

GAFC EDITION 2024 Summer Activity Guide

Your Quarterly Guide to Greenbelt Recreation Activities, Classes, Facilities, and Programs

10 AM REGISTRATION

RESIDENTS
MAY 20

NON-RESIDENTS
MAY 28

GAFC REGISTRATION DATES

YOUTH SWIM LESSONS

Saturday Session: June 22 - August 10

Passholders & Residents register: June 10 & 11

Open Registration: June 12 until classes filled

Weekday Session I: June 18 - 21, June 25 - 28

Passholders & Residents register: June 10 & 11

Open Registration: June 12 until classes filled

Weekday Session II: July 9 - 12, July 16 - 19

Passholders & Residents register: July 1 & 2

Open Registration: July 3 until classes filled

Weekday Session III: July 30 - August 2, August 6 - 9

Passholders & Residents register: July 22 & 23

Open Registration: July 24 until classes filled

Pre-Evaluation: Saturday, June 8, 10 am - 12 pm

Before lessons start in mid-June, bring your child to have his/her skills evaluated to make sure you are registering them for the appropriate level.

ADULT SWIM LESSONS

Session 1: June 3 - 27

Passholders & Residents register: May 20 & 21

Open Registration: May 22 until classes filled

Session 2: July 16 - August 8

Passholders & Residents register: July 1

Open Registration: July 3 until classes filled

WATER EXERCISE CLASSES

Session 1: June 3 - 27

Passholders & Residents register: May 20 & 21

Open Registration: May 22 until classes filled

Session 2: July 8 - August 8

Passholders & Residents register: July 1 & 2

Open Registration: July 3 until classes filled



GREENBELT
RECREATION



fun • fitness • friendship

GREENBELTMD

Aquatics & Fitness

101 CENTERWAY, GREENBELT, MD 20770 ~ (301) 397-2204
www.greenbeltmd.gov/GAFC

HOURS OF OPERATION

Indoor Pool & Fitness Wing

Monday - Friday 6 am - 9 pm

Saturday 8 am - 9 pm

Sunday 9 am - 9 pm

Summer Holidays 8 am - 8 pm

Outdoor Pool

Monday - Friday 11 am - 8 pm

Saturday 10 am - 8 pm

Sunday 10 am - 8 pm

Summer Holidays 10 am - 7:45 pm

The indoor pool will be closed from August 18 at 8 pm through August 26 at 6 am for annual cleaning.

The fitness wing will be closed August 19 & 20 for annual cleaning.

The facility closes at 8 pm the third Sunday of every month for staff training. The indoor pool closes this day at 7:45 pm.

HOLIDAY HOURS

Indoor Pool & Fitness Wing 8 am - 8 pm

Outdoor Pool 10 am - 7:45 pm

Pools are cleared at 7:45 pm, 15 minutes prior to the closing of the facility.

Memorial Day Monday, May 27

Juneteenth Wednesday, June 19

4th of July Thursday, July 4

Labor Day Monday, September 2

SUMMER DAILY ADMISSION RATES

May 25 - September 2

	Greenbelt Resident	Non-Resident	Guest Fee
Youth	\$3.75	\$5.25	\$5.25
Young Adult	\$4.75	\$6.25	\$6.25
Adult	\$5.75	\$7.25	\$7.25
Senior	\$4.50	\$5.50	\$5.50

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.

FEE CODES

PH: Passholder

RNPH: Resident, Non-Passholder

NRNP: Non-Resident, Non-Passholder

IMPORTANT REMINDERS

- The listed hours are subject to change.
- 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 swim team practices when one (1) swim lane is available.
- The hot tub closes at noon every other Wednesday for regular cleaning.
- All passes are non-refundable and non-transferable.

GAFC REGISTRATION DATES

YOUTH SWIM LESSONS

Saturday Session: June 22 - August 10

Passholders & Residents register: June 10 & 11

Open Registration: June 12 until classes filled

Weekday Session I: June 18 - 21, June 25 - 28

Passholders & Residents register: June 10 & 11

Open Registration: June 12 until classes filled

Weekday Session II: July 9 - 12, July 16 - 19

Passholders & Residents register: July 1 & 2

Open Registration: July 3 until classes filled

Weekday Session III: July 30 - August 2, August 6 - 9

Passholders & Residents register: July 22 & 23

Open Registration: July 24 until classes filled

Pre-Evaluation: Saturday, June 8, 10 am - 12 pm

Before lessons start in mid-June, bring your child to have his/her skills evaluated to make sure you are registering them for the appropriate level.

