

# THE ASPEN



# HILL CLUB

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JUNE 2022

## CLUB NEWS

By: Danielle Bouchard, GM

### Racquetball Lessons

It has been quite some time since we have had a Racquetball Pro on the team. Beverly Supanick has been our resident Racquetball Pro since February 2022. She's been providing lessons, clinics, and group classes. If you are interested in lessons, feel free to reach out to Beverly at 301-445-2021 or masterteacher59@yahoo.com.

Bev is available to teach beginner, intermediate, and advanced levels and will teach both Juniors and Adults. There will be much more to look forward to in the fall of 2022 and winter 2023 with Leagues, Challenge Ladders, and the Maryland Senior Olympics racquetball qualifying events. Stay tuned later for more info on these events.

#### Summer is Right Around the Corner!

If you haven't signed up your child for Kids Kamp and you think there is still time, we need to let you know that time is running out. Kids Kamp weeks are filling fast!



Registrations are located in Childminding, at the Reception Desk (kiosk), or on our website.

We have an action packed summer planned and would love to spend the day with your children.

Questions can be directed to Mindy Carter at [mcarter@aspenhillclub.com](mailto:mcarter@aspenhillclub.com) or 301-598-5200 ext 111.

## CHILDMINDING

Mindy Carter, Director, Asst. GM

### Updated Childminding

#### Hours

Childminding is open without reservations unless your child is under 2 years of age.

#### Updated Childminding Hours:

Saturday – Sunday, 9:30am – 1:30pm

Monday – Friday, 9:30am – 1:30pm

Monday – Thursday, 5:00 – 7:30pm

#### No Friday Evening hours

If you have questions contact Mindy Carter at [mcarter@aspenhillclub.com](mailto:mcarter@aspenhillclub.com).

### Member Referral...



Yes we do!



**\$25 off 1 months dues and \$25 Amazon Gift Card!**

## Summer Adult Tennis Programs Begin 6/20/22!

**Match Play Programs: You must be registered on UTR (FREE!) to participate**

### **Men's Singles**

Monday, 7:00—8:30pm, Levels: 3.0—3.5

Wednesday, 7:00—8:30pm, Levels: 4.0 +

Thursday, 7:00—8:30pm, Levels: 3.5—4.0

### **Summer Adult Tennis Ladder—ONLY \$10 to join!**

Men's & Women's Singles Ladder

**UTR:** All singles and doubles match scores, and Ladder matches will be recorded in UTR. If you do not have a UTR profile, we ask that you create one here: <https://app.myutr.com/join> - it is free to do so. Please add Aspen Hill Club as your home Club by clicking on this link once you have made your own UTR profile: <https://app.myutr.com/clubs/11350>

### **Instructional Drills**

Monday Advanced Drills with Coach Julien, Monday, 7:00—8:30pm, Levels: 4.5+

**NEW DAY:** Tuesday AM Drills with Coach Elliott, Monday, 11:00am—12:30pm, Levels: 3.0+

**NEW DAY:** Tuesday PM Drills with Coach Julien, Wednesday, 7:00—8:30pm, Levels: 3.0—3.5

High Performance Drills with Coach Hyojoon, Tuesday, 7:00—8:30pm, Levels: 3.5+

**NEW CLASS:** Live Ball with Coach Hyojoon, Wednesday, 11:00am—12:30pm, Levels: 3.5-4.0

**NEW DAY:** Level Up! Drills with Coach Norma, Wednesday, 6:00—7:00pm, Levels: 2.5-3.0

### **Hot Shot: The June Shot is TOPSPIN**

**NEW DAY & TIME:** Wednesday, 6:00—7:00pm, Levels: 3.0—3.5 with Coach Elliott

Thursday, 8:00—9:00am, Levels: 3.0—3.5 with Coach Ari

Pre-registration is required for all Club programs. To register for a program, please contact Alex at [aaguendel@aspenhillclub.com](mailto:aaguendel@aspenhillclub.com).

**INTERESTED IN SOMETHING WE DON'T HAVE LISTED? LET US KNOW!** We are always looking to add new programs that YOU are interested in! We have recently been asked to put together a ladies doubles group—if you are interested in participating, please email Alex at [aaguendel@aspenhillclub.com](mailto:aaguendel@aspenhillclub.com).

