
ACCOKEEK SWIM TEAM (AST)

2301 Bryan Point Rd., Accokeek, MD 20607
P.O. Box 51, Accokeek, MD 20607

(301) 292-6321

Directions: From Beltway (I-95), take exit 3 - Route 210 South and follow for approx. 8 miles. Turn right at light at the intersection of Livingston Road and Rt. 373 (B & J Carryout will be on the Right). Stay in right lane and turn right on Biddle Rd. At the end of Biddle Rd., turn left on Bryan Point Road. The home of AST is the Moyaone Pool located 2.5 miles on the right past the beige cottage across from the marsh. Please note: There are several "Livingston Roads" on 210. Don't turn onto one of them as they do NOT intersect.

***ADELPHI RECREATION INC. (AR)**

9442 Riggs Rd., Adelphi, MD 20783

(301) 434-1994

Directions: From Capital Beltway, take exit 28 North (New Hampshire Ave.), to second stoplight, turn R on Powder Mill Rd. At the next light, turn R (south) on to Riggs Rd. (Rt. 212). Cross bridge over Beltway. Pool is just south of George Washington Cemetery. Pool entrance is on the right adjacent to the cemetery and directly opposite Buck Lodge Rd.

***BANNISTER NEIGHBORHOOD SWIM TEAM (BNS)**

www.bannisterbarracudas.shutterfly.com

1001 Armes Dr., Waldorf, MD 20602

Directions: Take Capital Beltway Exit 7A (Branch Ave. or Rt. 5) toward Waldorf. Proceed approx. 1 1/4 miles past stop light in Waldorf. (Note: Rt. 5 turns left at this light.) Continue south on dual highway now U.S. 301 to St. Charles. Turn L onto Smallwood Dr., proceed 1.3 miles on Smallwood Dr. to St. Charles Pwy. Turn R on Parkway for 0.4 mile and turn L on St. Paul Dr. to Allward Dr. Turn L on Allward to stop sign. Pool is straight ahead.

BELAIR BATH AND TENNIS CLUB (BBT)

www.bbtbowiemd.com

Belair Drive (and Tulip Grove), Mail: P.O. Box 486, Bowie MD 20715 (301) 262-5522

Directions: From Capital Beltway, take Route 50 (Annapolis) exit. Turn off at Collington Rd. (Md. Route 197) exit. Cross back over Route 50 on Collington Rd. to Kenhill Dr. (2nd traffic light). R on Kenhill to Belair Dr. L on Belair. Pool is two blocks on the left. **Or** From Rt. 450 and Rt. 197 - E. on Rt. 197 (toward Rt. 50). First L (Tulip Grove Dr.) to end at Belair Dr. Pool is on right.

***BELAIR SWIM AND RACQUET (BSR)**

<http://www.bsrbarracudas.com>

12728 Midwood Lane, Bowie, MD 20715
P.O. Box 499, Bowie, MD 20715

(301) 262-3349

Directions: From Capital Beltway, take Rt 50 (Annapolis exit). Turn off at Collington Rd. (Md. Route 197 N) exit. Take a left at the light. Follow Rt. 197 north to Rt. 450. Turn R on Rt. 450 about 1 mile to Millstream Dr. Turn L take next L onto Midwood and approx. 1,000 feet to pool, on left.

BRANDYWINE BLUE WAVE (BWS)

8833 Woodstock Drive W, Upper Marlboro, MD 20772

(301) 627-3830

Directions: From Capital Beltway, take exit 11A (Rt. 4 South, Penn. Ave) Go through 3 lights. Take exit for Rt. 223 (Woodyard Rd). Continue to first light and turn Left onto Osborne Rd. Follow Osborne Rd until it ends at stoplight at Rt. 301. Turn Right onto Rt. 301 South. At 1st light turn Left onto Heathermore Blvd. Stay on Heathermore through 1st stop sign. After stop sign take 4th right onto Fairhaven Ave. Take 1st right onto Woodstock Drive West.

