Aquatic Happenings

Winter-Spring 2016

Arundel Olympic Swim Center

North Arundel Aquatic Center

Swim Lessons
Water Aerobics
Competitive Swimming
American Red Cross Certification

PLUS School Break Fun Days

www.aacounty.org/recparks

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.
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, and completely toilet-trained to be permitted to swim. All persons using the pools must be 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.
GENERAL ADMISSION FEES
Must show proof of Anne Arundel County residency, acceptable forms listed on www.aacounty.org/recparks

Payment Options: We are currently accepting cash, check or credit card for daily admissions and program registrations at the facility. Online registration for credit card use is available at www.aacounty.org/recparks for passes and program registration.

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<thead>
<tr>
<th></th>
<th>Resident</th>
<th>Non-Resident</th>
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<tr>
<td>* Must show ID/documentation for discount.</td>
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</table>

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. Use 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

select “Register Online”
select “How Do I Purchase Memberships?”

Youth 15-Punch Pass $50.00
Adult 15-Punch Pass $70.00
Senior 15-Punch Pass $50.00
Family 20-Punch Pass * $68.00
* Each visit must have a minimum of 1 adult and 1 child

Frequent User Pass (FUP)
(Jan-Apr Pass) (May-Aug Pass) (Sept-Dec Pass)
Adult FUP $175.00
Senior/Military/Youth FUP $120.00

Annual Pass (valid one year from date of purchase)
Adult Annual Pass $465.00
Senior/Military/Youth Annual Pass $320.00

All passes purchased online must present confirmation of purchase and valid ID. Passes are valid at both pools (AOSC and NAAC).

POOL RENTAL
BIRTHDAY * EVENTS * SPECIAL OCCASIONS
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, call 410-222-0090
Arundel Olympic Swim Center, call 410-222-7933

ANNE ARUNDEL COUNTY
DEPARTMENT OF RECREATION AND PARKS
1 Harry S Truman Parkway, Annapolis, MD 21401
Phone: 410-222-7300     www.aacounty.org/recparks

Reservation System is Now Open
◆ Create New Account
◆ Register for Recreation Programs & Activities
◆ Reserve Regional Park & Community Pavilions
◆ Request Winter Permits for Schools

WWW.AACOUNTY.ORG/REC PARKS
WHAT ARE YOU PLANNING TO DO THIS SUMMER?

JOIN US at the SUMMER CAMP & PROGRAM FAIR
Saturday, February 20th
10am - 12pm
Arundel High School

This event is FREE and we’ll have fun activities and crafts for kids—so bring the whole family!

The 7th 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 24th)!

*There will be NO Summer SACC registration at the camp fair  *No credit card payments 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
Monday – Thursday 6:00am-10:00pm
Friday 6:00am-9:00pm
Saturday 8:00am-4:00pm
Sunday 10:00am-6:00pm

Deep End Closed
Monday – Thursday 4:00-10:00pm
Saturday 8:00am-12:00pm
Sunday 10:00am-12:00pm

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, 2015
Christmas Day December 25, 2015
New Years Day January 1, 2016
AACo HS Regional Meet February 13, 2016
Easter Sunday March 27, 2016
Memorial Day May 30, 2016

Snow weather related school closing (no swim classes). School delays (after school classes only). Please see website for cancellations.

Modified Hours of Operation
December 11, 12, 13, 2015: ASC Swim Meet (deep end closed Dec 11, 4:00 - 9:00pm, Dec 12, 8:00am - 4:00pm and Dec 13, 10:00am - 6:00pm)
December 31, 2015: New Year’s Eve (open 6:00am - 4:00pm)
January 18, 2016: Martin Luther King, Jr. Day (open 6:00am - 6:00pm)
February 5, 2016: Anne Arundel County High School Championships: (pool closes at 2:00pm)
February 6, 7, 2016: ASC Swim Meet (deep end closed Feb 6, 8:00am - 4:00pm and Feb 7, 10:00am - 6:00pm)
February 15, 2016: President’s Day (6:00am - 6:00pm)
March 25, 2016: Good Friday (6:00am - 6:00pm)

Annual Passes (Valid one year from date of purchase)
#0814022 – Winter / Adult ............................................................$465.00
#0814023 – Spring / Adult ............................................................$465.00
#0814032 – Winter / Senior ..........................................................$320.00
#0814033 – Spring / Senior ..........................................................$320.00
#0814062 – Winter / Military ........................................................$320.00
#0814063 – Spring / Military ........................................................$320.00
#0814072 – Winter / Youth ...........................................................$320.00
#0814073 – Spring / Youth ...........................................................$320.00

