Aquatic Happenings

Winter-Spring 2019

Swim Lessons
Water Aerobics
Competitive Swimming
American Red Cross Certification

Arundel Olympic Swim Center
North Arundel Aquatic Center

Swim Lessons
Water Aerobics
Competitive Swimming
American Red Cross Certification

PLUS School Break Fun Days

ENJOY • EXPLORE • RESTORE

www.aacounty.org/recparks
GENERAL INFORMATION

The Anne Arundel County Department of Recreation and Parks promotes health and wellness in our community through a variety of quality programming. Our two public indoor swimming facilities, Arundel Olympic Swim Center and North Arundel Aquatic Center, offer private, semi-private and group classes to swimmers of all ages and abilities. Lanes are continuously available for lap and recreational swimming.

The facilities are handicap accessible and include fully equipped locker rooms with coin operated lockers. Youth 12 and under must be accompanied by a paying adult. Children must be age 3 and up. All persons using the pools must be fully toilet-trained; swim diapers are not permitted.

Arundel Olympic Swim Center
Anne Arundel County’s largest public indoor swimming facility features a temperature controlled, indoor 50 meter by 25 yard swimming pool with adjacent wading pool, a poolside 17-person spa and two 1 meter diving boards.

North Arundel Aquatic Center
The North Arundel Aquatic Center offers an 8-lane 25 yard competition pool and a leisure pool. The leisure pool is a zero depth entry pool with three 20 yard lap lanes and 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.
HAVE YOUR NEXT
Party
AT OUR AQUATICS CENTERS!

Our pools and community rooms are the perfect place to host all kinds of gatherings from birthday parties to family events. Parties may be reserved for weekends at both Centers and for the weekdays at North Arundel Aquatic Center.

Party Rental Information
North Arundel Aquatic Center 410-222-0090
Arundel Olympic Swim Center 410-222-7933

Open Seven Days a Week
GENERAL ADMISSION

Online registration is available at www.aacounty.org/recparks for passes and program registration. Must show proof of Anne Arundel County residency, acceptable forms listed on our website. See website for fees and acceptable residency forms at www.aacounty.org/recparks

PASSES
Valid at Arundel Olympic Swim Center and North Arundel Aquatic Center

Frequent User Passes (FUPs), 15-swim passes and Family 20-swim passes are available with online registration. FUPs are not prorated and do not cover the cost of water fitness classes. 15-swim passes and Family 20-swim passes do not have an expiration date. The 15-swim passes are valid for water fitness drop-in at AOSC and NAAC. Family 20-swim passes must have a minimum of 1 adult and 1 child per visit and follow the 1 adult per 5 children ratio. All passes can be used for drop-in swimming at NAAC and AOSC. Purchase of FUPs, 15-swim passes, and Family 20-swim passes does not guarantee admittance to the water park; however, they can be used to acquire a ticket if space permits.

To purchase a pass online, visit us at www.aacounty.org/recparks
All passes purchased online must present confirmation of purchase and valid ID. Passes are valid at both pools (AOSC and NAAC).

ANNE ARUNDEL COUNTY
DEPARTMENT OF RECREATION AND PARKS
1 Harry S Truman Parkway, Annapolis, MD 21401
Phone: 410-222-7300

Nuestro sitio web puede ser traducido al español. En la página principal, desplácese hasta la parte inferior donde está marcado como "seleccionar idioma" y haga clic.
The 10th annual Anne Arundel County Recreation and Parks’ Summer Camp and Program Fair will have representatives on hand to showcase all of our summer camps and programs located throughout the Anne Arundel County area and to answer any questions you might have. We’ll highlight our Summer Fun Centers, Day Camps, Adaptive Camps, Specialty Camps, Dance, Adult programs and much, much more. This is a “one stop shop” experience for families where you can register for our summer programs* four days early (online registration opens on Wednesday, February 13th).

*No credit card payments or cash accepted at the camp fair
Arundel Olympic Swim Center
2690 Riva Road • Annapolis, MD 21401 • 410-222-7933 / 301-970-2216

Anne Arundel County’s largest public indoor swimming facility features a temperature controlled, indoor 50 meter by 25 yard swimming pool with adjacent wading pool, a poolside 17-person spa and two 1 meter diving boards.

Pool Schedules and Passes @ AOSC

Recreational Swimming Hours

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Monday – Thursday</td>
<td>6:00am-10:00pm</td>
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<tr>
<td>Friday</td>
<td>6:00am-9:00pm</td>
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<tr>
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<td>8:00am-4:00pm</td>
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<tr>
<td>Sunday</td>
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Deep End Closed

<table>
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</tr>
<tr>
<td>Sunday</td>
<td>10:00am-12:00pm</td>
</tr>
</tbody>
</table>

During the busy/peak times lane availability may be limited to 4 lanes. The diving boards will be closed.

Pool Closings

Christmas Eve December 24, 2018
Christmas Day December 25, 2018
New Years Day January 1, 2019
AACo HS Regional Meet February 16, 2019
Easter Sunday April 21, 2019
Memorial Day May 27, 2019

Weather related school closing – no swim classes. School delays – after school classes only. Please see website for cancellations.