ADULT SWIM LESSONS

Session 1: June 4 - 27

Passholders & Residents register: May 20 & 21

Open Registration: May 22 until classes filled

Session 2: July 16 - August 8

Passholders & Residents register: July 1

Open Registration: July 3 until classes filled

WATER EXERCISE CLASSES

Session 1: June 3 - 27

Passholders & Residents register: May 20 & 21

Open Registration: May 22 until classes filled

Session 2: July 8 - August 8

Passholders & Residents register: July 1 & 2

Open Registration: July 3 until classes filled

IMPORTANT REGISTRATION INFORMATION

Membership not required for class enrollment.

Registration must be completed in-person at the Aquatic & Fitness Center, located at 101 Centerway, Greenbelt, MD, 20770, between 6 am - 9 pm 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 NOR POOLS BEFORE OR AFTER CLASS TIME.

Online registration NOT available for swim classes.

FAMILY FUN NIGHTS AT THE GREENBELT AQUATIC & FITNESS CENTER

**Fridays June 21, July 19, August 16, 8 - 9:45 pm
\$5 for all families**

The Greenbelt Aquatic & Fitness Center is hosting a Family Swim Night in the Outdoor Pool each month of the summer! The events will be held on the following Fridays: June 14, July 19, and August 16 from 8 - 9:45 pm. Admittance to the pool will be \$5.00 for all families, including passholders. Bring your pool toys and the whole family for an evening of fun! Check with the pool for details about the upcoming events.

Family Fun Night is designed to give families an opportunity to spend an evening together in a recreational atmosphere. Entering family must have at least one adult. Families will be charged \$1.00 for each additional non-family member, with a limit of three non-family members per group. In case of inclement weather, the event will be moved to the Indoor Pool.

Greenbelt Pool Memberships

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 you 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, you can only be issued a Non-Resident Membership at the Non-Resident Membership rate.

EXPLANATION OF MEMBERSHIPS

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 dependent, 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 6999-7699 Hanover Parkway are not considered resident addresses.)*

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

SUMMER MEMBERSHIPS

(May 25 - September 2, 2024)

	Resident	Non-Resident
Youth	\$66	\$151
Young Adult	\$103	\$190
Adult	\$139	\$227
Senior	\$68	\$169
Single Parent Family	\$202	\$380
Family	\$275	\$435

MID-SUMMER MEMBERSHIPS

(Valid July 1 - September 2, 2024)

	Resident	Non-Resident
Youth	\$46	\$105
Young Adult	\$71	\$132
Adult	\$96	\$157
Senior	\$47	\$117
Single Parent Family	\$140	\$263
Family	\$191	\$301

12 MONTH MEMBERSHIPS

(Valid for 12 months from the date of purchase)

	Resident	Non-Resident
Youth	\$125	\$269
Young Adult	\$196	\$337
Adult	\$269	\$409
Senior	\$139	\$284
Single Parent Family	\$395	\$674
Family	\$555	\$726
Corporate	\$1116	\$1116

Youth Swim Lessons

Contact: Greenbelt Aquatic & Fitness Center
(301) 397-2204

AQUA TOTS I AGES 6 MONTHS - 2 YEARS

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.

321116-A Sa 8:15-8:45am
8 mtgs: 6/22 - 8/10

321116-1A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 6/18 - 6/28

321116-2A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 7/9 - 7/19

321116-3A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 7/30 - 8/9

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

AQUA TOTS II 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.