Winter Frequent User Passes go on sale December 15, 2015
Spring Frequent user passes go on sale April 12, 2016

Passes

15 Punch Pass
#0804002 – Adult (purchase Jan-Feb) .................................$70.00
#0804003 – Adult (purchase Mar-May) .................................$70.00
#0804012 – Senior (purchase Jan-Feb) ...............................$50.00
#0804013 – Senior (purchase Mar-May) ...............................$50.00
#0864042 – Military w/ID (purchase Jan-Feb) .....................$50.00
#0864043 – Military w/ID (purchase Mar-May) ..................$50.00
#0874052 – Youth (purchase Jan-Feb) .................................$50.00
#0874053 – Youth (purchase Mar-May) .................................$50.00

Family Punch Pass
20 punches, no expiration date ..............................................$68.00
#0804082 – Jan-Feb
#0804083 – Mar-May

Each visit must have a minimum of 1 adult and 1 child. Anne Arundel County Residents Only

Frequent User Pass (FUP)
#0804022 – Winter / Adult (valid Jan-Apr) .......................$175.00
#0804023 – Spring / Adult (valid May-Aug) .......................$175.00
#0804032 – Winter / Senior (valid Jan-Apr) .......................$120.00
#0804033 – Spring / Senior (valid May-Aug) .......................$120.00
#0804062 – Winter / Military (valid Jan-Apr) .......................$120.00
#0804063 – Spring / Military (valid May-Aug) .......................$120.00
#0804072 – Winter / Youth (valid Jan-Apr) .......................$120.00
#0807073 – Spring / Youth (valid May-Aug) .......................$120.00

Winter Frequent User Passes go on sale December 15, 2015
Spring Frequent user passes go on sale April 12, 2016
Swim Meet and High School Information

USS Swim Meet
December 11, 12, 13 (deep end closed)
February 6, 7 (deep end closed)

Masters Swim Meet
January 17 (3:00pm until meet is finished)
March 20 (3:00pm until meet is finished)

High School Swim Program
November 16 – February 18
Practice Mon–Fri; 2:30-4:30pm
No practice on Fridays during meets and on Nov 25, 27, Dec 1, 30, 31

County Meets
December 18, 19; January 8, 9, 15, 16, 22, 23
Fridays 3:30-6:00pm / Saturdays 3:00pm – until meet is finished

Anne Arundel County High School Championships
February 5* (pool closes at 2:00pm)

High School Regional Meet
February 13* (pool closed)
* Schedule subject to change, please check website for updates.

Swim Lesson Session Dates
$75.00 per Session for Swim Classes

Winter Session 1
Monday/Wednesday Jan 4 – Feb 1 (No class Jan 18)
Tuesday/Thursday Jan 5 – Jan 28
Saturday Jan 9 – Mar 12 (No classes Feb 6, 13)
Sunday Jan 10 – Mar 6 (No class Feb 7)

Winter Session 2
Monday/Wednesday Feb 8 – Mar 7 (No class Feb 15)
Tuesday/Thursday Feb 9 – Mar 3

Spring Session 1
Monday/Wednesday Mar 14 – Apr 13 (No class Mar 21-27)
Tuesday/Thursday Mar 15 – Apr 14 (No class Mar 21-27)
Saturday Apr 2 – May 21
Sunday Apr 3 – May 22

Spring Session 2
Monday/Wednesday April 25 – May 18
Tuesday/Thursday April 26 – May 19

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.
4. Classes cancelled by the facility will receive a full refund. Please see class cancellation policy on page 15.
5. If the class is full, please sign up on the waiting list. The facility will contact you if space becomes available.
6. Make up classes are not available if the child misses a class or if they sign up late.
7. Check in 15 minutes before class. Children may pay the general admission fee to utilize the facility before and after the class.

Pre-School
$75.00 per Session for Swim Classes

Tadpoles (Darters) 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>
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<th>Winter 2</th>
<th>Spring 1</th>
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### Sunfish
**Ages 3-5**
Children who have completed one session of Darters, 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>
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### Advanced Sunfish
**Ages 4-5**
Children who have completed Sunfish and can float without assistance on front and back can additionally swim 5 yards on front and back.

