

# THE ASPEN



# HILL CLUB

**MONDAY, JULY  
4TH CLUB  
HOURS:  
6:00AM — 1:00PM**

14501 HOMECREST ROAD SILVER SPRING, MD 20906  
301-598-5200 \* 301-598-3185 FAX

WWW.ASPENHILLCLUB.COM  
FACEBOOK.COM/ASPENHILLCLUB  
INSTAGRAM.COM/ASPENHILLCLUB

**JULY 2022**

## CLUB NEWS

*By: Danielle Bouchard, GM*

### Tennis & Fitness Member Testimonial: Bob Lalley

I came to Aspen Hill Club in 2021 to work on my physical recovery from a heart transplant I had in 2020... Yes, right in the middle of a Covid Pandemic! Due to postsurgical issues, my recovery was very slow and I had an extended time of "inactivity". I thought that tennis would make my physical recovery fun, so I started working with Tennis Pro, Ilan Shvartz.

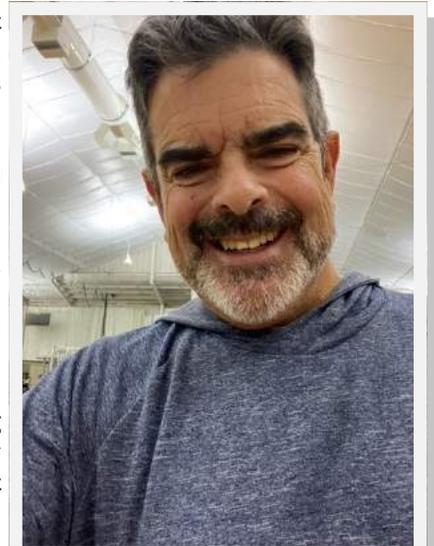
We had our challenges at the beginning because I could barely walk as my heart and blood pressure were consistently high. Since beginning my lessons with Ilan, my stamina has increased from taking breaks every few minutes to every 15 minutes. More importantly, my blood pressure continues to be in a good range of 120's over 70's. My heart rate has dropped to 85 beats per minute from 115 and my cardiologist wants me to keep up with pushing my cardio. Another great part about my recovery at the Aspen Hill Club is that I have made lots of friends and continue to improve my tennis game.

Early this year, I started to work with John Kecman, Fitness Director with weight lifting and progressive exercise. This has helped my edema in my legs and nerve issues in my body. My progress has been so good that my Orthopedist has stopped talking about various surgeries!

John's assessment of my condition and his approach to adjust to my limitations has had a very positive effect and I am grateful for John's ability to help me with a full recovery.

Both John and Ilan have been very beneficial to my recovery and the community at Aspen Hill Club is very welcoming.

- Robert "Bob" Lalley



**CONGRATS!**

A huge congrats to our Ladies Interclub B2#1 team who won their division in the spring and have moved up a division to B1! We are so proud of you ladies!

# Summer Adult Tennis Programs

**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

**Pre-registration is required for all Club programs.**

**To register for a program, please contact Alex at [aaguendel@aspenhillclub.com](mailto:aaguendel@aspenhillclub.com).**

**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+

Tuesday AM Drills with Coach Elliott, Monday, 11:00am—12:30pm, Levels: 3.0+ - *on hiatus for July*

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+

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

Level Up! Drills with Coach Norma, Wednesday, 6:00—7:30pm, Levels: 2.5-3.0—*class time extended!*

**Hot Shot is on hiatus in July**

**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).**

## Court Reserve is LIVE!



Court Reserve is LIVE as of July 1st! We are excited to move forward with this system and take advantage of all of the great features it has. Feedback has been very positive from the members. We thank you for your patience as we are learning the new system right along with you!

If you haven't set up your Court Reserve account, please search your email for a "Welcome Email" from Court Reserve. From there, follow the link to your profile and you should be prompted to set up a password. Downloading the Court Reserve app from your phones app store in advance will help expedite the sign up process. We are happy to answer any questions you may have and to help get you acclimated.

## 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).**

# JUNIOR TENNIS

## Junior Interclub Season Has Kicked Off!

Aspen Hill Club's junior team is off to a HOT start. AHC has won the Montgomery Junior Tennis League the past two seasons, and is off to a 4-0 start heading into July. Each dual match consists of boys and girls 12u, 14u, and 18u (high school) singles and doubles matches. This is a fantastic way to introduce our juniors to competition that is FUN and TEAM BASED. In June AHC juniors have defeated Flower Valley Bath & Racquet, Darnestown Swim Club, and Norbeck & Argyle Country Clubs. We will host Manor, Palisades, and Cedarbrook in July. The Thursday July 7 match with Palisades is circled on our calendar, as we have defeated them in tiebreakers the last two seasons.

Great job to all of our juniors and we are looking forward to more fun in July!