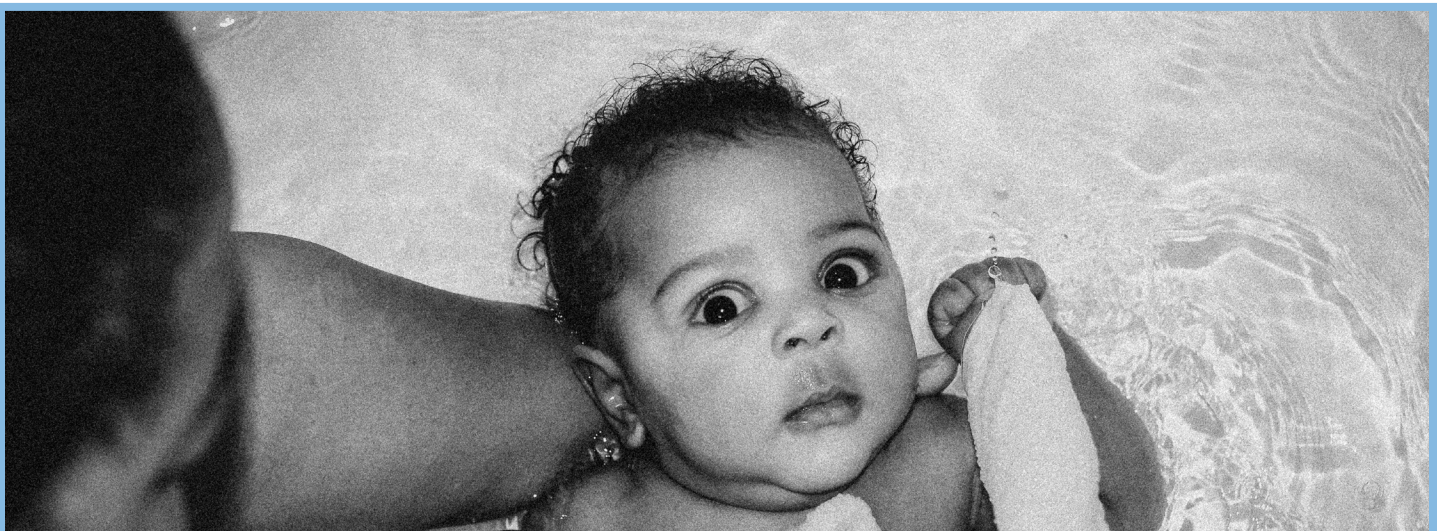
321117-A Sa 8:15-8:45am
8 mtgs: 6/22 - 8/10

321117-1A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 6/18 - 6/28

321117-2A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 7/9 - 7/19

321117-3A Tu/W/Th/F 8:15 - 8:45 am
8 mtgs: 7/30 - 8/9

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



BEGINNER I, PRESCHOOL**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.

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

321118-A: Sa 9 - 9:30 am

321118-B: Sa 9:45 - 10:15 am

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

321118-1A: Tu/W/Th/F 9 - 9:30 am

321118-1B: Tu/W/Th/F 9:45 - 10:15 am

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

321118-2A: Tu/W/Th/F 9 - 9:30 am

321118-2B: Sa 9:45 - 10:15 am

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

321118-3A: Tu/W/Th/F 9 - 9:30 am

321118-3B: Tu/W/Th/F 9:45 - 10:15 am

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

BEGINNER II, PRESCHOOL**AGES 3.5-5**

Learn basic swimming skills. 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. 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.

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

321119-C: Sa 10:30 - 11 am

321119-D: Sa 11:15 - 11:45 am

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

321119-1C: Tu/W/Th/F 10:30 - 11 am

321119-1D: Tu/W/Th/F 11:15 - 11:45 am

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

321119-2C: Tu/W/Th/F 10:30 - 11 am

321119-2D: Tu/W/Th/F 11:15 - 11:45 am

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

321119-3C: Tu/W/Th/F 10:30 - 11 am

321119-3D: Tu/W/Th/F 11:15 - 11:45 am

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



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.

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

331120-A Sa 9 - 9:30 am

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

331120-C Sa 10:30 - 11 am

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

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

331120-1A Tu/W/Th/F 9 - 9:30 am

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

331120-1C Tu/W/Th/F 10:30 - 11 am

331120-1D Tu/W/Th/F 11:15 - 11:45 am

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

331120-2A Tu/W/Th/F 9 - 9:30 am

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

331120-2C Tu/W/Th/F 10:30 - 11 am

331120-2D Tu/W/Th/F 11:15 - 11:45 am

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

331120-3A Tu/W/Th/F 9 - 9:30 am

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

331120-3C Tu/W/Th/F 10:30 - 11 am

331120-3D Tu/W/Th/F 11:15 - 11:45 am

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

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.