## New Online Court Reservation System!



### **Tennis Players—Decision Made!**

Beginning July 1, 2022 or sooner, we will be transitioning to **Court Reserve** as our on-line tennis court reservation system. We will spend the next few weeks getting acquainted with the new system, getting all of our information merged onto Court Reserve and spending time integrating you as well.

We are excited to implement Court Reserve and promise that it will be simple to learn and use! We will provide more updates some time in mid-June 2022.

## 4-Week Adult Beginner Drills!

We offer a progression of reasonably priced, 4-week group lessons for those being introduced or making a comeback to tennis. Sessions are one hour, weekday and weekend sessions are available. We currently have spaces available in all programs.

**Monday, 12:00—1:00pm with Coach Jeff**

**Thursday, 7:00—8:00pm with Coach Eddie**

**Saturday, 8:00—9:00am with Coach Jeff**

**Please Note:** If you have missed the beginning date of a program, we can work with you to make-up the date at a later time, or pro-rate the session for you. Joining any of the Adult Beginner Drills mid-session is not a problem, you will not be behind! You can join a Beginner Drill group at any time. We need at least three people to host each session. Classes are available for Tennis, Fitness, and LPM Members. **To register for Adult Beginner Drills, please contact Alex at [aaguendel@aspenhillclub.com](mailto:aaguendel@aspenhillclub.com).**

# MEMBER SPOTLIGHT

By: Elliott Datlow, Tennis Director

## Dwayne's Jackpot!

Dwayne was looking for a change, so he packed his bags in South Florida and moved to Silver Spring. He was looking to try new things and decided he wanted to give tennis a "go!" Dwayne was brand new to tennis and didn't really know where to begin, so he did what most of us would do—he asked Google! His search was "clay court tennis near me," and BINGO- he learned that Aspen Hill Club was just minutes from his new house! "If it wasn't for this place, I don't know what I'd do!" Dwayne explains.

During the Covid 19 lockdown, when Aspen Hill Club was only operating outdoors, Dwayne registered for the Club's beginner tennis classes with Coach Elliott. One class and Dwayne was hooked! He visited Tim in the pro shop to get set up with new gear, and he completed the first session and re-enrolled for another. Once the Club's indoor space opened up, Dwayne visited us even more. Between utilizing the indoor track, the basketball court, and the treadmill—Dwayne was here sometimes 7 days a week!

In addition to working on his tennis skills in the beginner class, Dwayne regularly takes private lessons with Elliott. Dwayne has met friends at the Club and has regular singles tennis matches! In addition, he participates in Doubles Frenzy, ball machine rental, and Coach Norma's Monday "Level Up!" drill session.

Dwayne is working out off the court, too. Dwayne has been supplementing his routine with personal training sessions with John Kecman, "John has been amazing! We are working on building my strength to prevent injury," Dwayne told me.

**Dwayne, Thank you for being such a positive presence at the Aspen Hill Club!** You always have a smile on your face, and you make the day better for everyone around you.



## Spring Junior Tennis Wrap Up

## JUNIOR TENNIS

Aspen Hill Club's juniors are closing out a fabulous Spring! We had lots of action in our classes. Our Junior Development classes have been full all season long, we have even been adding classes! This gives our tennis staff immense pride to know that we are introducing kids to tennis—and they are having so much fun that they are keeping the racket in their hand with lots of smiles!

Our Future Stars and World Class Elite players have been busy, too! We have been extremely proud of these juniors, as they have not only been working hard in class—they have been excelling outside of class as well. Montgomery County Public Schools finished up their high school season, as Aspen Hill Club was well represented at "Counties." This was due to hard work in the off season!

Many of our Junior Advanced, Future Stars, and World Class Elite juniors have been joining us on Friday nights throughout springtime for our UTR Verified Match Play Night. Each week we have filled our event, offering juniors the opportunity to compete in meaningful matches through level-based play. These matches give our juniors opportunities to put their hard work to the test!



Lilly leads a talented group of All-Stars

Players have been performing well in USTA events as well. In the month of April, Adelaide and Erin both won USTA Level 6 tournaments! Ethan Schiffer has been working hard on his game, winning matches at the highly competitive USTA Level 5 events.

We are proud of ALL of our players and can't wait for Summer! We will offer more match play opportunities for all levels, tournaments, and we will aim to defend our Junior Interclub title while we go for the three-peat!