Frequent User and Swim Pass

15 Punch Pass
#15340 – Adult (purchase Jan-Feb) ...................................... $80.00
#15341 – Adult (purchase Mar-May) ...................................... $80.00
#15342 – Senior (purchase Jan-Feb) ...................................... $55.00
#15343 – Senior (purchase Mar-May) ...................................... $55.00
#15344 – Military w/ID (purchase Jan-Feb) ........................... $55.00
#15345 – Military w/ID (purchase Mar-May) ........................... $55.00
#15346 – Youth (purchase Jan-Feb) ...................................... $55.00
#15347 – Youth (purchase Mar-May) ...................................... $55.00

Family Punch Pass
20 punches, no expiration date.............................................. $75.00
#15348 – Jan-Feb
#15349 – Mar-May

Each visit must have a minimum of 1 adult and 1 child. We must also follow our ratio of 1 paying adult for every 5 children. Anne Arundel County Residents Only.

Frequent User Pass (FUP)
(2019)

<table>
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<tr>
<th>Pass Level</th>
<th>Cost</th>
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<tr>
<td>Adult</td>
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<tr>
<td>Senior/Military/Adults/Disabilities/Youth</td>
<td>$130.00</td>
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Annual Passes (Valid one year from date of purchase)

<table>
<thead>
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</thead>
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<td>Adult</td>
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<tr>
<td>Senior/Military/Adults/Disabilities/Youth</td>
<td>$330.00</td>
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</table>

To purchase a FUP or Annual Pass stop in or visit our website aacounty.org/recparks, select register here, click on the Activity button drop down box and select membership to make your purchase.

All passes purchased online must present confirmation of purchase and a valid ID. Passes are valid at both pools.
Swim Meet and High School Information

USS Swim Meet
December 7, 8, 9 (deep end closed)
February 2, 3 (deep end closed)

Masters Swim Meet
January 20 (2:00pm until meet is finished)
March 17 (2:00pm until meet is finished)

High School Swim Program
November 14 – February 15
Practice Mon–Fri; 2:30-4:30pm
No practice on Fridays during meets

County Meets
December 14, January 4,11,18,25
Fridays 3:00-9:00pm

Anne Arundel County High School Championships
February 8* (pool closes at 2:00pm)
March 17 (2:00pm until meet is finished)

High School Regional Meet
February 16* (pool closed)

* Schedule subject to change, please check website for updates.

Swim Lesson Session Dates

$80.00 per Session for Swim Classes

**Winter Session 1**
Monday/Wednesday Jan 7 – Feb 4 (No class Jan 21)
Tuesday/Thursday Jan 8 – Jan 31 7
Saturday Jan 5– Feb 23 (No classes Feb 2, 16)

**Winter Session 2**
Monday/Wednesday Feb 11 – Mar 11 (No class Feb 18)
Tuesday/Thursday Feb 12 – Mar 7

**Spring Session 1**
(No class Apr 15 – Apr 22)
Monday/Wednesday Mar 18-Apr 10
Tuesday/Thursday Mar 19 – Apr 11
Saturday Mar 9 – Apr 13

**Spring Session 2**
Monday/Wednesday Apr 29 – May 22
Tuesday/Thursday Apr 30 – May 23
Saturday Apr 27 – June 1

Lesson Registration

1. We do not reserve spaces, payment is due at the time of registration.
2. Please register for the level suggested by the instructor.
3. Register early, classes fill up quickly. Classes that have not yet met minimum enrollment by the Friday before the start date may be cancelled.

Pre-School

$80.00 per Session for Swim Classes

**Splash N Play**
Age 3 w/parent
Parent and child, together, in a fun water exploration class. Under the guidance of the 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 the water.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Winter 1</th>
<th>Winter 2</th>
<th>Spring 1</th>
<th>Spring 2</th>
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<td>#15356</td>
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**Sunfish**
Ages 3-5
Children who have completed one session of Splash N Play, will leave the parent willingly, are no longer afraid of water, can follow directions and function well in a group are ready for Sunfish. Children will begin to learn to swim and explore the water safely.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Winter 1</th>
<th>Winter 2</th>
<th>Spring 1</th>
<th>Spring 2</th>
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</table>
Advanced Sunfish  
Ages 4-5
Children who have completed Sunfish and can float without assistance on front and back and can additionally swim 5 yards on front and back.
Class teaches front stroke, backstroke and safety skills.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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<th>Winter 2</th>
<th>Spring 1</th>
<th>Spring 2</th>
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</table>

Sailfish  
Ages 4-6
Children who have completed Advanced Sunfish and can swim on front and back 15 yards with proper breathing skills. Class teaches skills leading to a coordinated freestyle, backstroke and emphasizes age appropriate safety skills.