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

331121-A Sa 9 - 9:30 am

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

331121-C Sa 10:30 - 11 am

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

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

331121-1A Tu/W/Th/F 9 - 9:30 am

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

331121-1C Tu/W/Th/F 10:30 - 11 am

331121-1D Tu/W/Th/F 11:15 - 11:45 am

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

331121-2A Tu/W/Th/F 9 - 9:30 am

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

331121-2C Tu/W/Th/F 10:30 - 11 am

331121-2D Tu/W/Th/F 11:15 - 11:45 am

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

331121-3A Tu/W/Th/F 9 - 9:30 am

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

331121-3C Tu/W/Th/F 10:30 - 11 am

331121-3D Tu/W/Th/F 11:15 - 11:45 am

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

BEGINNER III**AGES 5-15**

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.

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

331122-A Sa 9 - 9:30 am

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

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

331122-1A Tu/W/Th/F 9 - 9:30 am

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

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

331122-2A Tu/W/Th/F 9 - 9:30 am

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

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

331122-3A Tu/W/Th/F 9 - 9:30 am

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

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

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.

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

331123-C Sa 10:30 - 11 am

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

331123-1C Tu/W/Th/F 10:30 - 11 am

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

331123-2C Tu/W/Th/F 10:30 - 11 am

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

331123-3C Tu/W/Th/F 10:30 - 11 am

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



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.

Saturday: 8 mtgs: 6/22 - 8/10
331124-D Sa 11:15 - 11:45 am

Weekday I: 8 mtgs: 6/18 - 6/28
331124-1D Tu/W/Th/F 11:15 - 11:45 am

Weekday II: 8 mtgs: 7/9 - 7/19
331124-2D Tu/W/Th/F 11:15 - 11:45 am

Weekday III: 8 mtgs: 7/30 - 8/9
331124-3D Tu/W/Th/F 11:15 - 11:45 am

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

SWIMMER

AGES 5-15

Build swimming endurance. Students will refine front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly. Prerequisites: 50 yards front crawl, 50 yards back crawl, 25 yards breaststroke, 25 yards sidestroke, 10 yards butterfly, and 2 minutes treading water.

Saturday: 8 mtgs: 6/22 - 8/10
331125-B Sa 9:45 - 10:15 am

Weekday I: 8 mtgs: 6/18 - 6/28
331125-1B Tu/W/Th/F 9:45 - 10:15 am

Weekday II: 8 mtgs: 7/9 - 7/19
331125-2B Tu/W/Th/F 9:45 - 10:15 am

Weekday III: 8 mtgs: 7/30 - 8/9
331125-3B Tu/W/Th/F 9:45 - 10:15 am

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

Adult Swim Lessons

Contact: Greenbelt Aquatic & Fitness Center
(301) 397-2204

BEGINNER SWIM

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.

351192-A: Tu/Th 6:30 - 7:15 pm
8 mtgs: 6/4 - 6/27

351192-B: Tu/Th 6:30 - 7:15 pm
8 mtgs: 7/16 - 8/8

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

ADVANCED BEGINNER SWIM

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.

351193-A: Tu/Th 7:30 - 8:15 pm
Weekday I: 8 mtgs: 6/4 - 6/27

351193-B: Tu/Th 7:30 - 8:15 pm
8 mtgs: 7/16 - 8/8

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

Water Exercise

Contact: Greenbelt Aquatic & Fitness Center
(301) 397-2204

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-A1 Tu/Th 6 - 6:45 pm
8 mtgs: 6/4 - 6/27

351170-A2 Tu/Th 6 - 6:45 pm
8 mtgs: 7/16 - 8/8

PH: \$49, RNPH: \$54, NRNPH: \$59

Instructor: Kimberly Gary

AQUA FITNESS

AGES 16+

A low-impact exercise 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 will be use of spa/water bells which are provided for the class.

351174-A1: M/W 6 - 6:45 pm
7 mtgs: 6/3 - 6/26 (No class 6/19)
PH: \$42, RNPH: \$47, NRNPH: \$52

351174-A2: M/W 6 - 6:45 pm
10 mtgs: 7/8 - 8/7
PH: \$62, RNPH: \$67, NRNPH: \$72

AQUA MANIA

AGES 16+

If you're looking to get crazy and let all your worries go, then this is the class for you. You will keep moving and never stop. A moderate to vigorous aqua workout that includes cardiovascular, toning and stretching exercises for any ability level.