Class teaches front stroke, backstroke and safety skills.

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### 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.

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### 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.

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<th>Time</th>
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<th>Spring 1</th>
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Teen and Adult
$75.00 per Session for Swim Classes

### Beginner Swimming
Ages 13 & up
Students introduced to basic swimming skills; front and back floats, kicking, arm movements and breathing techniques.

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<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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<tbody>
<tr>
<td>M/W</td>
<td>8:00-8:35pm</td>
<td>#0211332</td>
<td>#0211342</td>
<td>#0211353</td>
<td>#0211363</td>
</tr>
<tr>
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<td>8:10-8:45am</td>
<td>#0210012</td>
<td></td>
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<tr>
<td>Sun</td>
<td>2:20-2:55pm</td>
<td>#0211842</td>
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</table>

### 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>
</tr>
</thead>
<tbody>
<tr>
<td>T/Th</td>
<td>8:00-8:35pm</td>
<td>#0221692</td>
<td>#0221702</td>
<td>#0221713</td>
<td>#0221723</td>
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</table>

### Adult Fitness

#### Splashdown Total Aerobic Workout
Drop 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, evenings 1 hour. Ongoing. Drop-In Class participants must pre-register for class. If insufficient registrations are received, the class will be cancelled.

**Winter 1** Jan – Mar (no class Jan 18 and Feb 15)
- #0411572 M–Th 9:00am, 10:00am, 11:00am
- #0321732 T/Th 6:30-7:30pm
- #0321532 Sat 8:30-9:30am

**Spring 1** Mar – May (no class Mar 21-Mar 27)
- #0411573 M–Th 9:00am, 10:00am, 11:00am
- #0321733 T/Th 6:30-7:30pm
- #0321533 Sat 8:30-9:30am

#### Aqua Fitness
Monday and Wednesday Evenings
Drop In Classes (pay as you go)
A choreographed, energetic, water aerobic exercise. An innovative, full body workout with unique concentric movements that use the natural resistance and properties of the water to increase heart rate, burn calories, gain flexibility and tone muscle. This class welcomes all students and is accommodating to various fitness levels.

**Winter 1** Jan – Mar (no class Jan 18 and Feb 15)
- #0341692 5:30-6:30pm
- #0341712 6:45-7:45pm

**Spring 1** Mar – May (no class Mar 21-Mar 27)
- #0341693 5:30-6:30pm
- #0341713 6:45-7:45pm

### Deep Water Aerobics
$70.00
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.

**Winter 1** Jan 9 – Mar 19 (no class Feb 6 & 13)
- #0331552 Sat 9:45-10:45am

**Spring 1** Apr 2 – May 21
- #0311553 Sat 9:45-10:45am

### Aqua Zumba
$66.00
Splash your way into shape with this Latin – inspired, easy to follow, calorie burning, invigorating, low impact pool party. Instructor: Maureen Fitzpatrick. For more information visit Zumba.com
6 weeks T/Th 5:30-6:15pm
- Jan 5 – Feb 11 #0350112
- Feb 23 – Mar 31 #0350212
- Apr 12 – May 19 #0350413
- May 31 – Jul 7 #0350613

### Jenn’s Tri Swimming Masters
$304.00
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 200yds. Coach: Jennifer Bistrack, jbswim@verizon.net.

**Winter 1** Jan 5 – May 19 (no class Mar 22, Mar 24)
- #0581812 T/Th 8:00-9:15pm
Morning Masters $304.00
Designed for masters, fitness swimmers and triathletes who have a flexible work schedule, this 15 week session will meet twice weekly on Tuesday and Thursday mornings from 9:30 -10:45am at the Arundel Olympic Swim Center. 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.
Winter 1 Jan 5 – May 19 (No class Mar 22, 24)
#0540012 T/Th 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 & 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 rand@usms.org
Masters Swim Meet
Jan 17 (3:00pm until meet is finished)
Mar 20 (3:00pm until meet is finished)

Youth Competitive
Swim Conditioning $240.00
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.
Contact Susan at SusanLPeters15@gmail.com
20 weeks, Jan 5- May 26 (no class Mar 29 or 31)
#0534002 Beginner/Intermediate T/Th – 9:00-9:50am
#0534012 Advanced T/Th – 10:00-10:50am