<table>
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<tr>
<th>Days</th>
<th>Time</th>
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<th>Winter 2</th>
<th>Spring 1</th>
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<td>#15427</td>
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<td>#15425</td>
<td></td>
<td>#15432</td>
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</tbody>
</table>

Advanced Beginner  
Ages 6-12
Children who have passed Beginner II and can swim coordinated freestyle and backstroke, 15 yards each. Advanced strokes introduced, including breaststroke and butterfly; freestyle and backstroke refined. Personal water safety skills and survival swimming emphasized.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Winter 1</th>
<th>Winter 2</th>
<th>Spring 1</th>
<th>Spring 2</th>
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<td>#15493</td>
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</table>

Stroke Clinic (Intermediate Swimmer)  
Ages 8-12
This class is for children ages 8-12 yrs old who are capable of swimming the pool length (25 yds) safely with good stroke mechanics in freestyle and backstroke. Course emphasis will be on stroke refinement, safety and fitness swimming. Competitive elements will be introduced. Class will be divided by ability levels.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Winter 1</th>
<th>Spring 1</th>
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<td>#15497</td>
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</table>

Youth  
$80.00 per Session for Swim Classes

Beginner I  
Ages 6-12
Starting point for non-swimmers. Children will be introduced to front and back floats, kicking, arm stroking and rhythmic breathing. Safety skills are introduced.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Winter 1</th>
<th>Winter 2</th>
<th>Spring 1</th>
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Beginner II  
Ages 6-12
Children who have passed Beginner I and can swim short distances (12 yards) with confidence. Course curriculum emphasizes: stroke coordination and improvement, endurance skills for basic fitness and continuation of personal water safety skills.

<table>
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<th>Spring 1</th>
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Beginner Swimming  
Ages 13 & up
Students introduced to basic swimming skills; front and back floats, kicking, arm movements and breathing techniques.

<table>
<thead>
<tr>
<th>Days</th>
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<th>Winter 2</th>
<th>Spring 1</th>
<th>Spring 2</th>
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Advanced Swimming  
Ages 13 & up
Class designed to improve basic swimming ability and increase swimming distance. Students should be able to swim 25 yards without stopping. Good class for self-taught swimmers or swimmers trying to remember classes from their younger days.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Winter 1</th>
<th>Winter 2</th>
<th>Spring 1</th>
<th>Spring 2</th>
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<td>#15505</td>
<td>#15506</td>
<td>#15507</td>
</tr>
</tbody>
</table>
**Adult Fitness**

**Water Fitness Exercises**

The water exercise programs of the Arundel Olympic Swim Center are designed to be an effective component of an adult fitness program. Participants are encouraged to check with their physician before starting any water aerobics class. Students with physical limitations should discuss appropriate adaptations to the program with their instructor.

Please see our website or calendar at our front desk for class dates and times.

**Splashdown Total Aerobic Workout**

Drip In Classes (pay as you go)

A challenging, low impact exercise program designed to use water resistance to increase endurance and tone muscles. Water exercise is generally beneficial for individuals with physical limitations or persons returning to exercise after long periods of inactivity. Students should always work at their individual pace and students returning from an absence of exercising should set long term goals to avoid short term pain. Class duration: mornings 45 minutes, evening 1 hour. Ongoing. Drop-In Class Participants must pre-register for class. If insufficient registrations are received, the class will be cancelled.

**Aqua Fitness**

Monday and Wednesday and Friday

Drip In Classes (pay as you go)

Get fit with choreographed, high energy, full-body water aerobic exercise! This innovative workout uses concentric movements and the natural forces and properties of the water. This increases the body’s heart rate, which results in calories burned, increased muscle strength and greater flexibility.

**Deep Water Aerobics**

Drip In Classes (pay as you go)

The ultimate low impact class for students of all fitness levels. Use the natural water resistance and your weightlessness in deep water to exercise using unique movements to increase heart rate, flexibility and muscle tone. Students must be comfortable exercising in deep water using a flotation belt.

**Aqua Zumba**

Ditch the workout….join the pool party! This high energy water workout incorporates motivating music and dance moves that burn calories, tone muscles and condition your cardiovascular system. For more information visit zumba.com

Age 18 and over; 6 weeks

**Tuesday/Thursday 5:30-6:15pm**

- **#15596**: Jan 8 – Feb 14
- **#15597**: Feb 26 – Apr 11
- **#15598**: Apr 23 – May 30

**Jenn’s Tri Swimming Masters**

Enhance your fitness and improve your swimming speed and endurance through Masters Swimming. This program is open to all adult swimmers (fitness, triathlete, competitive) who are dedicated to improving their fitness through swimming. Workouts are designed to improve your technique and train for specific goals. Pre-requisite: must be able to comfortably swim at least 200 yards.

Coach: Jennifer Bistrack, jbswim7@gmail.com

**Jan 8 – May 16 (no class Apr 16, 18)**

- **#15599**: Full Program Tue/Thu 8:00-9:15pm (18 classes)
- **#15600**: Half Program Tue/Thu 8:00-9:15pm (18 classes)

**Morning Masters**

Designed for masters, fitness swimmers and triathletes who have a flexible work schedule, this 15 week session will meet twice a week on Tuesday and Thursday mornings from 9:30-10:45am. Improve your form, fitness and feel for the water under the guidance of coaches experienced in triathlon, competitive and open water swimming. All levels welcome. (Participants should be able swim continuously for 8 lengths of the pool) Coach: Traci McNeil, channelswim@verizon.net.

