

# NORTH ARUNDEL AQUATIC CENTER

7888 Crain Highway • Glen Burnie, MD 21061 • 410-222-0090 / 410-222-0106 (Fax)

**W**elcome to the pool! The NAAC offers an 8-lane 25-yard competition pool and a leisure pool. The leisure pool is a zero depth entry pool that includes three 20-yard lap lanes with indoor water features. The water features include a 134-foot water slide, splash down area, water buckets, preschool water slide, vortex area, and poolside spa for adults. The facility has fully equipped locker rooms with coin-operated lockers. NAAC is open seven days a week, with limited water feature hours and daily timed swim sessions.



Youth 12 and under must be accompanied by a paying adult (must be 13 to be unattended). Children under the age of two are not admitted to the pool. All persons using the pools must be toilet-trained; swim diapers are not permitted. Children over the age of three accompanied by a parent/guardian of the opposite sex are encouraged to use the family changing rooms. Children age six and older must use gender appropriate locker room or family locker room with parent/guardian. Parents with appropriate aged children in the locker rooms must use designated changing area. All patrons are required to take a shower before entering the swimming pool. No street shoes are permitted on the pool deck. Appropriate family oriented swim attire only.

## POOL SCHEDULE

**August 24 2009 – February 28, 2010**

### Lap Swimming/Leisure Pool Hours

Mon & Wed	6:00am - 8:30pm
Tue & Thu	9:00am - 8:30pm
Fri	1:00pm - 8:00pm
Sat	8:00am - 8:00pm
Sun	11:00am - 6:00pm

*(The leisure pool will be closed on Saturdays during swim lessons from 8:30am-12:00pm)*

### Water Park Hours

Monday through Friday	5:00pm - 7:45pm
Saturday	12:00pm - 2:30pm 2:45pm - 5:15pm 5:30pm - 7:45pm
Sunday	11:00am - 1:15pm 1:30pm - 3:45pm 4:00pm - 6:00pm

### Water Park Timed Swims

**The pool and locker rooms are cleared after each session.**

**Water features run 45 minutes on and 15 minutes off.**

The pool and locker rooms are cleared after each session. Water features run 45 minutes on and 15 minutes off. Tickets cannot be reserved. Same day sales are available as soon as the facility opens. Only cash or checks are accepted at the register. We cannot accept any bill larger than \$20.00 for general admission. Limit 15 tickets per adult.

### Pool Closings

Labor Day	Sep 7
Thanksgiving	Nov 26 & 27
Christmas Eve	Dec 24
Christmas Day	Dec 25

### Modified Hours of Operation

Columbus Day	Oct 12 (10:00am– 8:00pm)
Halloween	Oct 31 (close at 6:00pm - Timed Swims, 12:00-2:45pm and 3:00-5:45pm)
Thanksgiving Wednesday	Nov 25 (close at 6:00pm -Timed Swims, 12:00-2:45pm and 3:00-5:45pm)
News Year Eve	Dec 31 (close at 1:00pm - No Timed Swim)

### Pre School Swim

The small water slide will be available (the yellow slide will be off). All swimmers must be fully toilet trained (no swim diapers permitted). We require one paying adult with every 5 children. Admission fees apply. Tue and Thu, 11:00am -1:30pm and Friday 1:00-3:30pm.

### Babysitting

Babysitting provided for ages 1 – 8 at \$3.00 an hour. Tue and Thu 10:00am – 1:00pm. Parent/guardian must remain onsite.

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## Birthday Parties

The facility offers two birthday party packages. Option one is in the wet classroom for two hours with up to 25 swimmers and 5 adult chaperones. The cost is \$170.00. Option two is in the dry classroom for the first hour and pool time for the second hour. Option two includes 15 swimmers and 3 adult chaperones. The cost for option two is \$100.00. Full payment and a signed contract are due within 10 days of making a reservation. We are currently accepting reservations through December 30, 2009. Space is limited in the dry classroom due to facility classes. Visit [www.aacounty.org/recparks](http://www.aacounty.org/recparks) to view NAAC party policies and procedures.

Reservations for January - May 2010 will be accepted starting Saturday, October 24, 2009. Walk-in reservations will be accepted from 7:00-9:00am with phone-in reservations being accepted starting at 9:00am. Cost for 2010 birthday packages will be \$200.00 for wet room and \$150.00 for the dry room. Full payment and party contract is due within 10 days of making your reservation.