Winter/Spring Developmental Programs
Saturday classes $100.00
Winter 1 Jan 9 – Mar 12 (no class Feb 6 and 13)
Spring 1 Apr 2 – May 21 (no class Apr 4)

Burgundy Intramural Swim
Participants must be able to swim proficiently in all four strokes. 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 #0709162 Sat 12:30-1:15pm
Spring 1 #0709163 Sat 12:30-1:15pm

Teal Intramural Swim
Participants must be able to swim proficiently in all four strokes. Group involves age group swimmers with good skills in all 4 strokes. Summer swim team experience recommended. Endurance and techniques will be emphasized.
Ages 5-8
Winter 1 #0709172 Sat 1:15-2:00pm
Spring 1 #0709173 Sat 1:15-2:00pm

Weekday classes $200.00
Winter 1 Jan 11 – May 19 (no class Jan 18, Feb 15)
Purple 2
Winter 1 Ages 8-12
#0709212 T/Th 7:00-8:00pm
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.
Bronze 2 (Intermediate Levels)
Winter 1 Ages 13 and up
#0709232 M/W 7:00-8:00pm
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.

American Red Cross Classes
Lifeguard Certification Course $225.00*
Course offers certification for pool and waterfront lifeguarding, 2-person CPR, First Aid and AED. 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
#0610212 Feb 18,19, 20, 21
#0610313 Mar 10,11, 12, 13
#0610413 Apr 21, 22, 23, 24
#0610423 Apr 28, 29, 30, May 1
#0610523 May 12,13,14,15
Waterfront Lifeguarding Certification  $300.00*
Prerequisites: 15 yrs 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
#0640212  Feb 18, 19, 20, 21
#0640313  Mar 10, 11, 12, 13
#0640413  Apr 21, 22, 23, 24
#0640423  Apr 28, 29, 30, May 1
#0640523  May 12, 13, 14, 15

Full Review Training Course  $100.00
Participants must have a current 2 year lifeguarding certification to take class. Certification will have to be shown first day of class. Must have own book and mask. (300-yard swim object retrieval) Sat/Sun 8:00am-4:00pm
#0670313  Mar 5, 6
#0670413  Apr 16, 17
#0670513  May 7, 8

First Aid/CPR/AED  $90.00
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
#0660112  Jan 20  5:00-10:00pm
#0660212  Feb 10  5:00-10:00pm
#0660313  Mar 16  5:00-10:00pm
#0660413  Apr 6  5:00-10:00pm
#0660513  May 4  5:00-10:00pm

Private & Semi-Private Swim Lessons

Private Swim Lessons
Cost $120.00 (4 One Half Hour Classes)
The lessons are structured so that each participant will receive 4 one half hour classes. Instructors are available for all ability levels, ages 3 years and older. If you are interested please contact Joy Brown at 410-222-7933 to schedule with the appropriate instructor.

Semi Private Lessons
Cost $150.00 (4 One Half Hour Classes, 2 Participants)
The lessons are structured so that 2 (two) participants will receive 4 (four) one half hour classes to be setup and taught by one of our best instructors. Both participants need to be present for each lesson. Contact Darnell Ravenell 410-222-7933 or email us at arundelolympicswimcenter@hotmail.com
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 hrs in advance.

School Break Fun Days!
7:30am-5:30pm, $35.00
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)
Arundel Olympic Swim Center
See Back Cover for Details and Dates

Party Reservations
Have Your Birthday Party at the Swim Center!
The cost is $125.00 (non-county residents $150.00) 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 2016.
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**
- Monday, Wednesday, Friday: 6:00am-8:00pm
- Tuesday, Thursday: 7:30am-7:45pm (Leisure Pool Closes at 7:45pm)
- Saturday: 8:00am-8:00pm
- Sunday: 11:00am-5:30pm

**Water Park Hours**
- Monday through Friday: 5:00pm-7:45pm
- Saturday: 11:00am-1:00pm, 1:15pm-3:15pm, 3:30pm-5:30pm, 5:45pm-7:45pm
- Sunday: 11:00am-1:00pm, 1:15pm-3:15pm, 3:30pm-5:30pm

**Pool Closings**
- Christmas Eve: December 24, 2015
- Christmas Day: December 25, 2015
- New Year’s Day: January 1, 2016
- Easter Sunday: March 27, 2016
- Yearly Maintenance: May 28 – June 12, 2016 (Re-open June 13)

**Preschool 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. Tuesday, Wednesday and Thursday 11:30am -2:00pm

**Passes**

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<tr>
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<th>Winter Jan-Feb</th>
<th>Spring Mar-May</th>
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<tbody>
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<td><strong>15-Punch Pass</strong></td>
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<tr>
<td>Adult</td>
<td>$70.00</td>
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<tr>
<td>Senior/Youth/Military</td>
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<td><strong>20-Punch Pass</strong></td>
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<tr>
<td>Senior/Youth/Military</td>
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*Each visit must have a minimum of 1 adult and 1 child. Anne Arundel County residents only. No expiration date.