Mini Session

351173-A: Tu/Th 6:15 - 7:15 am (Indoor Pool)
6 mtgs: 5/28 - 6/13
PH: \$43, RNPH: \$48, NRNPH: \$53

351173-1: Tu/Th 6:15 - 7:15 am (Indoor Pool)
3 mtgs: 7/2 - 7/25
(No class 7/4, 7/9, 7/11, 7/16, 7/18)
PH: \$25, RNPH: \$30, NRNPH: \$35

351173-2: Tu/Th 6:15 - 7:15 am (Outdoor Pool)
8 mtgs: 7/30 - 8/29 (No class 8/20, 8/22)
PH: \$55, RNPH: \$60, NRNPH: \$65



First Aid & CPR Classes

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. 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 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 \$35 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.

357177-1: F 6/14, 6 - 8 pm / GAFC

357177-2: F 7/12, 6 - 8 pm / GAFC

357177-3: F 8/9, 6 - 8 pm / GAFC

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



Lifeguarding Safety Classes

LIFEGUARDING PRE-TEST

AGES 15+

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.

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. *Swimsuits are required.*

357180-1: Th 5/23; 12 - 4:30 pm

357180-2: F 5/24; 9 am - 4 pm

357180-3: W 5/29; 9 am - 4:30 pm

357180-4: F 5/31; 12 - 4:30 pm

357180-5: Sa 6/1; 9 am - 4 pm

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

LIFEGUARDING

AGES 15+

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. 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.

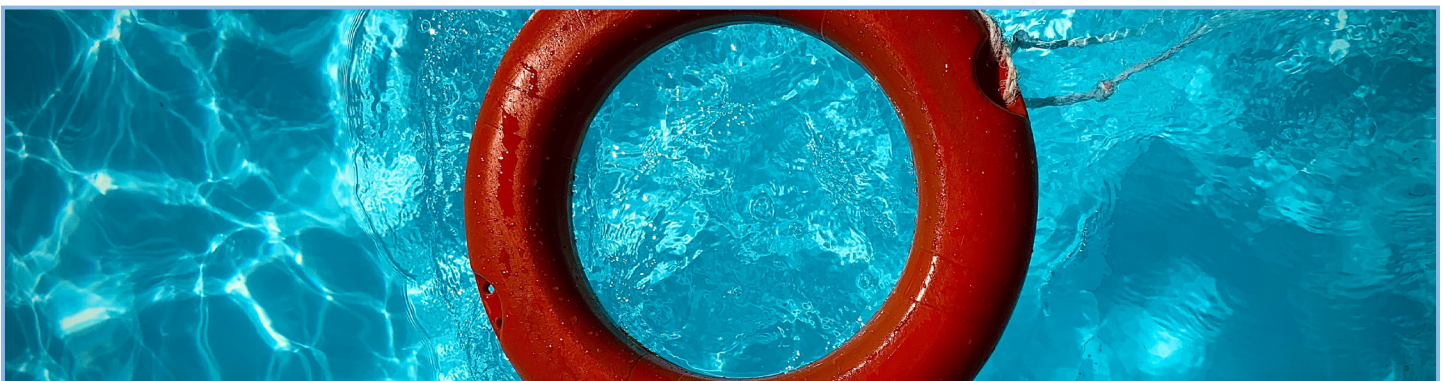
This class follows the Blended Learning format which combines online learning with an in-person skills session where participants will practice skills and demonstrate competency.

IMPORTANT! You must complete the online portion of this course prior to attending your in-person skills session and provide proof of completion to your instructor.

You can access the online portion using the link, provided by the GAFC at the time of registration, where you will be able to create an account. 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. Participants must pass Lifeguarding Pre-Test prior to registering.

357181-A: Sa/Su 9 am - 5 pm
2 mtgs: 6/8 - 6/9

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



Registration Procedures

Registration forms will be accepted beginning on the registration dates listed below.

To provide equal opportunity to all registrants, **EARLY in-person, email, fax or mail in registrations WILL NOT BE ACCEPTED.**

Resident Registration

begins at 10 am on May 20, 2024

Non-Resident Registration

begins at 10 am on May 28, 2024

Payments are accepted in the form of check, money order, and credit card.

ONLINE REGISTRATION

- Register online with [WebTrac](#).

Online registration is available beginning at 10 am on the registration dates (Greenbelt residents, May 20; non-residents, May 28.

- If you have registered for Greenbelt Recreation classes before but are new to [WebTrac](#), please contact Carrie Hannigan: channigan@greenbeltmd.gov or Cathy Pracht: cpracht@greenbeltmd.gov.
- If you are not a current Greenbelt Recreation customer, please call (301) 397-2208 or (301) 397-2200 to request an account. Please see information about residency below.