## SPECIAL EVENTS

### Parents Night Out

Ages 6-11 \$10.00/\$12.00

Drop-off begins at 4:45pm. Children must be picked up by 7:45pm. Activities include games, swimming, pizza, and movies. Kids should wear comfortable clothing and tennis shoes. They will need to bring a swimsuit and towel. \$10.00 early registration fee by the Thursday before. \$12.00 registration fee on Friday of event. Space is limited, early registration is recommended.

Fridays 5:00-7:45pm

Aug 28 #1960800      Sep 18 #1960901  
 Oct 16 #1961001      Nov 20 #1961101  
 Dec 18 #1961202

## ADMISSION FEES

Youth (17 & under)..... \$ 4.00  
 Adult..... \$6.00  
 Senior (60 & over) .....\$4.00  
 Military w/ID .....\$4.00  
 Youth 15-Swim Pass .....\$50.00  
 Adult 15-Swim Pass.....\$70.00  
 Senior 15-Swim Pass.....\$50.00

### Frequent User Passes (FUP) Sep. - Dec.

Adult FUP..... \$175.00      #1849151  
 Senior FUP..... \$120.00      #1849251  
 Military with ID.....\$120.00      #1849351

**Frequent User Passes (FUP) and 15-swim passes** are available with online registration. FUP are not prorated and do not cover the cost of water fitness classes. 15-swim passes do not have an expiration date and are valid for water fitness drop-in at NAAC. Both cards can be used for drop-in swimming at NAAC and AOSC. Use of FUP or 15-swim passes does not guarantee admittance to the water park; however, they can be used to acquire a ticket if space permits.

**Frequent User Passes for September – December are available on August 24, 2009**

## 15 Swim Passes

**Adult** ..... \$70.00  
 Sep #1840941, Oct #1841041, Nov #1841141, Dec #1841242  
**Senior** ..... \$50.00  
 Sep #840951, Oct #1841051, Nov #1841151, Dec #1841252  
**Youth** ..... \$50.00  
 Sep #1840961, Oct #1841061, Nov #1841161, Dec #1841262  
**Military with ID** ..... \$50.00  
 Sep #1840971, Oct #1841071, Nov #1841171, Dec #1841272

*Passes are valid at both pools (AOSC and NAAC)*

## SWIM LESSON SESSION DATES

### Session 1

Sat 9/12-10/17  
 Mon Only 9/14-10/5  
 Mon/Wed 9/14-10/7  
 Wed Only 9/16-10/7  
 Tue/Thu 9/15-10/8

### Session 2

Mon Only 10/19-11/9  
 Mon/Wed 10/19-11/11  
 Wed Only 10/21 –11/11  
 Tue/Thu 10/20-11/12  
 Sat 11/7-12/19 (no lesson 11/28/09)  
 Sun 11/1-12/13 (no lessons 11/29/09)

### Session 3 (3 week session \$53.00/\$56.00)

Mon/Wed 11/30-12/16  
 Tue/Thu 12/1-12/17



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[www.facebook.com](http://www.facebook.com) and search Anne Arundel County Department of Recreation and Parks and [www.twitter.com/RecParks](http://www.twitter.com/RecParks)

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## Lesson Registration

- We do not reserve spaces; payment is due at time of registration.
- Please register for the level suggested by the instructor.
- Preschool and Aqua Tot classes are ages 3-6 year of age. American Red Cross (ARC) classes are ages 6 to 12.
- Register early, classes fill up quickly. Classes that have not met minimum enrollment by the Monday before the start date will be canceled. Classes canceled by the facility will receive a full refund. Please see class cancellation policy in the brochure.
- If the class is full, please sign up on the waiting list. The facility will contact you if space becomes available.
- Please read class description carefully. If child isn't placed correctly, there may not be an opportunity for them to be moved into another level.
- When registering for multiple levels, please keep in mind that it may take a child several attempts to pass a class.
- Make-up classes are not available if a child misses a class.
- Check in is 15 minutes before class. Children may pay the general admission fee to utilize the facility before or after the class.
- Parents, to minimize distraction and take advantage of the entire class session, please do not disturb your child or instructor during the lesson.
- Water Safety is presented in each level of the 'learn to swim' program.



## Preschool FUNdamentals

### Ages 3 - 4 with parent \$75.00

Parent and child together in a fun water exploration class. Under the guidance of an instructor, parents will introduce their child to submerging, floating and stroking on front and back. Water safety skills are taught to parents and children. Parent must accompany child in water.

