

Aerobics & Wellness Classes

Water Fitness Classes

The Great Mills Swimming Pool offers a variety of Water Fitness Classes for all ages. Aqua Aerobics provides a safe, effective and fun option for participants of all ages and abilities. Everyone can benefit from exercising in the water.

These classes use a combination of aerobic exercise for cardiovascular endurance, conditions to strengthen muscles and basic stretching to increase flexibility. These exercises employ the natural isotonic resistance of water and requires minimal swimming ability. Aqua Aerobics is an excellent method of cross training, resistance training, burning calories, losing weight and reducing joint impact.

Punch Passes \$42 for any 6 classes
 \$80 for any 12 classes
 \$115 for any 18 classes
 \$8 per class drop-in

Class Type	Daily	Time
Wake Up Aerobics	Monday-Friday	9:00-10:00am
Lunchtime Moves	Monday & Wednesday	12:00-1:00pm
Afternoon Grooves	Tuesday & Thursday	4:30-5:30pm
Weekend Workout	Saturday	11:00am-12:00pm

Lap Swimming

Morning hours are offered specifically for lap swimmers to enjoy 6 lanes of designated space on Monday, Wednesday & Friday prior to normal operating hours for public swim. Lap swimming is offered at all times listed below and are based on programming and lane availability. First come, first serve.

M, W, F (early bird) 6:00am
T, Th, Sat 8:00am
Sunday 12:00pm

Scuba Lessons

Scuba lessons are offered through scuba Center & Outdoor Recreation. For more information on classes, please contact 410-449-8389 or flylessr@scubacenterodr.com and www.scubacenterandodr.com.