

EDWARD T. HALL AQUATIC CENTER

130 Auto Drive, Prince Frederick, MD 20678 • (410) 414-8350

The Hall Aquatic Center serves Calvert County with aquatic programs for people of all ages and abilities.

The facility was named for Edward T. Hall, a Calvert County native who served in the MD Senate from 1958 until his death in 1978. He was also a co-founder of the Calvert Independent newspaper in 1940.

Competition Pool with Diving Area

- 50-meters x 25 yards
- Heated to 79-82°F
- Movable bulkhead allowing for multiple certified competitive swimming course configurations
- Depths range from 4ft to 12.9 feet
- Step, ramp & ladder entry
- 3-meter diving board
- 1-meter diving board
- 1/2-meter diving board
- 4-10 lanes lap area
- Open recreation swim area

Leisure Pool

- Depths range from zero depth to 3 feet
- Heated to 82-84°F
- 3 slides
- Water drop buckets
- Beach style/ramp & ladder entry
- In-water climbing features

Therapy Pool for adults 18-up and children under the age of 5 accompanied by an adult.

- 28 feet x 52 feet
- Heated to 88-90°F
- Depths range from 3.5 feet - 4.5 feet with exercise well of 8 feet
- Step & ladder entry
- 3 sets of adjustable walking bars
- Hand rails around inside perimeter of pool
- Underwater bench

Spa/Hot Tub for adults 18 -up

- 3 foot depth
- Heated to 100-102°F
- Step entry
- Seating for 9 people

Men's and Women's Locker Room

Family/Handicapped Accessible Changing Rooms

Fitness Room for adults 18-up

Conference Room

Party Room

FACILITY HOURS OF OPERATION

Monday through Friday, 6 a.m. to 10 p.m.

Saturday and Sunday, 8 a.m. to 10 p.m.

*Pools close 15 minutes prior to closing time.
These are general hours of operation and are subject to change.

Some areas of the pools may be closed for programs. Check the schedule at the pool or on our website as these program dates and times fluctuate.

Holiday Hours:

- New Years Day - 8 a.m. - 10 p.m.
- Memorial Day - 8 a.m. - 10 p.m.
- Labor Day - 8 a.m. - 10 p.m.
- Christmas Eve - Closes at 5 p.m.
- New Years Eve - Closes at 5 p.m.
- Easter - 8 a.m. - 10 p.m.
- July 4th - Closes at 8 p.m.
- Thanksgiving Day - 8 a.m. - 2 p.m.
- Christmas Day - CLOSED

The Facility will close at 7:00 p.m. the second Sunday of the month for staff training.

BIRTHDAY PARTIES

The Party Room located on the pool level is available for rent for \$120 per 1.5 hours which includes facility admission for a maximum of 20 people including adults and/or chaperones.

Party room reservations will be taken for events at least 7 days prior to event and no more than 90 days in advance. Reservations can be made in person at the Hall Aquatic Center, please call for details at (410) 414-8350.

PASS DESCRIPTIONS

Annual Pass: Valid for 12 months from date of purchase.

Winter Pass: Valid from date of purchase to 12 months later excluding Summer (Saturday of Memorial Day weekend through Labor Day Monday).

Example: Winter Pass purchased on September 14, 2010 will provide access from September 14, 2010 to the Hall Aquatic Center until Saturday of Memorial Day Weekend. Your Winter Pass will then become active again beginning Tuesday after Labor Day and will expire September 13, 2011. You will not be able to access the Hall Aquatic Center with your Winter Pass from Saturday of Memorial Day through Labor Day Monday.

Summer Pass: Valid from Saturday of Memorial Day weekend through Labor Day Monday.

Punch Pass: Valid for 20 admissions at HAC. Only valid at facility in which it is purchased.