6-10 students

Session	1	2	3
Sat 10:00-10:40am	1000901	1001111	*****
M/W 4:55-5:25pm	1000911	1001021	*****

### Aqua Tot 1 Ages 3 - 5 \$75.00

The purpose of this class is to increase the child's comfort level in the water. Skills include bubble blowing, kicking, putting face in the water, submerging and floating on back with assistance. 4-6 students.

Session	1	2	3
Sat 9:15-9:55am	1010901	1011111	*****
Sat 11:35am-12:15 pm	1010911	1011121	*****
Sun 3:30-4:10pm	*****	1011131	*****
M/W 9:30-10:00am	1010921	1011001	1011202
M/W 5:30-6:00pm	1010931	1011011	1011212
T/Th 5:30-6:00pm	1010941	1011021	1011222
T/Th 6:05-6:35pm	1010951	1011031	1011232

### Aqua Tot 2 Ages 3 - 5 \$75.00

Students build on the skills taught in Aqua Tot 1. Focus is on the introduction to front crawl, back floating with kicking action, jumping into three to five feet of water, bobbing, beginning mechanics of back crawl and retrieving objects from pool bottom. 4-6 students.

Session	1	2	3
Sat 9:15-9:55am	1020901	1021111	*****
Sat 11:35am-12:15pm	1020911	1021121	*****
Sun 2:40-3:20pm	*****	1021131	*****
M/W 10:05-10:35am	1020921	1021001	1021202
M/W 5:30-6:00pm	1020931	1021011	1021212
M/W 6:45-7:15pm	1020941	1021021	1021222
T/Th 6:05-6:35pm	1020951	1021031	1021232

### Aqua Tot 3 Ages 4 - 6 \$75.00

Students are proficient on their front crawl and beginning mechanics of back crawl by this level. Rotary breathing is introduced. They will increase their swimming endurance. Elementary backstroke is introduced. After they pass Aqua Tot 3 they may move to Aqua Tot 4 or ARC Level 2. 4-7 students. \*AT3/4 Combined.

Session	1	2	3
Sat 11:35am-12:15pm	1030901	1031101	*****
Sun *12:15-12:55pm	*****	1031111	*****
M/W *10:45-11:15am	1030911	1031001	1031202
M/W *6:45-7:15pm	1030921	1031011	1031212
T/Th * 5:30-6:00pm	1030931	1031021	1031222

### Aqua Tot 4 Ages 4 - 6 \$75.00

Students will continue to develop skills, swimming for greater distances. Treading water is introduced. Must be able to swim 20 yards front crawl (1 lap of leisure pool) and 15 yards backstroke to advance to ARC Level 3. 4-7 students. \*AT3/4 Combined.

Session	1	2	3
Sat 12:30-1:10pm	1040901	1041101	*****
Sun *12:15-12:55pm	*****	1041111	*****
M/W *10:45-11:15am	1040911	1041001	1041202
M/W *6:45-7:15pm	1040921	1041011	1041212
T/Th * 5:30-6:00pm	1040931	1041021	1041222

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## ARC Level 1- Introduction to Water Skills

**Ages 6 - 12 \$70.00**

The objectives of Level 1 are to learn basic personal water safety information and skills to help participants feel comfortable in the water. Students will learn how to enter and exit the water, float on front and back, submerge and swim on front and back with support. \*Class combined with ARC Level 2.

Session		1	2	3
Sat	10:00-10:40am	1110901	1111121	*****
Sat	10:50-11:30am	1110911	1111131	*****
Sun	1:00-1:40pm	*****	1111141	*****
M/W	*11:20-11:50am	1110921	1111011	1111202
M/W	6:05-6:35pm	1110931	1111021	1111212
M/W	7:20-7:50pm	1110941	1111031	1111222
T/Th	6:45-7:15pm	1110951	1111041	1111232

## ARC Level 2- Fundamental Aquatic Skills

**Ages 6-12 \$70.00**

The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without assistance and continue with swimming mechanics on their front and back. Water safety skills will be continued. 4-8 students. \*Class combined with level 1.

