

All Directions are from NSJ Swim Club

Directions to Meadowbrook Swim Club: (June 20, 2009)

**5600 Cottonworth Avenue
Baltimore, Maryland 21209
(410) 433-8300**

Take I-70 to the Baltimore Beltway (I-695)
Take exit 91B towards Towson
Take exit 23A to merge onto I-83S towards Baltimore
Take exit 10A/B for Northern Parkway
Turn left on W. Northern Parkway
Turn left at Falls Road
Turn left at Smith Avenue
Turn left at Cottonworth Avenue

(Travel Time – Approx. 35 Minutes)

Directions to Rollingwood: (July 1, 2009) – (4:30PM Start)

**Helmsby Road
Baltimore, MD 21158
(410) 747-7522**

Take Rt-40 East
Turn Right on Rolling Road until at ends
Turn Right onto Frederick Road
Turn Left onto S. Morerick Avenue
Turn Right onto Helmsby Road
The pool is at the bottom of the hill

(Travel Time – Approx. 20 Minutes)

Directions to Four Seasons Athletic Club – STRAHLE's: (July 22, 2009)

**2710 Hampstead-Mexico Road (Rt 482).
Hampstead Maryland 21074**

Take I-70 to the Baltimore Beltway (I-695)
Take exit 91B towards Towson
Merge onto I-795 north, exit 19 toward Owings Mills/Reisterstown towards Rt. 30
Make left onto Rt. 30 towards Hampstead.
Go through Hampstead to Rt. 482.
Turn Left onto Rt. 482 (Hampstead-Mexico Rd) and travel approximately 2.3 miles.
Four Seasons will be on your right.

(Travel Time – Approx. 40 Minutes)

Directions to Forest Hill Swim Club – DIVISIONALS: (July 25, 2009)

**4310 Columbia Road
Ellicott City, MD 21042
(443) 864-7732**

Take St. Johns Lane South – until it ends
Turn Left onto Columbia Road
Drive 0.5 Miles
Pool Driveway is on Right

(Travel Time – Approx. 10 Minutes)