Pool is on left next to tennis courts.

***CHEVERLY SWIM AND RACQUET CLUB INC. (CSR)**

www.cheverlypool.com

5600 Euclid St., Cheverly, MD 20785

(301) 322-5941

Directions: From Baltimore-Washington Parkway, take exit at Landover Rd. (Rt. 202 East). Go East on Rt. 202 to Cheverly Ave. Turn R on Cheverly Ave. to Forest Rd. Turn R on Forest Rd. to Crest Ave. Turn L on Crest Ave. to Euclid St. Turn R on Euclid St. to Club.

FORT WASHINGTON POOL ASSOC., INC (FW)

fwst.swimtopia.com

13601 Kings Charles Terrace

Captain's Cove, Fort Washington, MD 20744

(301) 292-6260

Directions: From Capital Beltway, take exit 3A (Indian Head Hwy) Route 210 south approx. 5 miles to Fort Washington Shopping Center. Turn R at traffic light onto Ft. Washington Rd. for approx. 3.2 miles. Turn L onto Warburton Dr. which is the last possible turn before entering the Fort Washington Park. Continue on Warburton until Fort Washington Marina area. Pool is on the right.

***GREENBELT MUNICIPAL POOL (GM)**

(301) 397-2204

101 Centerway Road, Greenbelt, MD 20770

<http://www.greenbelt.com/swimteam>P.O. Box 491, Greenbelt, MD 20768-491

Directions: From the Beltway take exit 22A Baltimore-Washington Pkwy north. Take the first exit off Parkway towards Greenbelt (this is an immediate exit and will be the second ramp after you enter the Beltway exit ramp). At end of Ramp turn right onto Rte. 193 West. Go to first traffic light and turn right onto Southway Road and proceed to second stop sign. Enter parking lot between Municipal Building and Curves. Pool is straight ahead. **Or** From B-W Parkway South exit at the Greenbelt exit. At end of ramp (Citgo gas station across from the ramp) turn right onto Southway Road and follow the above directions.

GREENVIEW SWIM TEAM (GVST)

Greenview Pool

14415 Greenview Drive, Laurel, MD 20708

Directions: From the Baltimore-Washington Parkway take Route 197 exit towards Laurel. Follow Rt. 197 to Clubhouse Blvd., turn right. The pool is located straight ahead on Clubhouse Blvd. and Greenview Dr.

HAWTHORNE COUNTRY CLUB (HCC)

RT. 225, La Plata, MD 20646

(301) 609-3105

Directions: From Capital Beltway to Rt. 5 (Branch Ave.) South. Rt. 5 becomes Rt. 301, continue South to La Plata. Turn R at Rt. 225, pool is on R about 1 1/4 miles.

INDIAN HEAD SWIM TEAM (IH)

6 Cedar Lane, Indian Head, MD 20640

(301) 743-3331

<http://members.tripod.com/~ihswim/>

Directions: Indian Head does not have a home pool for this year. Please see the directions listed in the handbook for the pool listed below for the appropriate "home" meet.

Week 1 (June 18, 2016) - At Hawthorne

Week 3 (July 2, 2016) - At Hawthorne

Week 5 (July 16, 2016) - At Bannister

KINGS LANDING SWIM TEAM (KLS)

3255 Kings Landing Rd., Huntingtown, MD 20639

(410) 535-3321

Directions: Travel South on MD Rt. 4 toward Prince Frederick. Turn onto Old Town Rd. Turn onto Hunting Creek Rd. Continue straight onto Huntingtown Rd. Continue straight at four-way stop onto Kings Landing Rd. Follow signs in the park to the pool.

KINGFISH SWIM CLUB (KSC)

P.O. Box 6896, Largo, MD 20792

1399 Golf Course Drive, Mitchellville, MD 20721

(301) 333-4630

Directions: From Capital Beltway, merge onto MD-202 East – Landover Road via Exit 17A toward Upper Marlboro. Turn left onto Lake Arbor Way. Turn left onto Golf Course Drive. Turn right into clubhouse parking lot.