Ethan continues to move up the USTA ranks



Magnus had a fantastic freshmen season at Northwest HS



# Kids' Summer Kamp 2022



**June 20th – August 26th**

**Check-in: 9:00 to 9:30am**

**Camp Hours: 9:30 to 4:00pm**

**Half Day Option Hours: 9:30am – 12:30pm**

**Young Stars Tennis Program: 4:00pm to 5:00pm** (additional fee)

**After Care from 4:00pm – 5:00pm or 5:00pm – 6:00pm**

**Kids Ages 3 – 8 years** (Must be Potty Trained)

This camp is **FUN!** Designed for kids to have a blast on their summer vacation. Your children will participate in themed weeks while staying physically active, swimming in our indoor pool, and learning a little tennis along with the way. Make new friends, learn sportsmanship, while having fun on our Kids Summer Kamp!

## Schedule of Activities

**9:00—10:00am: Check-in/Prep for Swim**

**10:00—11:00am: Craft/Outdoor Play**

**11:00—11:45am: Lunch**

**12:00—12:30pm: Tennis**

**12:45—1:45pm: Swimming**

**2:00—2:30pm: Post Pool Time/Snack**

**2:30 – 3:45pm: Fun Theme of the Day**

**3:45 – 4:00pm Camp Comraderies**

**4:00—5:00pm: Tennis (optional); 5:00—6:00pm After Care (optional)**

**4:00—6:00pm: After Care (optional)**



## Summer Camp Swim Lessons

Summer Kamp Swim Lessons available: 1:00pm – 1:30pm. **Cost: \$55 for 4 lessons or \$15/lesson**  
Have your little one gain an important life skill of learning to swim. Past Kamp years we have had many successful learn to swim stories! **Only 5 spots are available for lessons per day!**

## Young Stars Tennis Camp

**4:00pm – 5:00pm beginner tennis!**

Have your little one continue with an hour of Young Stars to develop their skills for this sport of a lifetime.

Pre-registration is imperative to ensure a successful program. Registration and pricing can be found on back.

Receive 5% off for each additional registered family member. 5% off Multi Week Discounts.

You will be charged a drop-in rate if you do not pre-register.

Contact Mindy Carter if you have questions at (301) 598-5200 ext. 111 or [mcarter@aspenhillclub.com](mailto:mcarter@aspenhillclub.com).

# SUMMER 2022 KIDS CAMPS!

Summer Junior Tennis Camps begin the week of June 20th and continue through August 26th. There will be no tennis camps the week of July 18th—22nd as AHC proudly hosts the Rafael Nadal Academy Tennis Camp for juniors and adults. We will offer special Champion's Camp classes that week, weather dependent.

All Important Summer Camp Forms are available in the Tennis Hallway, outside of the Tennis Office and at [www.aspenhillclub.com](http://www.aspenhillclub.com). For more information, visit our website or contact the Tennis Office at 301-598-5200 ext. 119 or 120 or [aaguendel@aspenhillclub.com](mailto:aaguendel@aspenhillclub.com) or [edatlow@aspenhillclub.com](mailto:edatlow@aspenhillclub.com).

## Champion's Tennis Camp—Ages 7-12

*Full day - 9am to 4pm, Half day - 9am to 12:30pm or 1:30—4:00pm*

AHC Yearly Program Participants who should participate in this camp: Junior Development, All Stars

**Champion's Campers** will continue learning tennis fundamentals in a FUN & CHALLENGING environment. Campers will focus on correct stroke production and tennis grips. In addition, our kids will compete on the tennis court in a variety of games, competitions, and tournaments, based on their ability level. Tennis time will be a combination of outdoors and indoors on our air-conditioned tennis courts with MERV-13 air filters and Ion fans.

Champion's camp will utilize USTA 10 and under tennis balls and equipment to ensure that all players are able to successfully engage in the day's tennis skills focus, while yellow balls will be used when appropriate for each camper. Examples of USTA 10 and under tennis equipment are orange and green balls with a variety of tennis court sizes. All campers will leave being able to demonstrate correct stroke production and able to play their very own tennis match!