# MEMBER SPOTLIGHT

By: Elliott Datlow, Tennis Director

## Hayley's Team Dream

In March 2021 Hayley decided she wanted to play a sport at Einstein High School, so to the tennis information meeting she went! New to tennis, she was at first intimidated by going to meet the coaches and team members. But she was quickly impressed with how warm and welcoming everyone was, so in Spring 2021 Hayley joined Einstein Girls Tennis Team!

That first season Hayley was an alternate on the team, playing in 1 match. She had a blast learning about tennis and now she wanted to improve. When the season concluded, Hayley knew she wanted to improve during the team's off-season—and that's when Michael, her father, brought her to Aspen Hill Club.

During that year, Hayley has shown dramatic improvement on the court. Her improvement has come through hard work, often playing 3-4x a week. Hayley credits her improvement to training with the variety of classes, programs, and lessons at Aspen Hill Club. In her private lessons with Coach Eddie, "he gives me a chance to figure new things out, then he steps in and makes corrections." In addition to lessons with Eddie, Hayley has been playing with Coaches Noel, Norma, and Julien in Aspen Hill Club's Junior Advanced program, "I enjoy hitting with a variety of players and learning from being around them. Also, I like the fact that at Aspen Hill I get to hear advice from all the coaches. They are so approachable."

After about year of off-season training, Hayley came to this year's Einstein practice as a new and improved player. In fact, the former team alternate now played mostly the #3 singles position! Hayley continues to work hard on her tennis, and now has her sights on playing #1 for her school next year. It's fantastic that she can see her improvement, and continues to have fun with tennis!

This Summer Hayley is going to visit Santa Barbara, California with her father, and they will hit up the club where Michel was an active player. "It's going to be fun to play tennis with my dad where he grew up."

**Hayley - We are so proud of your improvement, and enjoy having you in classes. You motivate all the players around you to work harder. Thank you!**

*Michael, Haley's father, grew up playing tennis in California*



*Hayley and her dad Michael*

## CHAMPION'S CAMP WEEKS #1 & 2!



**We are having a BLAST in Champion's Camp and are looking forward to the remainder of the summer!**

# SUMMER 2022 KIDS CAMPS!

Summer Junior Tennis Camps 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.

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). **Please note:** All registrations must be submitted by 12:00pm, Friday of the previous week you are requesting in order for us to accommodate your request. Confirmation will be provided by 4:00pm on that Friday for the following weeks summer camp. **Special note:** Registrations are not reviewed over the weekend.

## 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.**

# FITNESS

John Kecman, Director

## Senior Fitness With John Kecman



Every Monday,  
Wednesday &  
Friday!

12:00pm – 1:00pm

Take this time to work on your balance, strength, endurance and more importantly self confidence with your every day-to-day activities... You won't regret it!!!



John (above) teaches the Monday and Friday classes, Hikari (below) teaches the Wednesday class!



## Fitness Member Testimonial: Barbara Bell

Breathing, standing up straight, tightening the core, relaxing, and much laughter are all part of the vocabulary of our thrice weekly seniors workout. For the past two years the group has met on Zoom, and now that restrictions have eased, in person classes are taking place at the gym as well. I've been attending the Seniors Class (age 55 and over) since at least 2008, and despite changes in trainers over the years, the program has consistently provided a level of training that helps me stay fit and active as I grow older.

Equally important to me has been the sense of connection and camaraderie that comes from participating with the group. I've met people of all ages (55+) and many backgrounds, some of whom have become close friends outside the gym. No matter my frame of mind when I arrive, I always leave feeling better. I think that for many of us, just showing up and finding a supportive, non-judgmental place has been a huge help in these difficult times.

The instructors, always knowledgeable and "tuned in" to seniors, have made these classes my happy place, most recently under the guidance of John Kecman. His deep understanding of how the body functions as it ages lets him tailor the exercises so everyone can work at their own speed. He very quickly mastered working on Zoom, a real gift to me during the pandemic, and the hybrid class is now giving me a choice. I am also most grateful for John's ability to motivate with humor and keep an eye on each and every one of us. Thank you, John and the Aspen Hill Club.



# 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 an 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  
 Christina Kolanowski—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