LAUREL CITY SWIM TEAM (LC)

Laurel Municipal Pool, 9th and Main Streets, Laurel, MD 20707

www.laurelcityswimteam.org(301) 776-7419

Directions: Using Interstate 95, exit at Route 216 towards Laurel. At the third traffic light (Main Street), turn right. The pool is at the bottom of the hill at 9th and Main Streets.

MONTPELIER COMMUNITY ASSN., INC. (MC)

12401 Cedarbrook Lane, Laurel, MD 20708

(301) 317-0106

Directions: From Capital Beltway, take the Baltimore-Washington Parkway north to Route 197. Exit at 197 towards Laurel. At the third light turn left onto Montpelier Drive. Make the second left onto Cedarbrook Lane. The pool is on the left approximately 1/2 mile.

MVP Dolphins (MVP)

mvpdolphins.com

2100 Foxhall Rd., NW, Washington, DC 20007

Directions: From Capital Beltway take the Wisconsin Avenue exit toward Washington D.C. Follow Wisconsin Avenue through Bethesda and Chevy Chase. Turn right at Tenley Circle onto Nebraska Avenue and proceed through Ward Circle. Turn left at Foxhall Road. Follow Foxhall Road for 1.5 miles and turn right onto Whitehaven Parkway. Pool is on the right, approx. 100 yds.

***NEW CARROLLTON RECREATION INC. (NCR)**

www.NCpool.com

6250 Westbrook Drive, New Carrollton, MD 20784

(301) 577-6310

Directions: From Capital Beltway, take exit 20, Rt. 450 W. (Annapolis Rd.). Turn R at first stoplight - 85th Ave. (entrance to New Carrollton), and go 0.2 mile. Turn L at Westbrook Dr. and go 0.8 mile. Turn at Lamont Dr. Turn L into pool parking lot. **Or** From Good Luck Rd. going east, turn R at Lamont Dr. (entrance to New Carrollton) and go 0.7 mile to Westbrook Dr. cross Westbrook Dr. and turn into pool parking lot.

NORTHRIDGE SWIM TEAM (NRST)

7801 Quill Point Drive, Bowie, MD 20720

(301) 805 - 7229

Directions: From Capital beltway, take Route 450 East towards Bowie. Proceed approximately 4-5 miles to stoplight at Glen Dale Blvd./Enterprise Road (Rt. 193), Franks Nursery is at this intersection. Turn left onto Glen Dale Blvd. Turn right at stoplight onto Prospect Hill Road (about 1 mile). Drive 1.2 miles and turn left onto Quill Point Drive. Pool is on the right after you turn onto Quill Point.

OXON HILL SWIM TEAM (OH)

1661 Tucker Road, Ft. Washington, MD 20744

(301) 567 - 2664

Directions: From the Inner Loop of the Capital beltway, Take exit 4A Oxon Hill Rd/St. Barnabas Rd (2nd exit) go to the 2nd traffic light (at Home Depot) turn left then immediately turn right, back onto St. Barnabas Rd. Go approx. ½ mile through the 1st traffic light and make the next left turn at the top of the hill onto Tucker Rd. Go ½ mile, pool is on the right just past the Golf course entrance. PG map #23 H8.

PRINCE GEORGE'S COUNCIL #2809 (PGC)

9450 Cherry Hill Rd., College Park, MD 20740

(301) 441-9788

Directions: From the Capital Beltway, take exit 25B (U.S. 1) South to first traffic light. Merge right on Cherry Hill Rd. Pool is located 0.5 miles down on the left.