**Tournament Group:** A select invitational only group in Champion's Camp. In addition to continuing their learning on technique and fundamentals, Tournament Group will have an additional emphasis on match play and how to achieve a ranking. Players will be expected to compete in Aspen Hill Club team matches and USTA tournaments. **This group is for our younger Future Stars players.**

## High Performance Tennis Clinics—Ages 12-18

*NEW CLINIC HOURS: 4:00—6:30pm*

AHC Yearly Program Participants who should participate in this clinic: Junior Advanced, Future Stars, World Class Elite

**High Performance Tennis Camp** is a program designed for our junior players looking to improve their tournament play. Each week will consist of an area of improvement, and each day players will work on using our award winning coaches to make THEIR game better! Players will learn through fed ball, live ball, and point play progressions. Each class will consist of match play and fitness. Players will work with coaches in determining their summer tournament schedule. Admission to the program is based on student's tournament and high school tennis results. Camp will primarily be held outside, there will be instances that we will play indoors on our air-conditioned court with MERV-13 air filters and Ion Fans.

## Summer Young Stars Junior Tennis Classes

*Monday—Friday, 4:00—5:00pm*

Our Summer Young Stars junior tennis clinic is for children ages 3—6 years old. Exercises and games present tennis fundamentals: basic catching, hitting, and throwing skills. Pre-registration is imperative to ensure a successful program. Pre-registration means a commitment to have your child in the program.

## Summer Tennis Weekend Clinic Registration

*Young Stars & Junior Development Classes Available!*

The Aspen Hill Club will host Young Stars (Ages 3-6) and Junior Development (Ages 7-12 and 13-17) programs on Saturday morning over the summer. These beginner level classes are a great way to introduce your child to the game of tennis or maintain their tennis skills during the summer season. In all three classes you will have certified teaching professionals laying a solid foundation for your child to develop the skill sets of a great tennis player. Space is limited for this fun filled class of drills, games, and point play. **Classes are offered on Saturday, June 25th through Saturday, August 27th, 2022.**



# Senior Silver Strength HYBRID Classes!

**FITNESS**  
John Kecman, Director

**In-person and online, FREE**, 30-minute guided workout focusing on improving overall strength, balance, flexibility, coordination and fall prevention. We would love to see you at the Club!

Check your email weekly for Zoom meeting links and passwords to attend class.  
Questions? Contact John Kecman at [john.kecman@aspenhillclub.com](mailto:john.kecman@aspenhillclub.com).

## Classes Meet:

Mondays, 12:00—12:30pm

Wednesdays, 12:00—12:30pm

Fridays, 12:00—12:30pm



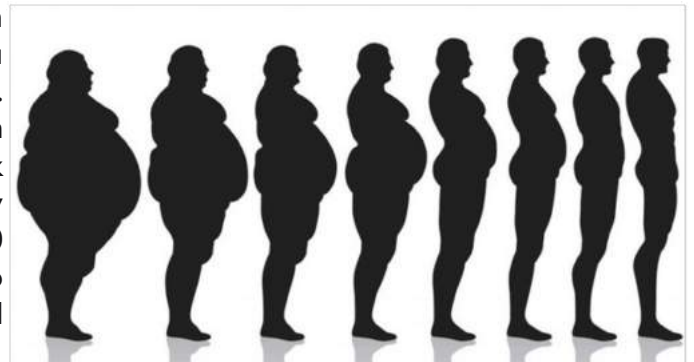
## In A Time Crunch for Beach Season?

### Walking + Weightlifting > Weightlifting

Want to lose weight? Have more muscle, and less fat? Tone up? Improve general health and wellness? The above desired results cover all the bases when it comes to discussions, I have with members in the fitness center. No matter what you think your goal is, the primary goal is to have less fat, and more muscle, 99% of the time. While I would always recommend having a personal trainer help you reach those goals via the correct exercise selection, progressive program design, movement progression, etc. there is plenty you can do to help yourself on a day-to-day basis. If you want to look better in your bathingsuit this summer, certainly building muscle is going to help, but it's not the only modality of exercise you should concern yourself with. So, what's the simplest way to help yourself expedite reaching your fitness goals in addition to having the guidance of a trainer? Get out of your chair and move around on a daily basis, more specifically, get up, and get those steps in.