**Jan 8 – May 16 (no class Apr 16, 18)**

- **#15601**: Tue/Thu 9:30-10:45am
Masters Competitive Swimming

Swim team for adults, 18 and older. Three days of training per week. Coaching improves stroke mechanics in any of the four competitive strokes. Workouts vary for beginning lap/fitness swimmers to former collegiate swimmers and triathletes. Masters Swimming is an international program with competition available for all levels of swimmers. Swimmers may start at any practice. The program is ongoing: Mon/Wed 8:00-9:30pm and Sat 8:00-9:45am. Program Fee: Choice of daily admission or a swim pass. USMS or Anne Arundel Amphibians membership is required. For more information contact Coach Rand at AAAmphibians@aol.com

Masters Swim Meet
Jan 20 (2:00pm until swim meet is finished)
Mar 17 (2:00pm until swim meet is finished)

Winter/Spring Developmental Programs

**Saturday classes**

**Winter 1** Jan 5 – Mar 9 (no class Feb 2 and 16)
**Spring 1** Mar 23 – May 18 (no class Apr 20)

**Burgundy Intramural Swim**
Participants must be able to swim proficient freestyle and backstroke 50 yards and butterfly and breaststroke 25 yards. Group involves age group swimmers with good skills in all 4 strokes. Summer swim team experience recommended. Endurance and techniques will be emphasized.
Ages 9-13

Winter 1 #15604 Sat 12:30-1:15pm
Spring 1 #15605 Sat 12:30-1:15pm

**Teal Intramural Swim**
Participants must be able to swim proficient freestyle (with rotary breathing) 25 yards, backstroke 25 yards, knowledge of butterfly and breaststroke required. Summer swim team experience recommended, endurance and technique will be emphasized.
Ages 5-8

Winter 1 #15606 Sat 1:15-2:00pm
Spring 1 #15607 Sat 1:15-2:00pm

**Weekday Classes**

**Bronze 2**
Ages 8-12
#15608 Mon/Wed 6:45-8:00pm
2 day a week program for athletes with busy schedules. Intermediate Level. Swimmers should be legal and looking to develop in all four competitive strokes.

**Purple 2 (Intermediate Levels)**
Ages 13 and up
#15609 Tue/Thu 6:45-8:00pm
2 day a week program for athletes with busy schedules. Intermediate Level. Swimmers should be legal and looking to develop in all four competitive strokes.

**Red Racers**
Ages 9-11
#15616 Mon/Wed 4:45-5:30pm
2 day a week program for athletes with busy schedules. Intermediate Level. Swimmers should be legal and looking to develop skills in all competitive strokes.

**Blue Racers**
Ages 8 and under
#15617 Tue/Thu 4:45-5:30pm
2 day a week program for athletes with busy schedules. Group involves young swimmers able to swim a lap of freestyle and backstroke.

Youth Competitive

**Swim Conditioning**

$250.00
Open to 5-18 year olds. Become a better and stronger swimmer through conditioning and stroke instruction. In a non-competitive environment, Coach Susan will encourage swimmers to push themselves to improve their stamina and speed in the water. Beginners need only to be able to “swim” 25 yards unassisted so they can work on becoming streamlined and coordinating breathing with the stroke. More advanced swimmers, prepare for a serious workout in all four strokes. For more information contact Susan at SusanLPeters15@gmail.com

Jan 8 – May 23 (no class Feb 19, 21 and Apr 16, 18)
#15602 Beginner/Intermediate Tue/Thu 9:00-9:50am
#15603 Advanced Tue/Thu 10:00-10:50am

Visit www.aacounty.org/recparks for additional information, the latest updates and to register online.
American Red Cross Classes

Lifeguard Certification Course $230.00*
Students will receive 2 year certification in Lifeguarding/First Aid/CPR. Waterfront lifeguarding certification is available at the request of the participant for an additional fee. You must be 15 years of age to qualify (proof of age required) and pass a pre-skill test (300-yard swim object retrieval). You must attend all dates and times to receive certifications.
The dates and times are as follows: Thu 5:00-10:00pm, Fri 5:00-9:00pm, Sat 8:00am-4:00pm, Sun 8:00am-6:00pm.
*Book fee is included in the price of class
#15618 Feb 21, 22, 23, 24
#15619 Mar 21, 22, 23, 24
#15620 Apr 4, 5, 6, 7
#15621 Apr 25, 26, 27, 28
#15622 May 9, 10, 11, 12
#15623 May 16, 17, 18, 19

Waterfront Lifeguarding Certification $305.00*
Prerequisites: 15 years of age by the last date of class; ability to swim 550 yards continuously using 200 yards crawl, 200 yards of breaststroke and 150 yards of either front crawl or breaststroke; swim 20 yards front crawl or breaststroke, retrieve a 10-pound object from a depth of 7-10 feet, return it to the surface and swim 20 yards back to the starting point with the object, within a designated, precise time; swim 5 yards, submerge and retrieve 3 diving rings placed 5 yards apart in 4-7 feet depth of water, resurface and swim 5 yards to the side of the pool. You must attend all dates and times to receive certifications. The dates and times are as followed: Thu 5:00-10:00pm, Fri 5:00-9:00pm, Sat 8:00am-4:00pm, Sun 8:00am-6:00pm.
*Book fee is included in the price of class
#15624 Feb 21, 22, 23, 24
#15625 Mar 21, 22, 23, 24
#15626 Apr 4, 5, 6, 7
#15627 Apr 25, 26, 27, 28
#15628 May 9, 10, 11, 12
#15629 May 16, 17, 18, 19