EMAIL & FAX REGISTRATION

- Fax and email registration will be accepted after 10 am on the registration dates.
- Community Center, channigan@greenbeltmd.gov, fax: (301) 220-0561
- Youth Center, cpracht@greenbeltmd.gov

MAIL-IN REGISTRATION

- Mail-in registration will be accepted beginning on the registration dates.
- Greenbelt Recreation, 25 Crescent Road, Greenbelt, Maryland 20770

CITY RESIDENCY

Resident rates apply to those persons who reside in, pay taxes to and are eligible to vote in Greenbelt elections (if 16 years of age or older). Non-resident rates apply to those who live outside of Greenbelt or those who have a Greenbelt mailing address but do not pay taxes to the City. When registering for a class or conducting business as a Greenbelt resident, proof is required in the form of a state issued photo ID or current lease with a valid Greenbelt address.

CLASS CANCELLATIONS

Classes will not be held on the following dates:

June 19 - Juneteenth

July 4 - Independence Day

September 2 - Labor Day

Please reference the individual course description for other scheduled class cancellations. If an individual class meeting is canceled, a make-up will be held at the end of the regularly scheduled course when possible.

Preschool and children's classes scheduled before 5 pm will not meet on some P. G. County school holidays. When Prince George's County Schools are closed or delayed due to inclement weather or emergency, please call Greenbelt Recreation's Weather & Information Hotline at (301) 474-0646 for updated class information.

CREDITS/REFUNDS

If an activity is cancelled by Greenbelt Recreation, all enrolled patrons will receive a full credit or refund according to their preference. Under any other circumstances, the availability of a household credit or refund is not guaranteed regardless of the timing of the request. In order to be considered, requests must be received before 1/3 of the program in question has elapsed. Credit/refund request forms are available at the Community Center and Youth Center business offices. Approved credits and refunds are subject to a 10% (minimum \$2.50) processing fee and will be pro-rated to *reflect the number of meetings which have transpired.*

COURSE FEES

Please refer to the individual course description for current fees and pricing. A 10% discount will be given to any senior citizen 60 years of age or over registering for adult courses, with the exception of those courses designed specifically for senior citizens.

FINANCIAL ASSISTANCE

Financial assistance is available to qualified Greenbelt residents. An application and supporting documentation are required. Prior to registration, please call (301) 397-2200 or email us at csoter@greenbeltmd.gov for additional information.

INCLUSION

Greenbelt Recreation offers full and active participation for individuals with disabilities. We provide individuals with reasonable accommodations that will enhance their recreation experience. We help provide social, physical, educational, and cultural development for all individuals of all abilities.

Please contact Priya Gardner Lemieux by email a pgardner@greenbeltmd.gov or phone (240) 542-2056 to make arrangements.

CLASS SCHEDULE

Classes will begin on or after the week of **June 10, 2024**. Please see the course descriptions for exceptions and specific information pertaining to class meeting dates.

LOCATION CODE

BAP - Buddy Attick Park

BF – Braden Field

BFTC - Braden Field Tennis Courts

CC - Greenbelt Community Center

CC-DSLAWN - Greenbelt Community Center
Dance Garden

CC-GFE – Greenbelt Community Center
Ground Floor East

GAFC - Greenbelt Aquatic & Fitness Center

GES – Greenbelt Elementary School

GRHS – Green Ridge House

SHLES - Springhill Lake Elementary School

SHLRC - Springhill Lake Recreation Center

SHP - Schrom Hills Park

YC - Greenbelt Youth Center

WEATHER & INFORMATION HOTLINE

(301) 474-0646

Call the weather and information hotline for updates on classes, programs and activities when there is inclement weather or another emergency.

Greenbelt Recreation Activity Registration Form:



Adult Participant or Parent/Guardian _____ Preferred Name _____

Address _____ Please check here if this is a new address

City _____ State _____ Zip _____

Phone: (day) _____ (eve) _____ E-Mail _____

Receipts are sent via e-mail whenever possible.

Emergency Contact: _____ Emergency Phone: _____

Do you need any special accommodations for any of the individuals listed below? YES NO

If yes, please explain below and complete a Special Assistance Request form provided by Greenbelt Recreation or located at www.greenbeltmd.gov/recreation/special_assistance.