You don't need to get 10,000 steps a day, but 7,000 a day would be a great way to increase your energy expenditure on a daily basis, and won't have a negative effect on recovery so you can still push yourself through your training sessions. It's not always easy to add in conditioning-based workouts on your off-training days, and it may not even be necessary based on what you're accomplishing when you do train. If you are work out progressively harder or longer training sessions, you will also have to be able to recover from those session. Running, and high intensity interval training on top of those sessions may be too much on your body, or too tough to incorporate into your busy work schedule. This is where getting in your steps can be a secret weapon for both recovery, as well as increasing your daily energy expenditure.

There is plenty of data that indicates reaching the 7,000 step mark will not only improve, and maintain the healthy body composition you desire, but those calories burned when you hit that mark will add up. Whether your weight is 150 lbs. (280 cal), 250 lbs. (435 cal), or 300 lbs. (520 cal), the energy you expend can make a marked difference in getting the body you want, in addition to following a progressive training plan. I'm not talking about running, jogging, or walking on an incline either, or even suggesting that you have to work up a sweat while you get your steps. I am only suggesting you to do yourself a favor and walk 7,000 steps across your entire day. It's the simplest way to counter balance the normal of the virtual, chair-based world we live in today.



# Summer Fun at the Pool

Summer fun is here at the pool, where smiling is contagious and loud laughing is the norm. Schools will be closing soon and unforgettable summer memories are on the way! Join our staff and members poolside for summer swimming and back porch sun bathing. To our new and returning campers, welcome to summer fun at the pool, where the sun is one step out the back! When one thinks of a happy place to be, the Club and the pool come to mind. Face it, the Club is a one stop shop, where many memories are created!

## Tip of the Summer:

Safety first at the pool! Non-swimmers must stay in chest deep water, unless accompanied by a parent. NO flotation device substitutes parents being at arms reach of their child.

## Private Swim Lessons

Our swim instructors are ready to offer you a variety of options for private lessons. All of our instructors are passionate about swimming and look forward to the opportunity to help you or your children to reach your swimming goals, whatever they may be!

James Morrison – Sr. Swim Instructor  
Victoria Copeland – Sr. Swim Instructor  
Rachel Sigwalt – Sr. Swim Instructor  
Marian Conteh – Swim Instructor  
Natalie DeMarchi – Swim Instructor

Private & Semi-Private	Rates	Clinics	Rates
Private 30-minute	\$35	3-students 30-minute	\$15 each
Private 45-minute	\$49	3-students 45-minute	\$23 each
Private 60-minute	\$63	3-students 60-minute	\$30 each
Semi-Private 30-minute (per student)	\$23	4-students 30-minute	\$12 each
Semi-Private 45-minute (per student)	\$31	4-students 45-minute	\$17 each
Semi-Private 60-minute (per student)	\$38	4-students 60-minute	\$24 each

Swimming is a life skill that can be learned at any age. Group Lessons simply stated is a great way to learn how to swim in a cost-effective, structured aspect. We have designed a swim program based on the streamlined position, student focus, and fun. We place individuals according to their skill level and not necessarily by age groups. At the first session, all students are evaluated and placed in smaller groups with those with similar proficiency. Our instructors will provide your child with the necessary tools to work toward a specific set of goals. Once those goals are achieved we are able to graduate them to the next level of swimming abilities.

If you are not sure what level to choose for your child, call us and we will happily arrange a free **swim** test.

For more information on signing up for group swim lessons, please contact James at ext. 129 or find a copy of our group lesson form at the Club or on our website.