All passes purchased online must present confirmation of purchase and valid ID.

**Modified Hours of Operation**
- December 31, 2015 Closing at 6:00pm *(No Timed Swims)*

**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. 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.
Swim Lesson Session Dates

Swim Lessons are conducted in groups of two or more. Registrations are required. Pre-registration for swim classes is begins Nov. 1.

$75.00 per Session for Swim Classes

Winter Session 1
- Friday: Jan 8 – Feb 12
- Monday/Wednesday: Jan 11 – Feb 3
- Tuesday/Thursday: Jan 12 – Feb 4
- Saturday: Jan 9 – Feb 13

Winter Session 2
- Friday: Feb 26 – Apr 1
- Monday/Wednesday: Feb 15 – Mar 9
- Tuesday/Thursday: Feb 16 – Mar 10
- Saturday: Feb 27 – Apr 2

Spring Session 1
- Friday: Apr 15 – May 20
- Monday/Wednesday: Mar 21 – Apr 13
- Tuesday/Thursday: Mar 22 – Apr 14
- Saturday: Apr 16 – May 21

Spring Session 2
- Monday/Wednesday: Apr 25 – May 18
- Tuesday/Thursday: Apr 26 – May 19

Swim Lesson Registration

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

Pre-School

$75.00 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.

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.

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.

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 - 7 students.

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. 4 - 7 students. *AT3/4 Combined.
Youth
$75.00 per Session for Swim Classes

(ARC) American Red Cross Swim Lessons

ARC Level 1
Introduction to Water Skills Ages 6-12
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. 4 - 8 students.

Days Time Winter 1 Winter 2 Spring 1 Spring 2
Sat 8:30-9:10am #1110102 #1110202 #1110403
Sat 10:00-10:40am #1110112 #1110212 #1110413
M/W 6:05-6:35pm #1110122 #1110222 #1110313 #1110423
T/Th 6:05-6:35pm #1110132 #1110232 #1110323 #1110433

ARC Level 2
Fundamental Aquatic Skills Ages 6-12
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.

Days Time Winter 1 Winter 2 Spring 1 Spring 2
Sat 8:30-9:10am #1120102 #1120202 #1120403
Sat 10:00-10:40am #1120112 #1120212 #1120413
M/W 6:45-7:15pm #1120122 #1120222 #1120313 #1120423
T/Th 6:45-7:15pm #1120132 #1120232 #1120323 #1120433

ARC Level 3
Stroke Development Ages 6-12
The objective of Level 3 is to build on previously learned skills and perfect strokes to swim for greater distances. Survival floating, treading water, scissor and dolphin kicks will be introduced. Water safety skills will be continued. 4-9 students.

Days Time Winter 1 Winter 2 Spring 1 Spring 2
Sat 10:00-10:40am #1130102 #1130202 #1130403
M/W 6:45-7:15pm #1130112 #1130212 #1130313 #1130413
T/Th 6:45-7:15pm #1130122 #1130222 #1130323 #1130423

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 10:30-11:30am #1140102 #1140202 #1140403
M/W 7:20-7:50pm #1140112 #1140212 #1140313 #1140413

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 10:30-11:30am #1150102 #1150202 #1150403
M/W 7:20-7:50pm #1150112 #1150212 #1150313 #1150413

Rec Racers Ages 8-15
Students are introduced to the 4 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.

Days Time Winter 1 Winter 2 Spring 1 Spring 2
Sat 11:40am-12:20pm #1530102 #1530202 #1530403

Teen & Adult
$75.00 per Session for Swim Classes

Teen and Adult
Beginning Combo Ages 13 & older
Days Time Winter 1 Winter 2 Spring 1 Spring 2
Sat 10:30-11:30am #1210102 #1210202 #1210403
T/Th 11:05-11:35am #1210112 #1210212 #1210313 #1210413
T/Th 7:20-7:50pm #1210122 #1210222 #1210323 #1210423
Fri 9:00-9:40 am #1210132 #1210232 #1210433

Adult Advanced Ages 18 & older
Must be able to comfortably swim 25 yards on front and back.