Full Review Training Course $105.00
Must hold a current American Red Cross Lifeguard training certification to participate (bring to first class). Participants must also bring pocket mask (available from the facility for an additional $15.00 fee).
Sat 8:00am-6:00pm
#15630 Mar 2
#15631 Apr 13
#15632 May 4

First Aid/CPR/AED $95.00
This course will help participants to recognize, respond and provide care to cardiac, breathing and first aid emergencies until more advance medical personnel arrive (minimum of 4 students needed to run class). Wednesdays
Ages 13 and older
#15633 Jan 16 5:00-10:00pm
#15634 Feb 6 5:00-10:00pm
#15635 Mar 13 5:00-10:00pm
#15636 Apr 3 5:00-10:00pm
#15637 May 1 5:00-10:00pm

Private & Semi-Private Swim Lessons

Private Swim Lessons
Cost $140.00 (4 Half Hour Classes)
The lessons are structured so that each participant will receive 4 half hour classes. Instructors are available for all ability levels, ages 3 years and older. If you are interested please contact the swim center at 410-222-7933 to schedule your request.

Semi Private Lessons
Cost $165.00 (4 Half Hour Classes, 2 Participants - $82.50 each)
The lessons are structured so that 2 participants will receive 4 half hour classes to be setup and taught by one of our best instructors. Both participants need to be present for each lesson. Contact the swim center at 410-222-7933.
When calling for private lessons please provide the following information: your name and a contact number; the participant(s) name and age; dates and times; skill level. The agreement must be signed by the responsible party and the instructor committing to 4 classes.
If you must cancel and/or change your scheduled lesson you must contact the pool at least 24 hours in advance.

School Break Fun Days!
See Back Cover for Details and Dates
7:30am-5:30pm, $40.00
Great for working parents! Wondering what to do with your children when school is closed or you have work to do? Bring them to the Aquatic Center for a full day of fun activities including swimming, arts and crafts and games. Bring lunch and drink and also a towel and change of clothes. (We will need a minimum of 6 children to run class)

Party Reservations
Have Your Birthday Party at the Swim Center!
The cost is $175.00 (non-county residents $200.00) for 2 hours, includes room rental and swim fees. Call 410-222-7933 for more information.
Reservations are now being booked for weekends through May 2019.
Please remember all swimmers must be 3 years old and fully toilet trained
North Arundel Aquatic Center

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

The North Arundel Aquatic Center offers an 8-lane 25 yard competition pool and a leisure pool. The leisure pool is a zero depth entry pool with three 20 yard lap lanes and 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.

Pool Schedules and Passes @ NAAC

Lap Swimming/Leisure Pool Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Wednesday, Friday</td>
<td>6:00am-8:00pm (Leisure Pool Closes at 7:45pm)</td>
<td></td>
</tr>
<tr>
<td>Tuesday, Thursday</td>
<td>7:30am-8:00pm (Leisure Pool Closes at 7:45pm)</td>
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<tr>
<td>Saturday</td>
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</tr>
<tr>
<td>Sunday</td>
<td>11:00am-5:30pm</td>
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</table>

Water Park Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday through Friday</td>
<td>5:00-7:45pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>11:00am-1:00pm</td>
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<td></td>
<td>1:15-3:15pm</td>
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<tr>
<td></td>
<td>3:30-5:30pm</td>
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<td></td>
<td>5:45-7:45pm</td>
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<tr>
<td>Sunday</td>
<td>11:00am-1:00pm</td>
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<td></td>
<td>1:15-3:15pm</td>
</tr>
<tr>
<td></td>
<td>3:30-5:30pm</td>
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Lap Pool Closed

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday through Thursday</td>
<td>3:15-4:45pm (November 15 - February 21)</td>
</tr>
</tbody>
</table>

Pool Closings

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christmas Eve</td>
<td>December 24, 2018</td>
</tr>
<tr>
<td>Christmas Day</td>
<td>December 25, 2018</td>
</tr>
<tr>
<td>New Year’s Day</td>
<td>January 1, 2019</td>
</tr>
<tr>
<td>Easter Sunday</td>
<td>April 21, 2019</td>
</tr>
<tr>
<td>Yearly Maintenance</td>
<td>May 25 - June 16, 2019 (Re-open June 17)</td>
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Modified Hours of Operation

<table>
<thead>
<tr>
<th>Date</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>December 14, 2018</td>
<td>Closing from 2:30 pm-6pm (Timed Swim Session from 6pm-7:45pm)</td>
</tr>
<tr>
<td>December 31, 2018</td>
<td>Closing at 6:00pm (Running on Sunday Water Park Timed Swim Hours)</td>
</tr>
<tr>
<td>January 4, 2019</td>
<td>Closing from 2:30 pm-6pm (Timed Swim Session from 6pm-7:45pm)</td>
</tr>
<tr>
<td>January 11, 2019</td>
<td>Closing from 2:30 pm-6pm (Timed Swim Session from 6pm-7:45pm)</td>
</tr>
<tr>
<td>January 18, 2019</td>
<td>Closing from 2:30 pm-6pm (Timed Swim Session from 6pm-7:45pm)</td>
</tr>
<tr>
<td>January 25, 2019</td>
<td>Closing from 2:30 pm-6pm (Timed Swim Session from 6pm-7:45pm)</td>
</tr>
</tbody>
</table>

Water Park Timed Swims

The pool and locker rooms are cleared after each session.
Tickets cannot be reserved. Same day sales are available as soon as the facility opens. Cash, credit cards or checks are accepted at the register. We cannot accept any bill larger than $20.00 for general admission. Limit 15 tickets per adult.