## Group Swim Lessons



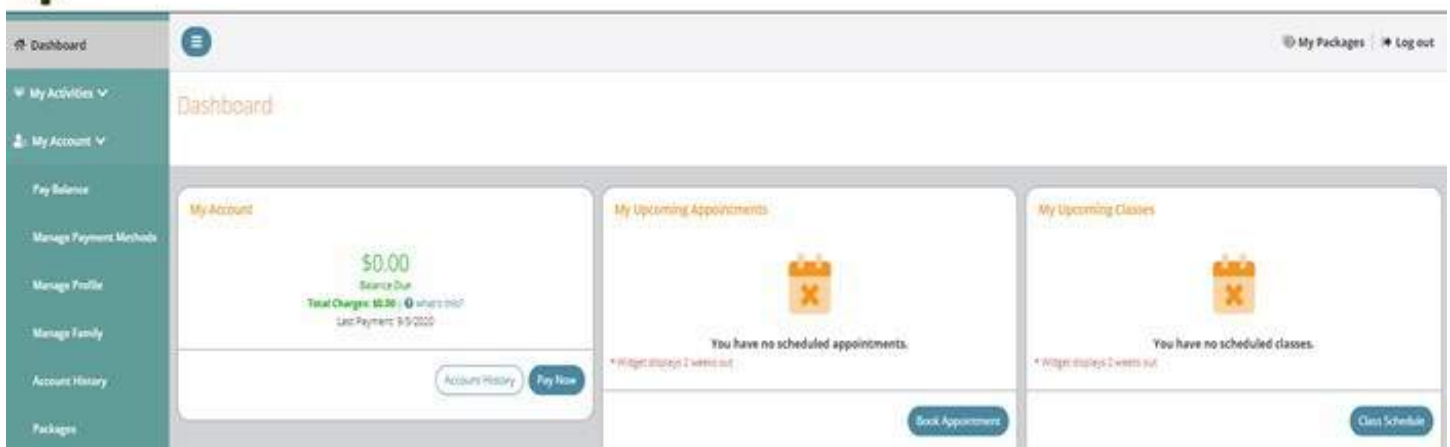
# A GUIDE TO MEMBER SELF SERVICE: EMPOWER M.E.

To have the ability to make changes to your personal information, review your account information and billing or to register for certain classes you must have access to our Member Self Service Platform: Empower M.E.

To establish your account – you will receive two system emails after you join that will provide instruction on establishing your log-in. The system emails that you receive are time sensitive and if you are unable to take an opportunity to log on within 48 hours they will be invalid and you will have to contact Tina at [tlee@aspenhillclub.com](mailto:tlee@aspenhillclub.com), Lori at [lcarter@aspenhillclub](mailto:lcarter@aspenhillclub) or Mindy at [mcarter@aspenhillclub.com](mailto:mcarter@aspenhillclub.com) in order to have your account reset and provide you with a temporary user name and password.



**Your dashboard should appear to look something like below:**



1. Under my account you will see the options of: Pay Balance, Manage Payment Methods, Manage Profile, Manage Family, and your Account History.
2. Selecting Manage Family will allow you to make reservations for other family members.
3. Selecting Account History will show you everything that has been charged to your account by selecting the arrow next to the transaction id – it will open up to a complete description of the actual invoice that you are searching.

## LET'S GET SOCIAL!

Join AHC on social media to stay up to date on Club offerings, member accomplishments, birthdays and anniversaries, and much more!

 Facebook = [@aspenhillclub](https://www.facebook.com/aspenhillclub)—[www.facebook.com/aspenhillclub](https://www.facebook.com/aspenhillclub) AND our private “Aspen Hill Club Members” Group

 Instagram = [@aspenhillclub](https://www.instagram.com/aspenhillclub)—[www.instagram.com/aspenhillclub](https://www.instagram.com/aspenhillclub)

*Help us out by leaving reviews on Facebook, Google and Yelp.*





# Summer Pickleball Updates



## PICKLEBALL

*Sol Lopez, Pickleball Manager*

**Beginner Pickleball Clinics** are currently being offered on Wednesday, 5:45—7:00pm. A minimum of 3 players is required and the cost is \$18 per player. Contact Sol Lopez, Pickleball Coordinator, at [ahcpickleball@gmail.com](mailto:ahcpickleball@gmail.com).

**Beginning mid-June, Pickleball meets weather permitting, on the outdoor hard courts:**

Thursday: 5:30 - 7:30 pm - **beginning June 16th**

Saturday: 9:00-11:00 am - **beginning June 18th**

Players should have some experience as there is no instruction offered during these times. While this program is free for members, pre-registration is highly recommended to ensure that the minimum numbers of players (6) are signed up by 6:00pm the day before and so that the appropriate number of courts are available.



## Pickleball Players—Reminder!

With the rising interest with pickleball, outdoor courts 20 & 21 will be open throughout the summer for pickleball. You can make reservations at the reception desk.

Tennis players be aware, if you play on courts 20 or 21, you may be playing tennis next to a court of pickleball players. We are providing the pickleball players access to courts 20 and 21 as we have noted they are not being used for tennis as often as we anticipated.

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## WE HAVE LOCKERS FOR RENT!