Days Time Winter 1 Winter 2 Spring 1 Spring 2
T/Th 7:20-7:50pm #1220122 #1220222 #1220323 #1220423

American Red Cross Classes

Lifeguard Training $225.00
Ages 15 and older. Students will receive 2 year certification in Lifeguarding/First Aid/CPR.
Thu 4-9pm, Fri 4-9pm, Sat 8am-3pm, Sun 12-6pm (AOSC), Mon 4-9pm #1610102 #1610102 #1610102 #1610102 #1610102
#1610303 #1610303 #1610303 #1610303 #1610303
#1610403 #1610403 #1610403 #1610403 #1610403
#1610503 #1610503 #1610503 #1610503 #1610503

WWW.AACOUNTY.ORG/RECPARKS
**Lifeguard Review**  $100.00  
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 8am-4pm  
#1610112 Jan 16, 17  
#1610222 Feb 20, 21  
#1610413 Apr 2, 3  
#1610513 May 21, 22

**CPR/AED/FIRST AID**  $90.00  
Ages 13 and older. This course will help participants recognize, respond to and provide care to cardiac, breathing and first aid emergencies until more advanced medical personnel arrive.  
Tue/Thu 5-8pm  
#1670202 Feb 9, 11  
#1670303 Mar 29, 31  
#1670403 Apr 19, 21  
#1670503 May 24, 26

**CPR/AED**  $55.00  
Ages 13 and older only. From assessing needs and making decisions to providing care, this program provides the skills you need through discussion, video and hands-on training based on real-life rescue scenarios. This course covers content on adult, child, and infant victims.  
One day class, 5-9pm  
#1670212 Feb 23  
#1670413 Apr 7  
#1670513 May 17

**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, $66 – 6 weeks T/Th 7:00-7:45pm**  
Session 1 #1630102 Jan 5 - Feb 11  
Session 2 #1630202 Feb 23 - Mar 31  
Session 3 #1630403 Apr 12 - May 19

**School Break Fun Days!**  
7:30am-5:30pm, $35.00 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. Grades K-8.  

**North Arundel Aquatic Center**  
See Back Cover for Details and Dates

**Parents' Night Out**  
$10.00/$15.00  
**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. $10.00 early registration fee by the Thursday before, $15.00 registration fee on Friday of the event. Space is limited.  
Dec 18 #1961202, Jan 15 #1960102, Feb 19 #1960202, Mar 18 #1960313, Apr 15 #1960413, May 20 #1960513

**Birthday Parties**  
Have Your Birthday Party at the Aquatic Center!  
Reservations for June to December 2016 will be accepted starting Saturday, March 19, 2016. 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
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.

Refund Policy - All refund requests must be submitted in writing 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.

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.

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.
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, $35.00 per day

Arundel Olympic Swim Center

Winter Break
#0901211 December 28, 2015
#0901221 December 29, 2015
#0901231 December 30, 2015
Martin Luther King, Jr. Birthday
#0900112 January 18, 2016
Professional Development Day
#0900122 January 25, 2016
#0900132 January 26, 2016
Presidents’ Day
#0900212 February 15, 2016
Spring Break
#0900313 March 21, 2016
#0900323 March 22, 2016
#0900333 March 23, 2016
#0900343 March 24, 2016
#0900353 March 25, 2016
#0900363 March 28, 2016
Primary Election Day
#0900413 April 26, 2016

North Arundel Aquatic Center

Winter Break
#1641202 December 28, 2015
#1641212 December 29, 2015
#1641222 December 30, 2015
#1641232 December 31, 2015
Martin Luther King, Jr. Birthday
#1640102 January 18, 2016
Professional Development Day
#1640112 January 25, 2016
#1640122 January 26, 2016
Presidents’ Day
#1640202 February 15, 2016
Spring Break
#1640303 March 21, 2016
#1640313 March 22, 2016
#1640323 March 23, 2016
#1640343 March 24, 2016
#1640353 March 25, 2016
#1640363 March 28, 2016
Primary Election Day
#1640443 April 26, 2016