Preschool Swim

The small water slide will be available (the yellow slide will be off). All swimmers must be 3 years old and fully toilet trained (no diapers of any kind are permitted). We require one paying adult with every 5 children. Admission fees apply. Runs weekly on Tuesday, Wednesday and Thursday 11:30am-2:00pm when AA Co. Public Schools are in session.

Frequent User and Swim Pass

<table>
<thead>
<tr>
<th>Pass</th>
<th>Price</th>
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<tr>
<td>Youth 15-Swim Pass</td>
<td>$55.00</td>
</tr>
<tr>
<td>Adult 15-Swim Pass</td>
<td>$80.00</td>
</tr>
<tr>
<td>Senior 15-Swim Pass</td>
<td>$55.00</td>
</tr>
<tr>
<td>Family 20-Swim Pass* (AA County residents only)</td>
<td>$75.00</td>
</tr>
<tr>
<td>Youth FUP</td>
<td>$130.00</td>
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<tr>
<td>Senior/Military/Youth FUP</td>
<td>$130.00</td>
</tr>
<tr>
<td>Adult Yearly FUP</td>
<td>$475.00</td>
</tr>
<tr>
<td>Senior/Military/Youth FUP</td>
<td>$330.00</td>
</tr>
</tbody>
</table>

*Must show ID documentation for discount.
To purchase a pass online, visit us at www.aacounty.org/recparks
Water Fitness
We offer water fitness classes Monday through Saturday. Please see our complete schedule at www.aacounty.org/recparks.

Swim Lesson Session Dates
$80.00 per Session for Swim Classes

**Winter Session 1**
- **Friday**: Jan 4 – Feb 8
- **Monday / Wednesday**: Jan 7 – Jan 30
- **Tuesday / Thursday**: Jan 8 – Jan 31
- **Saturday**: Jan 5 – Feb 9

**Winter Session 2**
- **Friday**: Feb 22 – Mar 29
- **Monday/ Wednesday**: Feb 11 – Mar 6
- **Tuesday / Thursday**: Feb 12 – Mar 7
- **Saturday**: Feb 23 – Mar 30

**Spring Session 1**
- **Friday**: Apr 12 – May 17
- **Monday/ Wednesday**: Mar 18 – Apr 10
- **Tuesday / Thursday**: Mar 19 – Apr 11
- **Saturday**: Apr 23 – May 18

**Spring Session 2**
- **Monday / Wednesday**: Apr 22 – May 15
- **Tuesday / Thursday**: Apr 23 – May 16

Swim Lesson Registration
See page 15 for details. Register online at www.aacounty.org/recparks or at the facility with cash, credit card or check. Please see our swim lesson parent handbook online.

**Pre-School**
$80.00 per Session for Swim Classes

**Preschool FUNdamentals** Ages 3-4 w/parent
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.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Winter 1</th>
<th>Winter 2</th>
<th>Spring 1</th>
<th>Spring 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
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<td>#15668</td>
<td>#15669</td>
<td>#15670</td>
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</tr>
</tbody>
</table>

**Aqua Tot 1**
Ages 3-5
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.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Winter 1</th>
<th>Winter 2</th>
<th>Spring 1</th>
<th>Spring 2</th>
</tr>
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<tbody>
<tr>
<td>Sat</td>
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<td>Sat</td>
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<td>#15516</td>
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<td>#15508</td>
<td>#15517</td>
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</tbody>
</table>

**Aqua Tot 2**
Ages 3-5
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.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Winter 1</th>
<th>Winter 2</th>
<th>Spring 1</th>
<th>Spring 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
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<td>#15521</td>
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<tr>
<td>Sat</td>
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<td>#15522</td>
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<td>T/Th</td>
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<td>#15520</td>
<td>#15529</td>
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</table>

**Aqua Tot 3**
Ages 4-6
Students are proficient in 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 - 6 students.

*AT3/4 Combined.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Winter 1</th>
<th>Winter 2</th>
<th>Spring 1</th>
<th>Spring 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
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<td>T/Th</td>
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<tr>
<td>T/Th</td>
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<td>#15539</td>
<td>#15591</td>
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<tr>
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<td>11:20am-12:00pm</td>
<td>#15532</td>
<td>#15540</td>
<td>#15596</td>
<td></td>
</tr>
</tbody>
</table>
Aqua Tot 4  Ages 4-6
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.

Days Time Winter 1 Winter 2 Spring 1 Spring 2
Sat 9:15-9:55am #15543 #15551 #15700
M/W 6:05-6:35pm* #15544 #15547 #1598 #15999
T/Th 11:05-11:35am* #15545 #15548 #15701 #15703
T/Th 6:05-6:35pm* #15546 #15549 #15702 #15704
Fri 11:20am-12:00pm #15542 #15550 #15597

ARC Level 4
Stroke Improvement  Ages 7-12
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.