SEASON PASS INFORMATION

PASS TYPE	Household (up to 5 people)	Add'l Household Members	Adult (18-59)	Senior (60+)	Child** (3-17)	Infant** (1-2)
Annual	475.00	45.00	300.00	225.00	225.00	
Winter	375.00	35.00	285.00	185.00	185.00	
Summer	240.00	20.00	225.00	145.00	145.00	
Punch Pass	20 admissions		100.00	68.00	68.00	
Daily Admissions			6.00	4.00	4.00	2.00

****Children 12 years of age and younger require supervision by a responsible person 16 years of age or older.**

WATER SAFETY INSTRUCTOR TRAINING

The American Red Cross Water Safety Instructor class is designed to teach candidates how to teach swimming techniques and water safety skills to people of all ages and abilities so they may enjoy the water safely. Candidates who successfully complete this course will be certified as a Water Safety Instructor (WSI) and receive a certificate in Fundamentals of Instructor Training.

Pre-course swim test performed first day of class : Demonstrate proficiency in the following strokes: 25 yards front crawl 25 yards backstroke, 25 yards breaststroke, 15 yards butterfly, 25 yards sidestroke, 25 yards elementary backstroke, maintain position on back for 1 minute in deep water (floating or sculling) and tread water for 1 minute.

Must be 16 years of age by the last day of class.

Space is limited, register early.

Cost: \$175.00 Fee for books. Bathing suits and towels are required for each day.

Class runs Tuesdays & Thursdays, 5 p.m. to 10 p.m.

Activity # 623121

Session A: October 5, 7, 12, 14, 19, 21

LIFEGUARD TRAINING

The purpose of the American Red Cross Lifeguarding course is to teach and prepare candidates with the knowledge and skills needed to prevent and respond quickly and effectively to aquatic emergencies and prevent drowning and injuries. Upon successful completion, participants will receive a certificate for Lifeguarding/First Aid: valid for 3 years and CPR/AED for Lifeguards: valid for 1 year.

Pre-course swim test perform first day of class:

1. Swim 300 yard continuously the follow: 100 of front crawl (freestyle), face in the water with rhythmic breathing, 100 of breast stroke, and 100 of either crawl or breast stroke.
2. Swim 20 yards on surface, dive to bottom and retrieve 10 pound object and return on the surface 20 yards. Remove the object and yourself without the use of the ladder or assistance in 1minute and 40 seconds.

Participants must be 15 years of age by the last day of class.

Minimum enrollment of 3 participants.

Cost: \$175.00 Fee for books & CPR mask. Bathing suits and towels required.

Activity # 623120

Session A September 20-25

Monday-Friday 4:30 to 9 p.m. & Saturday 8 a.m. to 6 p.m.

Session B October 18-23

Monday-Friday 4:30 to 9 p.m. & Saturday 8 a.m. to 6 p.m.

Session C November 8-13

Monday-Friday 4:30 to 9 p.m. & Saturday 8 a.m. to 6 p.m.

Session D December 27-31

Monday-Friday, 9 a.m. to 5 p.m.

SWIMMING POOL OPERATORS COURSE

This course is designed for operators of public and private swimming pools and spas to meet the requirements of the health department. This 15-hour course is broken into five three hour classes. Students will be required to complete a written exam with a score of 75% or higher to pass the class. Students will receive a certificate of completion that can be used to apply for a Swimming Pool Operator License with the health department. Minimum age: 16 years. Classes will be conducted in a classroom setting with the exception of an on sight pool visit to gain some hands on experience and familiarity. The cost of this course is \$60.00

The CPO manual from National Pool and Spa Foundation is required for the course and be obtained at www.nspf.com

Activity # 623022 A Mon./Wed./Thur. October 11, 13, 14, 6:00-9:00 p.m.

Saturday, October 16, 9:00 a.m.-3:00 p.m.

AMERICAN RED CROSS SWIM LESSONS

Registration will begin Monday, August 23, 2010.

Registration will remain open until the Thursday at Noon prior to the start of each session.