Participant's Name/ Preferred Name	Gender	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please make checks payable to: <i>City of Greenbelt</i>				TOTAL	

Please charge my (please circle): VISA MC AM EX DIS

Expiration Date: ____/____/____ Credit Card Number: _____ - _____ - _____ CVV#: _____

Signature: _____ Date: _____

INSURANCE: I hereby inform the City of Greenbelt and Greenbelt Recreation that I will assume any and all medical insurance coverage for the above named participant(s), and that said coverage shall be adequate to cover any and all possible accidents, illnesses or injuries to the above named participant(s) received during any phase of this program.

RELEASE: I hereby release and agree to hold harmless the City of Greenbelt and Greenbelt Recreation, its employees, volunteers, coaches and other participants from any act of commission or omission which may result in any personal injury, illness or property damage arising out of the above named participant's participation in this program. I further agree to save harmless the City of Greenbelt and Greenbelt Recreation, its employees, volunteers, coaches and other participants from all losses, costs and expenses (including attorney's fees and court costs), settlement payment (whether or not reduced final judgment) and all liabilities, damages and fines paid, incurred, or suffered by the City of Greenbelt and Greenbelt Recreation by reason of, or arising out of illnesses or injuries to persons (including death) or property damage caused by or attributed to the above named participant's participation in this program.

PHOTO/VIDEO RELEASE: Unless otherwise indicated in writing by participant or parent/guardian at the time of registration, photographs of participants may be taken while participating in the program activities for use in City of Greenbelt publications, social media or other advertising venues. In the case of minors, no personal information other than the participant's first name will be released. Online classes will be recorded for use by staff and registered participants.

CODE OF CONDUCT: I agree that I and/or the minors for whom I am responsible will abide by the Greenbelt Recreation Code of Conduct, online class policies, and all applicable facility rules.

X _____ **X** _____
 Adult Participant or Guardian's Signature Date Additional Adult Participant's Signature Date

If more than one adult in the same household is signing up for an activity, both must sign the waiver.

GREENBELT CITY COUNCIL

Emmett V. Jordan, *Mayor*
Kristen K.L. Weaver, *Mayor Pro-Tem*
Amy Knesel
Danielle McKinney
Jenni Pompei
Silke I. Pope
Rodney M. Roberts

CITY MANAGER

Josué Salmerón

GREENBELT CITY COUNCIL ADVISORY GROUPS

Contact: Bonita Anderson, *City Clerk*
(301) 474-3870

Boards affiliated with Greenbelt Recreation include:
Arts Advisory Board
Senior Citizens Advisory Committee
Park and Recreation Advisory Board
Youth Advisory Committee



Administrative Offices

99 Centerway, (301) 397-2200
Greg Varda, *CPRP, Recreation Director*
Anne Oudemans, *CPRP, Assistant Director of Programs*
Andrew Phelan, *CPRP, Assistant Director of Facilities and Operations*
Cathy Pracht, *Administrative Coordinator*
Caroline Soter, *Administrative Assistant II*

Youth Center

99 Centerway, (301) 397-2200
LaToya Fisher, *Recreation Program Supervisor*
AJ Sesay, *Recreation Coordinator*

Greenbelt Aquatic & Fitness Center

101 Centerway, (301) 397-2204
Stephen Parks, *AFO, Aquatics Supervisor*
Cynthia Brown, *AFO, Aquatics Coordinator*
Trevin Green, *Aquatics Coordinator*
Patrick Mullen, *Administrative Assistant*

Schrom Hills Park

6915 Hanover Parkway, (301) 397-2200

Greenbelt Community Center

15 Crescent Road, (301) 397-2208
Di Quynn Reno, *CPRP, Community Center Supervisor*
Adam Daelemans, *Community Center Coordinator*
Ruth Campbell, *Administrative Assistant II*
Carrie Hannigan, *Administrative Assistant II*

Arts Programs

15 Crescent Road, (240) 542-2057
Nicole DeWald, *Arts Supervisor*
Chris Cherry, *Performing Arts Program Coordinator II*
Amanda Demos Larsen, *Visual Arts Coordinator*

Therapeutic Recreation

Senior & Inclusion Programs
15 Crescent Road, (240) 542-2056
Priya Gardner Lemieux,
Therapeutic Recreation Coordinator

Springhill Lake Recreation Center

6101 Cherrywood Lane, (301) 397-2212
Brian Butler, *Recreation Coordinator II*
Frank Jones, III, *Recreation Coordinator II*