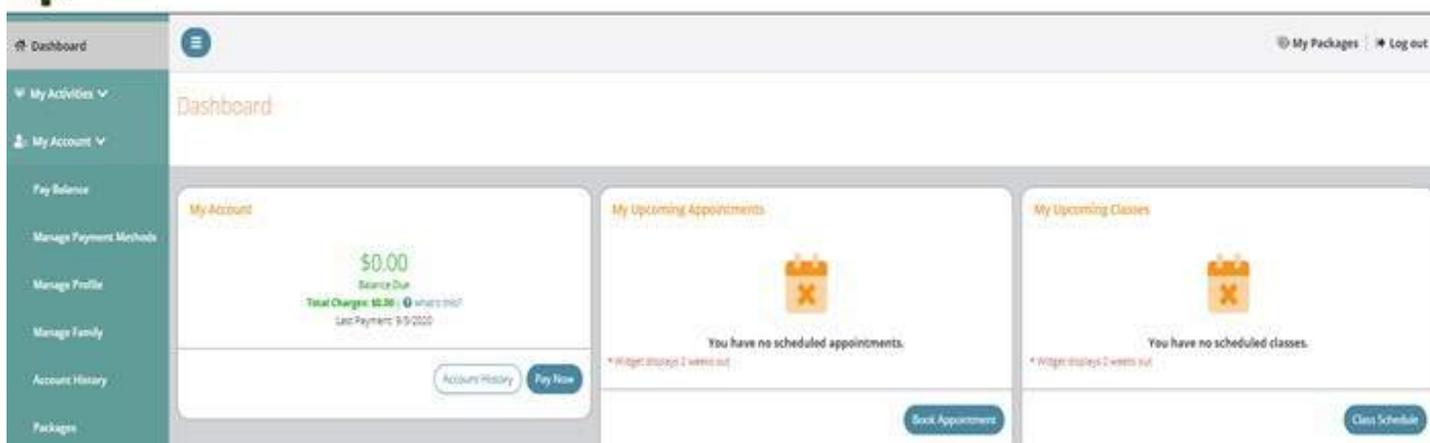
# A GUIDE TO MEMBER SELF SERVICE: EMPOWER M.E.

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



**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).

**Pickleball meets weather permitting, on the outdoor hard courts:**

Thursday: 5:30 - 7:30 pm

Saturday: 9:00-11:00 am

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.

## FRIENDLY REMINDERS

*John Woodend, Reception Desk Director*

With only one person working the desk at a time it can get pretty busy. I would like to offer these friendly reminders to help keep the reception desk running smoothly throughout the day.

- Please remember to always check in at the desk using your membership card. This helps the desk attendant especially when we are on the phone or helping another member. If you do not have a membership card, just ask the desk attendant for one and we will be happy to issue you a new card.
- All players on tennis reservations must check in at the desk before you go to your tennis court. Court reservations can and do change court numbers. To avoid confusion, please check in at the desk first.
- Please do not move in front of another member who is checking in, to check yourself in. Kindly wait in line until it is your turn to check in.
- When calling the desk please keep the conversation brief and to the point. The desk attendant will most likely be multi-tasking during your call. Keeping your call brief will help everyone have a better experience.
- When calling to make a tennis reservation, please have all the player's first and last names ready to tell the desk attendant.
- Please remember to return your spray bottle and towel in the bins at the fitness door. If you have accidentally taken them home or to your car, please bring them back.

Thank you to all the members who are already doing these things. It really makes a difference and we truly appreciate it.

## 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*

**We offer a variety of In Person Group Fitness classes each week. If you have any questions, suggestions or concerns about our classes, please contact In Person Group Fitness Director Maria Kolanowski: [mkolanowski@aspenhillclub.com](mailto:mkolanowski@aspenhillclub.com)**

## NEW CLASS! Fitness Yoga

**New Class!** Fitness Yoga Mondays at 6:00pm with Nina begins July 11th. This class will be held in the Yoga Studio or on the basketball court and will replace Pilates/Barre. This class is a fitness based yoga practice that simultaneously strengthens and stretches muscles. Fitness Yoga is a total body workout. Hand weights and resistance bands will be used.



## Tuesday Night Swim Workouts

Tuesday Night Swim Workouts! Are you training for a triathlon or just looking for a good swim workout? Join Maria Tuesday evenings from 7-8pm the months of July and August for swim workouts. The first workout is July 5th. These workouts will be freestyle based. There is a \$10 fee per workout. Interested participants can sign up through Empower Me under "Group Ex: Swim Workout". Contact Maria with any questions: [mkolanowski@aspenhillclub.com](mailto:mkolanowski@aspenhillclub.com).

## VIRTUAL GROUP EXERCISE

*Heather Williams, Director*

### Virtual Group Class Schedule July 4th weekend

Saturday, July 2nd—9:15am: Katy's Cardio with Friends

Sunday, July 3rd—9:30am: Zumba with Debbie

Sunday, July 3rd—9:30am: Body Pump with Meredith

Monday, July 4th 12pm: **NO BODY PUMP—Class recording**

## CHILDMINDING

### Childminding Hours:

Saturday – Sunday, 9:30am – 1:30pm

Monday – Friday, 9:30am – 1:30pm

Monday – Thursday, 5:00 – 7:30pm

### **No Friday Evening hours**

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

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



**DONATE YOUR GENTLY USED  
ATHLETIC SHOES IN THE MAIN LOBBY**



**PLEASE TIE SHOES TOGETHER**



**Donation bins located in the Main Lobby  
throughout July!**