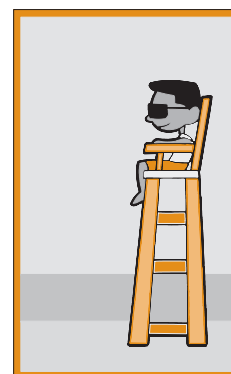
- We do not reserve spaces; payment is due at time of registration.
- Register early, classes fill up quickly. Classes that have not met minimum enrollment by the Thursday before the start date will be canceled. Classes canceled by the facility will receive a full refund. Please see class cancellation policy in the brochure.
- If the class is full, please sign up on the waiting list. The facility will contact you if space becomes available.
- Read class description carefully. If child is not placed correctly, there may not be an opportunity for them to be moved into another level.
- When registering for multiple levels, please keep in mind that it may take a child several attempts to pass a level.
- Make-up classes are not available if a child misses a class.
- Check in is 15 minutes before class at front desk. Children may pay the general admission fee to utilize the facility before or after the class.
- Parents, to minimize distraction and take advantage of the entire class session, do not disturb your child or instructor during the lesson. Discuss questions with instructors before or after class.
- Water Safety is presented in each level of the 'learn to swim' program.
- Parents/Guardians of the students must remain in the designated spectator area during lessons.
- Students are permitted to bring their goggles, but we recommend that they become used to putting their face in the water without goggles first. (No full face or scuba masks)

REGISTRATION PROCEDURES

There are several options for registration...

WALK IN: Walk in registration will be taken at any of the three community centers, Mt. Hope, Northeast or Southern and the Edward T. Hall Aquatic Center. Please complete the form on the back page of this brochure and bring it and the method of payment described with you to a center. Additional registration forms are available at www.co.cal.md.us/residents/parks/events/

ONLINE: If you are an existing household with CCPR online registration is available to you through WEBTRAC. Follow the procedure on the registration form.



★ Remember to include the Session Letter (A,B,C...) with the class registration number. ★

Registration is on a first come first served basis. Due to small class sizes, courses fill quickly.

Aquatics staff will be available to answer questions regarding swimming lessons Monday-Friday, 9:00 a.m.-4:00 p.m.

For more information, please call (410) 414-8350.

CLASS DESCRIPTION & LEVELS

Parent & Child Aquatics - Introduction to water skills for young children. The focus of these classes is to work with parents on how they can better prepare their children to be safe around the water. Both levels help prepare children to be comfortable in and around the water and prepared to enter future swim programs. Under the guidance of an instructor, parents will introduce their child to putting their faces in the water, blowing bubbles, floating, kicking and stroking on front and back. Children not potty trained will be required to wear a swim diaper under their bathing suit. **All participants need to be accompanied by an adult in swimming attire in the pool.**

PAC I (ages 1 to 2 ½) **PAC II** (ages 2 ½ to 4)

Introduction to Water Skills for 4 year olds (4 year olds only!) Level 1 and Level 2 skill sets are combined to introduce 4 year olds to the water and prepare them to enter level 2 or Level 3 when they reach the age of 5. Special attention is given to the motor development skills. Parents do not accompany children in the water.

Level 1 – Introduction to Water Skills (ages 5-up) Helps participants feel comfortable in the water. Register your child for this level if they have not taken swim lessons **AND** are not comfortable in water or don't like to put their face in the water.

Level 2 – Fundamental Aquatic Skills (ages 5-up) Gives participants success with fundamental skills. Register your child for this level if they have successfully completed level 1 **OR** are comfortable in the water, will put their face underwater, dog paddle but have no formal stroke development.

Level 3 – Stroke Development (ages 5-up) Builds on the skills from level 2 with additional guided practice. Introduces formal stroke development. Register your child for this level if they have successfully completed level 2 **OR** can swim unassisted in water over their head with no formal stroke development.

Level 4 – Stroke Improvement (ages 7+up) Develops confidence in skills learned at the previous levels, refines strokes and improves skills. Successful completion of this level will have children prepared to enter competitive swimming. Register your child for this level if they have successfully completed level 3 **OR** can swim front crawl (freestyle) with face in the water with breathing and backstroke.

Level 5 – Stroke Refinement (ages 7+up) Provides further coordination and refinement of strokes. Successful completion of this level will have children prepared to enter competitive swimming. Register your child for this level if they have successfully completed level 4 **OR** can swim the complete length of the pool (25 yards) using the front crawl (freestyle) with face in the water, with rhythmic breathing, back stroke and breaststroke.

Level 6 – Swimming and Skill Proficiency (ages 8+up) Refines the strokes so participants will swim with ease, efficiency and power over great distances. Prepares participants to take the Water Safety Instructor program or Lifeguarding program. Register your child for this level if they have successfully completed level 5 **OR** no longer wish to participate in a competitive swim program but wish to continue to improve swimming skills. Class maybe combined with Level 5.