Session		1	2	3
Sat	10:00-10:40am	1120901	1121121	*****
Sat	10:50-11:30am	1120911	1121131	*****
Sun	1:50-2:30pm	*****	1121141	*****
M/W	*11:20-11:50am	1120921	1121011	1121202
M/W	6:05-6:35pm	1120931	1121021	1121212
T/Th	6:45-7:15pm	1120941	1121031	1121222
T/Th	7:20-7:50pm	1120951	1121041	1121232

## ARC Level 3-Stroke Development

**Ages 6-12 \$70.00**

The objective of Level 3 is to build on previously learned skills and perfect strokes to swim for greater distances. Survival floating, treading water and scissor and dolphin kick will be introduced. Water safety skills will be continued. 4-9 students.

Session		1	2	3
Sat	9:15-9:55am	1130901	1131121	*****
Sat	10:50-11:30am	1130911	1131131	*****
Sun	4:15-4:55pm	*****	1131141	*****
M/W	7:20-7:50pm	1130921	1131011	1131202
T/Th	7:20-7:50pm	1130931	1131021	1131212

## ARC Level 4 – Stroke Improvement

**Ages 7-12 \$70.00**

The objective of Level 4 is to build confidence with previously learned strokes. Participants will add arms for the sidestroke, learn back crawl, breaststroke and butterfly. Water safety skills will be continued. 4-10 students. Class may be combined with ARC Level 5.

Session		1	2	3
Sat	8:30-9:10am	1140901	1141121	*****
T/Th	7:55-8:25pm	1140911	1141001	1141202

## ARC Level 5 – Stroke Refinement

**Ages 7-12 \$70.00**

The objectives of Level 5 are coordination and refinement of strokes and increased distances to 25-50 yards. Flip turns are introduced. Water safety skills will be continued. 4-10 students. Class may be combined with ARC Level 4.

Session		1	2	3
Sat	8:30-9:10am	1150901	1151121	*****
T/Th	7:55-8:25pm	1150911	1151001	1151202

## Rec Racers

**Ages 8-15 years old \$40.00**

Students are introduced to the 5 competitive strokes and turns. Must have completed Level 5 of the American Red Cross Learn to Swim Program or be able to swim 50 yards of freestyle and 50 yards of backstroke. Students will learn how to swim with more ease and efficiency, swimming 50-100 yards for each stroke.

Session		1	2	3
Wed	6:45-7:30pm	1530911	1531011	1531212

## Teen & Adults

**Ages 13 and Older \$**

Students will be introduced to basic swimming and water safety. Class can be customized to meet individual goals for swimming. To enroll in the advanced class, students should be able to comfortably swim 25 yards on their front and back without stopping.

### Beginner

Session		1	2	3
Sat	12:30-1:10pm	\$70.00	1210901	*****
Sat	8:30-9:10am	\$70.00	*****	1211101
Mon	7:55-8:25pm	\$35.00	1210911	1211011

### Advanced

Session		1	2	3
Sat	8:30-9:10am	\$70.00	1220901	*****
Sat	12:30-1:10pm	\$70.00	*****	1221101
Wed	7:55-8:25pm	\$35.00	1220911	1221011

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## SPECIALIZED CLASSES

### American Red Cross Lifeguard Training

You must be 15 years of age (proof of age is required) and pass a pre-skill swim test (300-yard swim and object retrieval). To receive certification, participants must attend all class sessions and pass a written and water test. No make-ups for missed classes. Participants should bring a lunch with them for all day classes. For more information contact Lisa Carroll at 410-222-0090 ext. 7.

#1610901	Sep 16 – 23	\$195.00
	(Sep 16, 17, 23, 4:00-8:30pm; Sep. 19, 8:00am-6:00pm; Sep 20, 10am-6pm)	
# 1611101	Nov 21 – 24	\$195.00
	(Nov 21, 9:00am-5pm; Nov 22, 10:00am-6:00pm; Nov 23, 24, 9:00am-5:00pm)	

### Water Safety Instructor

American Red Cross revised 2009 Water Safety Instructor course. The purpose of this class is to train instructor candidates to teach courses and presentations in the American Red Cross Water Safety Program. Must be 16 years of age and pass a pre-skills swim test: 25 yards of the front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and 15 yards of butterfly. Must also be able to float on your back and tread water for 1 minute. Must attend all class sessions. No make-ups available. Call Lisa Carroll at 410-222-0090 ext. 7 for more information.

Ages 16 and older, \$350.00, #1610801  
Classes meet Aug 22 & 29 from 9:00am-5:00pm and Aug 23 & 30 from 11:00am-6:00pm.

