

# Aspen Hill Club Aquatic Schedule Fall 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Lap Swim</b> 6:00 - 10:30am	<b>Adult Lap Swim</b> 6:00 - 10:00am  <span style="color: red;"><u>NO FAMILY SWIM</u></span>  Aqua Fit <i>Mary Kempf</i>  <span style="color: red;">10:00am - 10:45am</span>	<b>Adult Lap Swim</b> 6:00 - 10:30am	<b>Adult Lap Swim</b> 6:00 - 10:00am  <span style="color: red;"><u>NO FAMILY SWIM</u></span>  Aqua Suspension <i>Mary Kempf</i>  <span style="color: red;">10:00am - 11:00am</span>	<b>Adult Lap Swim</b> 6:00 - 10:00am  <span style="color: red;"><u>NO FAMILY SWIM</u></span>  Aqua Sculpt <i>Maria Kolanowski</i>  <span style="color: red;">10:00am - 10:45am</span>	<b>Adult Lap Swim</b> 8:00 - 9:00am	<b>Adult Lap Swim</b> 8:00 - 10:00am
<span style="color: red;"><u>NO FAMILY SWIM</u></span> H2O Cardio <i>Maria Stagnitto</i> <span style="color: red;">10:30am - 11:30am</span>	<b>Adult Lap Swim</b> 10:45am - 1:00pm	<span style="color: red;"><u>NO FAMILY SWIM</u></span> H2O Cardio <i>Maria Stagnitto</i> <span style="color: red;">10:30am - 11:30am</span>	<b>Adult Lap Swim</b> 10:45am - 11:30am	<b>Adult Lap Swim</b> 11:00am - 11:30am	<span style="color: red;"><u>NO FAMILY SWIM</u></span> Aqua Cardio <i>Faye McAneny</i> <span style="color: red;">9:00 - 10:00am</span>  <span style="color: blue;"><u>Group Swim</u></span>  <span style="color: blue;"><u>Lessons</u></span> <span style="color: blue;">10:00 - 11:00am</span>  <small>(Registered Classes)</small>	<span style="color: blue;"><u>Group Swim</u></span>  <span style="color: blue;"><u>Lessons</u></span> <span style="color: blue;">10:00 - 11:45am</span>  <small>(Registered Classes)</small>
<b>Adult &amp; Family Swim</b> 1:00pm - 4:30pm	<b>Adult &amp; Family Swim</b> 1:00pm - 7:00pm	<b>Adult &amp; Family Swim</b> 1:00pm - 4:30pm	<b>Adult &amp; Family Swim</b> 1:00pm - 7:00pm	<b>Adult &amp; Family Swim</b> 1:00pm - 7:00pm		<b>Adult &amp; Family Swim</b> 10:00am - 4:00pm
<b>Competitive Swim Clinic and Group Swim Lessons</b>  <span style="color: blue;">4:30 - 7:00pm</span>  <small>(Registered Classes)</small> Certain Lap Lanes may be unavailable for lap swimming for clinic and lessons	<b>Competitive Swim Clinic and Group Swim Lessons</b>  <span style="color: blue;">5:30 - 7:00pm</span>  <small>(Registered Classes)</small> Certain Lap Lanes may be unavailable for lap swimming for clinic and lessons	<b>Competitive Swim Clinic and Group Swim Lessons</b>  <span style="color: blue;">4:30 - 6:30pm</span>  <small>(Registered Classes)</small> Certain Lap Lanes may be unavailable for lap swimming for clinic and lessons	<b>Competitive Swim Clinic and Group Swim Lessons</b>  <span style="color: blue;">5:00 - 7:00pm</span>  <small>(Registered Classes)</small> Certain Lap Lanes may be unavailable for lap swimming for clinic and lessons			
<b>Adult &amp; Family Swim</b> 4:30pm - 7:00pm	<b>Adult Lap Swim</b> 7:00 - 8:00pm	<b>Adult &amp; Family Swim</b> 4:30pm - 6:30pm	<b>Adult Lap Swim</b> 7:00 - 8:00pm	<b>Adult &amp; Family Swim</b> 1:00pm - 7:00pm		<b>Adult &amp; Family Swim</b> 10:00am - 4:00pm
<span style="color: red;"><u>NO FAMILY SWIM</u></span> H2O Cardio <i>Lori Sundstrom</i>  <span style="color: red;">7:00 - 8:00pm</span>	Swimming Workout <i>Maria Kolanowski</i> <span style="color: red;">7:00 - 8:00pm</span> Sign-up through Empower M.E. Cost is \$10/class	<span style="color: red;"><u>NO FAMILY SWIM</u></span> H2O Cardio <i>Lori Sundstrom</i>  <span style="color: red;">6:30 - 7:30pm</span>	Swimming Workout <i>Maria Kolanowski</i> <span style="color: red;">7:00 - 8:00pm</span> Sign-up through Empower M.E. Cost is \$10/class			
<b>Adult &amp; Family Swim</b> 8:00pm - 9:00pm	<b>Adult Lap Swim</b> 8:00pm - 9:00pm	<b>Adult &amp; Family Swim</b> 7:30pm - 9:00pm	<b>Adult Lap Swim</b> 8:00pm - 9:00pm	<b>Adult &amp; Family Swim</b> 1:00pm - 7:00pm		<b>Adult &amp; Family Swim</b> 10:00am - 4:00pm
<b>POOL CLOSES</b> 9:00pm	<b>POOL CLOSES</b> 9:00pm	<b>POOL CLOSES</b> 9:00pm	<b>POOL CLOSES</b> 9:00pm			
<p><i>Children are not permitted to play in the pool during Water Aerobic Classes. However, children are permitted to play during Family Swim times. Please check the schedule prior to arriving at club to ensure there will be space for your children to play. If you arrive during Adult Lap Swim Time and space is available you and your child may be allowed to play freely. However, if at times that the guard feels it is unsafe due to lap swimmers - they may ask for your patience and limit the space in which your child may play.</i></p> <p><i>Please know the Lifeguard on duty will enforce all policies.</i></p>						

All Patrons Must Shower Before Entering The Pool!