† **Exceptions to the minimum age will be made after consulting with the Swim Lesson Supervisor.**

Teen & Adults – Level 1 (13-up) Helps participants feel comfortable in the water. Register for this level if your knuckles turn white because you don't want to let go of the wall or are uncomfortable in water over your head.

Teen & Adults – Level 2 (13-up) Introduces formal stroke development for those who are comfortable in the water but have not worked on basic stroke skills.

Evenings: 8, 30-minute lessons **\$50.00**
 Session A Tuesday/Thursday September 7 – September 30
 Session B Tuesday/Thursday October 5 – October 28
 Session D Monday/Wednesday November 1 – November 24

Saturdays: 8, 30-minute lessons **\$50.00**
 Session C Saturdays September 18 – November 6

Individual Swim Lessons (4 years-up) One on one lessons for all ages and abilities with certified American Red Cross Instructors. These 30-minute lessons are scheduled by you and the instructor. Please contact the Swim Lesson Supervisor for an appointment

Cost: \$25 per lesson for one participant. Add \$10 each additional person
 Punch Pass: \$100 for 5 lessons for one participant. Add \$50 for each additional person.

Swim and Stroke Clinic - The clinic will be offered on Sunday evening from 6:00-7:00 p.m. and run in eight week sessions. It is designed for children (7-18) capable of swimming the length of the pool (25 yards) and is looking for specific stroke refinement to help improve their proficiency in the water. The Clinic is ideal for anybody looking to earn a Girl/Boy Scout merit badge in swimming, improve basic stroke technique to become a lifeguard, or keep your strokes sharp between summer season swimming at Cove Point or King's Landing. The clinic is taught by certified Swim Coaches and/or Instructors. Classes will be divided by ability levels. Cost: \$ 96.00

Activity # 621847 A Sept. 26 thru Nov. 14

SWIM LESSON SCHEDULE

HALL AQUATIC CENTER Weekday & Saturday Morning				HALL AQUATIC CENTER Weekday Evenings				
LEVEL 1	ACTIVITY #		LEVEL 2	ACTIVITY #	LEVEL 1	ACTIVITY #	LEVEL 2	ACTIVITY #
9:00-9:30	621011		9:00-9:30	621021	5:00-5:30	621015	5:00-5:30	621025
9:45-10:15	621012		9:45-10:15	621022	6:30-7:00	621017	5:45-6:15	621026
11:15-11:45	621014		10:30-11:00	621023			7:15-7:45	621028
			11:15-11:45	621024				
LEVEL 3	ACTIVITY #		LEVEL 4	ACTIVITY #	LEVEL 3	ACTIVITY #	LEVEL 4	ACTIVITY #
9:00-9:30	621031		9:00-9:30	621041	5:00-5:30	621035	6:30-7:00	621047
9:45-10:15	621032		9:45-10:15	621042	6:30-7:00	621037	7:15-7:45	621048
10:30-11:00	621033		10:30-11:00	621043				
			11:15-11:45	621044				
LEVEL 5	ACTIVITY #		LEVEL 6	ACTIVITY #	LEVEL 5	ACTIVITY #	LEVEL 6	ACTIVITY #
10:30-11:00	621053		11:15-11:45	621064	7:15-7:45	621058	6:30-7:00	621067
PRESCHOOL	ACTIVITY #				PRESCHOOL	ACTIVITY #		
9:00-9:30	Beg 4	621071			5:00-5:30	Beg 4	621075	
9:45-10:15	PAC 1	621082			5:00-5:30	PAC 1	621085	
10:30-11:00	PAC 2	621093			5:45-6:15	Beg 4	621076	
11:15-11:45	Beg 4	621074			5:45-6:15	PAC 2	621096	
					6:30-7:00	Beg 4	621077	
					ADULTS	ACTIVITY #		
					8:00-8:45	Level 1	622018	
					8:00-8:45	Level 2	622028	

COMPETITIVE SWIM TEAM



Southern Maryland Aquatic Club

The following groups will be offered year round at the Hall Aquatic Center as part of the Southern Maryland Aquatic Club (SMAC):

PLEASE NOTE: Any student-athlete training & competing for SMAC, it is expected that their schoolwork will always be a higher priority than their swimming. Neglecting academic responsibilities may at times help produce phenomenal results in the pool, but it will also likely hinder full academic achievement, subsequently resulting in "less than phenomenal" employment opportunities beyond the pool. Remember, as a "student-athlete," the "student" always comes **first!**

BRONZE – 1 or 2 workouts per week: Mondays & Thursdays 6:30 - 7:30 p.m.