### Lifeguard Instructor Course

American Red Cross Lifeguard Instructor Course teaches instructor candidates how to teach the Lifeguard Training Program to include First Aid and CPR/AED for the Professional Rescuer. Participants must pass a pre-course written exam and swimming evaluation to include a 300-yard swim and brick tow, along with performing all the rescue skills, first aid and CPR/AED skills from the Lifeguard Training Program. Upon successful completion, participants may continue in the course. Must attend all class sessions. No make-ups available. Call Lisa Carroll at 410-222-0090 ext. 7 for more information. Ages 17 and older, \$350.00, #1611001  
Classes meet Oct 14 from 4:00am-8:30pm and Oct 17 from 8:00am-6:00pm and Oct 18 from 10:00am-6:00pm and Oct 21 from 4:00-8:30pm.

### Water Fitness Classes

Classes are available for individuals of all levels. Class schedule and fees posted monthly. Unlimited or punch cards are available (FUPs do not cover the cost of classes). Class check-in time is 15 minutes prior to the start of class. Swimming after class is not permitted. Please visit us at [www.aacounty.org/recparks/swimcenters/aquaticcenter/index.cfm](http://www.aacounty.org/recparks/swimcenters/aquaticcenter/index.cfm) for class information.

### Guard Start

Participants will complete the American Red Cross Guard Start Program. Activities will include swim technique refinement, water safety training and Red Cross demonstrations. After completion they can register to volunteer as Junior Guards at the North Arundel Aquatic Center. Cost is \$75.00  
Ages 11–14, 10:00–11:30am Saturdays, 4 week session  
Sep 19 - Oct 10 #1640900  
Nov 7 - Dec 5 #1641101

### American Red Cross Babysitting Training

If you're 11 to 17 years old, you can get the knowledge, skills and confidence to care for infants and school-age children. Combining video, activities, hands-on skills training and discussion for a complete learning experience, Babysitting Training shows you how to respond to emergencies with first aid, rescue breathing and other appropriate care, manage young children, and feed, diaper and care for infants. (Bring bag lunch). Cost is \$75.00, 10:00am–3:00pm  
Oct 3 #1650303

**MORE >>>**

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## Stroke Clinic

For youth competitive swimmers. Learn to swim faster and with less effort under the assistance of Coach Tony and Sue. Each week will focus on a different stroke. Freestyle, Backstroke, Breaststroke, Butterfly and starts/turns. Register for all 5 sessions, or choose a single session. Must be able to swim 50 yards without stopping. \$60.00 for 5 weeks or \$15.00/week.

### Sep 20 - Oct 18

#### 3:15 - 4:15pm

5 week session

Sep 20

Sep 27

Oct 4

Oct 11

Oct 18

#### 4:30 - 5:30pm

5 week session

Sep 20

Sep 27

Oct 4

Oct 11

Oct 18

#### Ages 6-10

#1530901

Freestyle #1530911

Backstroke #1530921

Breaststroke #1531001

Butterfly #1531011

Starts/turns #1531021

#### Ages 11-17

#1530931

Freestyle #1530941

Backstroke #1530951

Breaststroke #1531031

Butterfly #1531041

Starts/turns #1531051

### Nov 8 - Dec 6 (No clinic on 11/29/09)

#### 3:15 - 4:15pm

5 week session

Nov 8

Nov 15

Nov 22

Dec 6

Dec 13

#### 4:30 - 5:30pm

5 week session

Nov 8

Nov 15

Nov 22

Dec 6

Dec 13

#### Ages 6-10

#1531101

Freestyle #1531111

Backstroke #1531121

Breaststroke #1531131

Butterfly #1531202

Starts/turns #1531212

#### Ages 11-17

#1531141

Freestyle #1531151

Backstroke #1531161

Breaststroke #1531171

Butterfly #1531222

Starts/turns #1531232

## Maryland Basic Boating Safety Courses



Maryland Law requires that any person born on or after July 1, 1972 must obtain a Certificate of Boating Safety Education prior to operating a registered vessel in Maryland waters. Certification is required for operation of personal watercraft (jet skis) as well as for traditional numbered or documented vessels. These courses provide an overview of the rules and fundamental practices of safe boating and will familiarize students with required safety equipment. Participants must attend both sessions in and pass a written exam to receive certification.

### Downs Park

Sponsored by The Friends of Downs Park, Inc. Participants must register in advance and pay the course fee at the Downs Park Information Center between the hours of 9:00am – 4:00pm (park closed Tuesdays).

\$25 per person

Saturday, Sep 12 & 19

9:00am – 1:00pm