PRINCE GEORGE'S POOL (PGP)

3400 Buchanan Street, Mt. Rainier, MD 20712

(301) 277-8896

Directions: From Capital Beltway, take Route 1 South toward College Park. Follow for about 7 miles to Mt. Rainier. Turn R on 34th Street. Follow through 2 traffic lights (about 1 mile). Take next L onto Buchanan Street. Pool parking lot is on left.

PRINCE GEORGE'S PARK AND RECREATION (PPR)**www.pgparcs.com/aquatics.htm**

5211 Paint Branch Parkway, College Park, MD 20740

(301) 277-3717

Directions: From the Capital Beltway (I-495), take Exit 23 South (College Park). This is Kenilworth Avenue (Route 201). Proceed for 1.5 miles and turn right onto Paint Branch Parkway. Ellen Linson Splash Pool/Herbert Wells Ice Rink Complex will be on your left.

***POINTER RIDGE SWIM & RACQUET (PR)**

Poole Lane, Bowie, MD 20716

(301) 249-9832

Directions: From Capital Beltway, take exit 19A (Rt. 50) E. Turnoff on Rt. 301 S. After approx. 4 miles, turn R on Mitchellville Rd. Take 2nd L turn off Mitchellville (Peach Walker Dr.). First L to pool. **Or** From Capital Beltway, take exit 33 (Rt. 214, Central Ave.) E. Turn off on Rt. 301 N. Take 1st left after passing through the Pointer Ridge Dr. signal (Mitchellville Rd.). Take 2nd left off Mitchellville (Peach Walker Dr.). Take 1st Left off Peach Walker to pool.

ROGER CARTER SEALS (RCS)

3000 Milltowne Dr., Ellicott City, MD 21043

(410) 313-2764

Directions: Take I-95 North to Rt. 32 West. Take Rt. 29 North to Rt. 40 East. Stay on Rt. 40 to the first signal light and make a right onto Rogers Ave. Follow past the County Office Complex then make a right onto Ellicott Mills Dr. Turn right onto Milltowne Drive. The Roger Carter Community Center will be on your right.

***RUSSETT SWIM TEAM (RST)**

3502 Russett Common, Laurel, MD 20724

301-498-3897/301-452-6851 (cell)

Directions: From Capital Beltway, take Baltimore-Washington Pkwy north toward Baltimore. Take Rt. 198 West towards Laurel. Turn right on Russett Green East; left into Russett Library.

***SEVERN CROSSING SWIM TEAM (SX)**

11800 Backus Drive, Bowie, MD 20720

(301) 262-7961

Directions: From Capital Beltway, take Exit 20-A. Follow signs towards Lanham and Route 564 East (Lanham-Severn Road). Continue on Rt. 564 several miles. Cross over Rt. 193 (Greenbelt Rd.). After crossing over Rt. 193, take third left onto Driscoll Drive, the entrance to Severn Crossing neighborhood. Follow Driscoll to Backus Drive and turn right onto Backus Drive. Go one block on Backus and the pool is on the right hand side.

SMALLWOOD VILLAGE AQUATIC CLUB (SVA)

Middleton Road, Waldorf, MD 20602

(301) 645-2851

Directions: From Capital Beltway, take exit 7A (Branch Avenue or Route 5 South) towards Waldorf. Once in Waldorf, make a left onto Smallwood Drive. Turn right on Stone Avenue. Take first left on Middleton Road to the pool.

***STRATHMORE BEL PRE (SBP)**

www.strathmore-belpre.org/dolphins

13920 Bethpage Lane, Silver Spring, MD 20906

(301) 460-6400

Directions: From Capital Beltway, take Georgia Ave. North (past Wheaton) 5 miles to Hewitt Avenue. R on Hewitt Ave. to Bethpage Lane. L on Bethpage to Swim Club on left. OR from 95, take 200 to Layhill Rd./Glenmont, turn R on Bel Pre Rd., L on Rippling Brook, R on Bethpage.