Days Time Winter 1 Winter 2 Spring 1 Spring 2
Sat 10:50-11:30am #15574 #15577 #15725
M/W 7:20-7:50pm #15575 #15576 #15723 #15724

ARC Level 5
Stroke Refinement  Ages 7-12
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.

Days Time Winter 1 Winter 2 Spring 1 Spring 2
Sat 10:50-11:30am #15578 #15581 #15728
M/W 7:20-7:50pm #15579 #15580 #15726 #15727

Teen and Adult
$80.00 per Session for Swim Classes
Competitive Aquatics

Age group swim team consists of swimmers achieving national level recognition as well as youth who are just beginning the first year of swim team. This program emphasizes stroke development and physical fitness. All swimmers must try out with a member of the coaching staff. Swimmers may be added to the current rosters as openings develop. For more information contact Coach Ken DeGruchy at coachdegruchy@gmail.com.

Starting January 2 – May 24, 2019

Age Group:
Swimmers must have year round competitive experience OR three plus years of summer league swimming.
Ages 11 and up; $378.00
#15762 Monday-Friday 6:30-8:00pm and Saturday 8:00-10:00am

Novice Group:
Swimmers must have one year of summer league experience.
Swimmers must have good skills in all four strokes
Ages 8-11; $252.00
#15764 Monday-Friday 5:30-6:30pm

Mini Group:
Young swimmers able to swim 25 yards of freestyle and backstroke
Ages 6 and up; $189.00
#15763 Tuesday/Thursday 5:00-6:00pm and Saturday 11:00am- 12:00pm

American Red Cross Classes

Lifeguard Training $230.00
Ages 15 and older. Students will receive 2 year certification in Lifeguarding/First Aid/CPR.
Thu 4:00-9:00pm, Fri 4:00-9:00pm, Sat 8:00am-4:00pm, Sun 12:00-6:00pm (AOSC), Mon 4:00-9:00pm
#15773 Jan 10, 11, 12, 13, 14
#15774 Feb 21, 22, 23, 24, 25
#15772 Mar 7, 8, 9, 10, 11
#15780 Mar 21, 22, 23, 24, 25
#15782 Apr 11, 12, 13, 14, 15
#15781 Apr 25, 26, 27, 28, 29
#15778 May 2, 3, 4, 5, 6
#15779 May 16,17,18,19, 20

Lifeguard Review $105.00
Must hold a current American Red Cross Lifeguard training certification to participate (bring to first class). Participants must also bring pocket mask (available from the facility for an additional $15.00 fee).
Sat/Sun 8:00am-6:00pm
#15770 Saturday Jan 5
#15771 Sunday Feb 10
#15775 Saturday Mar 16
#15777 Sunday Apr 7
#15776 Saturday Apr 20
#15783 Sunday May 5

AAAII - Water Fitness Certification $200.00
Ages 17 and up. Successful completion of this class will result in a Water Fitness Certification for Beginners. This is also a recertification course for those currently certified in Phase One of AAAII (American Aerobic Association). Call our front desk for more information on dates and times.

Special Classes/Events

Aqua Zumba
This high energy, low-impact water workout incorporates motivating Latin music and dance moves that burn calories, tone muscles and condition your cardiovascular system.
Ages 16 and up, $65 – 6 weeks T/Th 7:00-7:45pm
#15794 Jan 8 - Feb 14
#15793 Feb 23 - Apr 4
#15795 Apr 16 - May 21

Private Swim Lessons

Private Swim Lessons
Cost $140.00 (4 Half Hour Classes)
The lessons are structured so that each participant will receive 4 half hour classes. Instructors are available for all ability levels, ages 3 years and older. If you are interested please contact our front desk at 410-222-0090 x4.

Semi Private Lessons
Cost $165.00 (4 Half Hour Classes, 2 Participants)
The lessons are structured so that 2 participants will receive 4 half hour classes to be set up and taught by one of our best instructors, ($30 for each additional child up to 4). Both participants need to be present for each lesson. When calling for private lessons please provide the following information: your name and a contact number; the participant(s) name and age; dates and times; skill level. The agreement must be signed by the responsible party and the instructor committing to 4 classes.

If you must cancel and/or change your scheduled lesson you must contact the pool or instructor at least 24 hours in advance.

School Break FUN Days!
See Back Cover for Details and Dates
7:30am-5:30pm, $40.00 per day
Great for working parents! Wondering what to do with your children when school is closed or you have work to do? Bring them to the Aquatic Center for a full day of fun activities including swimming, arts and crafts and games. Bring lunch and snack, swimsuit and towel. Ages 6-11.