The **BRONZE** group is designed to teach younger student-athletes (7 to 10) the four competitive strokes, as well as instill a "kick first" mentality in each swimmer. The group will be offered in 15-week sessions throughout the year, with two workouts offered each week. There is no attendance requirement, but participants are encouraged to come as often as possible to ensure maximum exposure to the repetitive nature of the stroke instruction. Each workout will be 45-minutes and a "Mini-Meet" will be held at the end of each session so swimmers can see their improvement!

Activity # 621844 A Sept. 7 thru Dec. 21 Fee \$225.00/session
Activity # 721844 A Jan. 3 thru April 22, 2011

SILVER – 3 to 5 workouts per week: Mondays & Thursdays 5:30-6:30 p.m.; Tuesdays, Wednesdays, Fridays 5:00-6:30 p.m.

The **SILVER** group is for younger student-athletes (9 to 13) who enjoy developing their swimming skills while learning about and progressing up through the sport of swimming. The group will focus on kicking and stroke development through specific technique-driven drills; light drylands will also be included. There is no attendance requirement, which allows anybody the chance to be a part of another sport or activity (however, the more anybody comes to practice, the more fully they will develop as a swimmer). Meets will be offered roughly once per month (October to March & late April to July) and run by Maryland Swimming in conjunction with USA Swimming.

Activity # 621841 C Fee \$1000.00*+

GOLD – 5 to 7 workouts per week: Sundays 4-6 p.m.; Mondays-Fridays 4:30-6:30 p.m.; Mondays 5:30-7:00 a.m.

The **GOLD** group is for senior level student-athletes (13-up) who train and compete year round, but may have outside interests besides swimming. If a student is participating in another sport or swimming for another team during the year, this group will accommodate those goals. The training will focus on kicking, speedwork and drylands and be ideal for anybody looking to excel in the shorter events (200 IM, 100's, etc...). Meets will be a mix of local and regional competitions, all run by Maryland Swimming in conjunction with USA Swimming. The 5 to 7 workouts per week include one double, usually on Monday's (so everybody can get to sleep early on Sunday Night!). Workout length will usually be 2 hours each day, with one or two workouts each week lasting 1 hour & 45 minutes.

Activity # 621841 B Fee \$1200.00*+

PLATINUM – 8 or 9 workouts per week: Sundays 4-6 p.m.; Mondays - Fridays 4:30-7:00 p.m.; Mondays & Thursdays 5:30-7:00a.m.

This is the highest level training group in the program. Designed for the student-athlete (14-up) who has no other outside activities (besides school), trains year round for SMAC to compete at regional and national level USA Swimming meets (approximately one per month), or is pursuing an athletic college scholarship. With our long course meter pool, strength training equipment and knowledgeable coaching staff, SMAC is ideally suited to prepare student-athletes with this level of commitment for whatever goals they may have. The training will include extensive kicking, high end aerobic training as well as intense anaerobic training. Full drylands will complement their pool workouts. Please note: the 9 workouts per week is for older, more experienced athletes. A Goal Talk with the student-athlete, at least one of their parents and the Head Coach will determine if this is the right group to facilitate a student-athlete's goals. Workout length will be 2 to 2.5 hours each day.

Activity # 621841 A Fee \$1500.00*+

PARENTS INFORMATIONAL MEETING: SMAC will host an informational meeting for parents and interested swimmers on the following days to discuss our program and to meet our swim coach at the Hall Aquatic Center.

Sunday, Aug. 22 Parents of 12-under, 6:00-7:00 p.m. Parents of 13-up, 7:00-8:00 p.m.
Wednesday, Aug. 25 Parents of 12-under, 6:00-7:00 p.m. Parents of 13-up, 7:00-8:00 p.m.