*John Woodend, Reception Desk Director*

The locker rooms are brand new, freshly renovated and we have lockers for rent in both the men's and the women's main locker rooms. We have three sizes to choose from with varying numbers of availability for each size.



Our 1/2 lockers are available for \$20 per month. Our 1/3 lockers are available for \$15 per month. And our smallest lockers the 1/4 lockers are available for \$10 per month.

Come in and take a look at the new locker rooms and see if renting a locker would be beneficial for you. Contact John Woodend at 301-598-5200 ext. 0, or by email at [jwoodend@aspenhillclub.com](mailto:jwoodend@aspenhillclub.com) to rent your locker. Remember, please do not leave locks on unrented lockers overnight. Locks left on unrented lockers overnight will be cut and the content of the lockers will be held for an undetermined amount of time.

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## COMMUNITY INVOLVEMENT

**Level the Playing Field (LPF)** is a non-profit that redistributes equipment to expand access and equity within youth sports and recreation programs in under-resourced communities. Currently located in the Tennis Office, drop off your new or gently used donations in the LPF Donation Box to help local kids breathe new life into your old sports equipment!

*“We put your used sports equipment in the hands of those who need it so every kid gets a chance to play.”*

# IN-PERSON GROUP EXERCISE

Maria Kolanowski, Director

## Exercise is Medicine

Studies show that daily exercise can prevent and treat chronic diseases like cancer, type II diabetes and heart disease. Regular exercise is a natural endorphin, it can improve your mood, reduce depression, assist with weight loss, increase strength, hone athletic skills and improve overall health.

Member Roberta Krupit has had multiple surgeries over the years. She has been taking Pilates Reformer private classes for the past several months and attends aqua aerobics classes regularly. Her doctor was impressed with her improved strength and flexibility.

Attending group fitness classes is a great way to improve your fitness levels, develop relationships with other members and have FUN! We offer a variety of In-Person group fitness classes each week. If you have questions, suggestions or concerns about our classes, please contact Maria Kolanowski: [mkolanowski@aspenhillclub.com](mailto:mkolanowski@aspenhillclub.com).



*"I've gained strength, balance and stability from Reformer classes. I'm more able to fully enjoy my life" - Roberta*

## Group Fitness Changes

**Summer Breaks:** The Thursday 6pm Yoga class with Spirit will be on summer break June through August. The Tuesday 6:00pm Body Pump class with Courtenay will also be on summer break. The last class will be June 14th. These classes will return after Labor Day.

**Time Change:** Sid's RAW class will meet on Tuesdays at 7:00pm instead of Mondays beginning Tuesday, June 14th.



Nina Hazir

**New Classes:** 1. Join us for Circuit Thursdays from 6:00-6:45pm with personal trainer Hikari Miller. The first class is June 2nd. This class will be held on the basketball court and will include cardio, body weight and hand weight exercises, abs and stretching.

2. Joins us for Yin Yoga, Thursdays from 11:30 am-12:30pm with NEW Yoga/Pilates instructor Nina Hazir! Class begins June 2nd.



Hikari Miller

## April 30th Triathlon

**The second In House Triathlon was a huge success!** Each of our participants completed a 500 meter swim, a 45-minute spin class and 2 mile walk or run. Oana Hinely and Tet Miyabara competed as a team. Oana swam and walked, Tet took the spin class. Linda Gowen and Marian Conteh participated again, this was their second In-House Triathlon. They both improved their swim times from the March 5th Triathlon. Jason Swann had the fastest 500 meter swim: 11 minutes, 9 seconds. Pam Davis-Ghavami, who has been recovering from major surgery since November, successfully completed each leg of the triathlon. Leanda Dulaney had the fastest 2 mile run: 16 minutes, 11 seconds. Lisa Tuvalo worked hard to improve her freestyle and dropped 5 minutes from her 500 free time during the course of her training. Suzy Zein was our oldest participant (she is 86!) Her family came to cheer her on. Congratulations to ALL of our AHC Triathletes! We hope to hold another Triathlon this fall. In the meantime, consider participating in a Triathlon this summer. There is a local triathlon, the Centennial Triathlon, in Ellicott City on August 28th. If you'd like more information about this event go to [ripitevents.com](http://ripitevents.com).



Suzy Zein



Oana Hinely and Tet Miyabara



April 30th, 2022 Triathlon Participants