Parents’ Night Out
$11.00/$17.00
Ages 6-11, Friday 5:00-7:45pm
Drop-off begins at 4:45pm, children must be picked up by 7:45pm. Activities include games, swimming, pizza and movies. Bring a swim suit and towel. $11.00 early registration fee by the Thursday before, $17.00 registration fee on Friday of the event. Space is limited.
#15765 Jan 18  #15769 Mar 15  #15768 May 17
#15766 Feb 15  #15767 Apr 19

Birthday Parties

Have Your Birthday Party at the Aquatic Center!
Reservations for June to December 2019 will be accepted starting Saturday, March 16, 2019. Walk-ins will be accepted from 8:00-9:30am and phone-in reservations will be accepted starting at 9:30am. For more information visit us on the web at www.aacounty.org/RecParks/swimcenters/aquaticcenter/partyrental.cfm

WWW.AACOUNTY.ORG/RECPARKS
3 Easy Ways to Register

**Online**
www.aacounty.org/recparks

**Mail or Walk-in**

**North Arundel Aquatic Center**
7888 Crain Highway, Glen Burnie, MD 21061
410-222-0090

**Arundel Olympic Swim Center**
2690 Riva Road, Annapolis, MD 21401
410-222-7933

**Recreation and Parks Headquarters**
1 Harry S Truman Parkway, Annapolis, MD 21401
Office hours Mon–Fri, 8:00am to 4:30pm
410-222-7300
Night drop box available after hours

Registration form can be downloaded from www.aacounty.org/recparks. Include the program number on your check or money order. Checks must be pre-printed with the name and address of the person signing. If the current phone number is not printed on the check, please write the phone number on the front of the check. Checks/Money Order should be made payable to AACo Recreation & Parks. We reserve the right to cancel or alter programs that do not meet the registration requirements. We will charge an additional fee of $25 for all returned checks. Registration begins immediately online, by mail or walk-in. Full payment is expected at time of registration.

**Directions**

**Arundel Olympic Swim Center**
2690 Riva Road, Annapolis, MD 21401

From Route 50 take the Aris T. Allen Boulevard exit (Exit 22). Merge right onto the Riva Road exit. Make a right onto Riva Road. Arundel Swim Olympic Center is on the right.

**North Arundel Aquatic Center**
7888 Crain Highway, Glen Burnie, MD 21061

From Interstate 97 North, take Exit 12 merge right onto Crain Highway. Drive two miles, North Arundel Aquatic Center is on the left next to South Glen Burnie Fire Station.

From Interstate 97 South, Exit 12 and make left onto Crain Highway. Drive two miles, North Arundel Aquatic Center is on the left next to South Glen Burnie Fire Station.

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**Reminders**

**Disciplinary Actions** - The Department has the authority to impose disciplinary sanctions for inappropriate/unsportsmanlike behavior and/or non-compliance with departmental policies, guidelines or standards. Disciplinary sanctions for individuals may include but not be limited to: prohibition to attend events, suspensions and expulsion.

**Refund Policy** - All refund requests must be submitted in writing or online with the exception of cancelled programs. Full refunds are given only if a program is cancelled or there are extenuating circumstances prior to the start date of the program. Cancelled program refunds will be automatically processed for 100% refund. Written requests received prior to the start date, will forfeit 20% of the fee for the program or no more than $25 for each registration as an administrative fee. Any request received after the start date will be considered on a case by case basis and prorated. Refund requests for medical reasons shall be accompanied by a physician’s note. Request for refunds must be submitted no later than 30 days after the end of the program.

**Late Pickup Policy** - A late pickup fee will be charged if your child(ren) is picked up after the scheduled ending time of the program. The late pickup fee is $1.00 per minute per child. Failure to pay the fee will result in your child(ren) being dismissed from the program and/or future registrations not being accepted.

**Inclement Weather Cancellation Policy** – Weather related information is posted on the Anne Arundel County Recreation and Parks website www.aacounty.org/recparks.

**Accessibility** - Anne Arundel County Department of Recreation and Parks is committed to serving county residents and visitors with disabilities. In compliance with the intent and spirit of the Americans with Disability Act, our commitment is to ensure accessible facilities, programs and services. We request a minimum of 2 weeks advance notice for accommodation before the start of a program or event. A written request for specific accommodation must be submitted at the time of registration. For additional information on inclusion/accommodation call the centers. TTY users please email RecRegistration@aacounty.org or call via Maryland Relay 711.

**EEOC** – Anne Arundel County is an Equal Opportunity Employer. If anyone believes he or she has been discriminated against, on the basis of race, color, national origin, disability or sex, they may file a formal complaint with Anne Arundel County Department of Recreation and Parks or with the Equal Employment Opportunity Commission.
School Break FUN Days!

Great for Working Parents!

Wondering what to do with your children when school is closed or you have work to do? Bring them to the Aquatic Center for a full day of fun activities including swimming, arts and crafts and games. Bring a lunch, snack and drink. Also bring a towel and change of clothes.

(A minimum of 6 children required to run the class)

7:30am-5:30pm, $40.00 per day

Arundel Olympic Swim Center

Winter Break
#14464 December 26, 2018
#14465 December 27, 2018
#14466 December 28, 2018

Martin Luther King, Jr. Birthday
#14467 January 21, 2019

Professional Development Day
#14468 January 31, 2019

Conferences
#14469 March 5, 2019

Spring Break
#14470 April 18, 2019
#14471 April 19, 2019
#14472 April 22, 2019

North Arundel Aquatic Center

Winter Break
#14505 December 26, 2018
#14506 December 27, 2018
#14507 December 28, 2018

Martin Luther King, Jr. Birthday
#14509 January 21, 2019

Professional Development Day
#14510 January 31, 2019

Presidents’ Day
#14511 February 18, 2019

Conferences
#14512 March 5, 2019

Spring Break
#15267 April 18, 2019
#15268 April 19, 2019
#15269 April 22, 2019