TEAM DAY: Necessary equipment, suits and optional apparel will be sold by Swim Pro on Sunday, September 26, 2010 from 3:00-4:30 p.m. for all SMAC participants. Cash, Credit Card and Checks will be accepted.



MASTERS SWIMMING -

Up to 6 workouts per week: Mondays & Thursdays 5:30-7:00 a.m.
Mondays - Thursdays 6:30-8:00p.m.

Masters workouts will be designed to allow older athletes (over 18) to compete in USA Masters competitions or open water events.

An emphasis will be on aerobic conditioning. Multi sport athletes are welcome. Flexibility for the adult athlete and busy parent is built into the program utilizing a punch card visit system for pay per workout at \$100.00 for 20 workouts. A nominal fee of \$15 to join the team plus registration with USA Masters Swimming required.

Activity # 622848 A

***PAYMENT PLANS** Payments may be made in installments thru March 20th. A minimum of at least 30% is due at the time of registration and 60% by November 15, 2010. Any athlete not paid in full by the deadline will not be permitted to practice until fees are satisfied.

+ USA SWIMMING REGISTRATION is required and included with the registration. \$100.00 discount for each additional child in the family.

HIGH SCHOOL PREP – 3 workouts per week for 8 weeks each Fall, Mondays, Wednesdays, Fridays 4:30-6:00 p.m.

Offered from mid-September to early November each Fall (prior to the high school swimming season), this group will enable student-athletes the opportunity to "get in shape" by training three times per week for an hour and half. Workouts will focus on kicking, speedwork and light drylands so each student-athlete is ready to train with their high school team once the season begins. Not required to be a USA Swimmer.

Activity # 621845 A Sept. 20 thru Nov. 12 Fee: \$240.00

WATER EXERCISE CLASSES

Everyone can benefit from water exercise. Participants are encouraged to check with their physician before starting any water aerobics class. Students with physical limitations should discuss their limitations with their instructor for appropriate adaptations to the program taught. Class times and days are subject to change.

Adults are 16-59 • Seniors are 60+

Session A: September 7 - October 11 • **Session B:** October 12 – November 15

Session C: November 16 – December 21

WATER EXERCISE - Low Intensity - Class stresses range of motion exercises designed to help relieve joint stiffness and promote more range of motion. Participants are encouraged to move at their own pace. Shallow water program for swimmers and non-swimmers in warm water. The classes are open to both men and women. Class duration: 45-minutes. Limit 15 participants.

Day	Time	Adults	Class Session	Seniors	Fee
Mon/Wed/Fri	8:00-8:45 a.m.	\$75.00	15 Class Session	Activity #: 622301	\$60.00
Tue/Thurs	9:00-9:45 a.m.	\$50.00	10 Class Session	Activity #: 622302	\$40.00

AQUASIZE - Low to Moderate Intensity - Shallow water aerobics designed to improve cardio, core strength, flexibility, endurance and balance. Come exercise in the water and enjoy a total body workout. Students work at various paces, tuned to personal core fitness levels. Class duration: 45-minutes. Limit 30 participants.

Day	Time	Adults	Class Session	Seniors	Fee
Mon/Wed/Fri	9:00-9:45 a.m.	\$75.00	15 Class Session	Activity#: 626310	\$60.00
Tue/Thur	5:00-5:45 p.m.	\$50.00	10 Class Session	Activity#: 626312	\$40.00
Mon/Wed	6:00-6:45 p.m.	\$50.00	10 Class Session	Activity #: 626313	\$40.00
Saturday	8:00-8:45 a.m.	\$6.00	Drop-In	Activity #: 626314	\$4.00
Tue/Thurs	9:00-9:45 a.m.	\$50.00	10 Class Session	Activity #: 626311	\$40.00

DEEP WATER AEROBICS - High Intensity - 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 (6 ft.-12 ft.) using a floatation belt. Class duration: 45-minutes. Limit 30 participants.

Day	Time	Adults	Class Session	Seniors	Fee
Saturday	9:00-9:45 a.m.	\$50.00	10 Class Session	Activity #: 626311	\$40.00