TEMPLE HILLS SWIM CLUB (TH)

http://www.TH Dolphins.com

P.O. Box 1213, Temple Hills, MD 20757

(301) 894-1875

Directions: From Capital Beltway, take exit 7A (Branch Ave. South). Turn right at the first exit onto Linda Lane. Go one block, turn right onto Old Branch Ave. Old Branch Avenue becomes Henderson Road. Follow until it ends. Turn R on Temple Hills Rd. Go one block, turn R on Old Temple Hills Rd., and proceed straight ahead (becomes Henson Lane) for about 0.5 mile to Swim Club on the right.

THERESA BANKS SWIM TEAM (TB)

J. Franklyn Bourne Pool, Calmos St., Seat Pleasant, MD 20743

(301) 350-4422

Directions: From the Beltway, take Exit 15B (Route 214) Central Ave West toward D.C. Go about 2.4 miles on Central Ave W. Make a R turn onto Cindy Lane (Central Gardens Apt on R corner). Make second L onto Calmos Street. Pool is at the end of Calmos Street on the left.

TAKOMA PARK D.C. SWIM TEAM (TP)

Third & Van Buren Streets NW, Washington, D.C.

(202) 576-6854

Directions: From US-50 West, B-W Pkwy and/or Kenilworth Ave., take US 50 W 1.2 miles to the intersection of New York Ave. and South Dakota Ave. Bear R onto South Dakota Ave. for approx. 3.8 miles to Riggs Rd. Turn L and after 3 lights, turn R onto North Capitol St. Go approx. 0.9 miles (becomes Blair Rd.). Turn L on Tuckerman St. NW. Turn R at 3rd St. Pool is on left near Coolidge High School. Parking is available on 3rd St., Van Burn St. or at the rear of the pool. OR From the Beltway, take Georgia Ave. S exit (towards Washington). Go past Walter Reed VA Hospital to Aspen St. and make a Left. Turn R at 5th St. Go 2 blocks to Van Burn St. Pool on the L beyond the trees and before Coolidge HS.

***WEST ARUNDEL SWIM TEAM (WA)**

259 Old Line Ave, Laurel, MD 20724

(301) 725-9831

Directions: From Capital Beltway, take Baltimore-Washington Pkwy north toward Baltimore. Take Rt. 198 West toward Laurel. Turn left on to Old Line Ave. Proceed past 3 left-hand streets. Pool will be on the left. Parking to the rear of the pool.

***WESTLAKE VILLAGE SWIM TEAM (WOW)**
5005 Dorchester Circle, Waldorf, MD

www.wavesofwestlake.info
(301) 843-5026

Directions: Take 301 South through Waldorf. Turn right onto Smallwood Drive West. Turn left on St. Patricks Drive. Turn right onto St. Phillips Drive. The Dorchester Community Center and Pool will be in front of you. The parking lot is small, so please carpool. Spillover cars should only park on one side of the street.

***WEST LAUREL SWIM CLUB (WLS)**

7203 Brooklyn Bridge Rd., Laurel, MD 20707

(301) 725-8768

Directions: New Exit: Interstate I-95N to exits 31-33 (These are through lanes, not Toll. Toll only applies when you exit onto Exit 31). Take exit 33B - Rt. 198 West towards Burtonsville. Follow Rt. 198 to 2nd traffic light, turn Right on Bond Mill Road. Follow Bond Mill until it ends at Brooklyn Bridge Rd. Turn Right on Brooklyn Bridge Rd. Pool is 1/2 mile on the right.

WHITEHALL POOL AND TENNIS CLUB (WPT)

Box 521 Whitehall Drive, Bowie, MD 20715

(301) 464-2662

Directions: From Capital Beltway, take Rt.50 E (toward Annapolis) approximately 8 miles to exit for Rt.197 (Bowie). Follow Rt. 197 N to Old Chapel Rd. at traffic light. Turn R onto Old Chapel, and go 0.4 miles to Whitehall Dr. Turn L, on Whitehall, driveway is first right off Whitehall Drive.