPH: \$5, NRNPH: \$5

257180-1 SA 3/14; 9:00am-3:00pm

257180-2 SA 3/21; 12:30-3:00pm

257180-3 SA 3/28; 12:30-3:00pm

LIFEGUARDING 257181-1 AGES 15+

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.

M-Th 9:00am-5:00pm

4 mtgs: 4/6 - 4/9

PH: \$160, RNPH: \$176, NRNPH: \$200

FIRST AID/CPR/AED Ages 13+

FIRST AID/CPR/AEDAll 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 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

257177-1 F 3/13; 6:00pm-8:00pm

257177-2 F 4/10; 6:00pm-8:00pm

257177-3 F 5/8; 6:00pm-8:00pm