

Aspen Hill Club Aquatic Schedule Fall 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|---|--|---|
| Adult Lap Swim 6:00 - 10:30am | Adult Lap Swim 6:00 - 10:00am NO FAMILY SWIM Aqua Fit <i>Mary Kempf</i> 10:00am - 10:45am | Adult Lap Swim 6:00 - 10:30am | Adult Lap Swim 6:00 - 10:00am NO FAMILY SWIM Aqua Suspension <i>Mary Kempf</i> 10:00am - 11:00am | Adult Lap Swim 6:00 - 10:00am NO FAMILY SWIM Aqua Sculpt <i>Maria Kolanowski</i> 10:00am - 10:45am | Adult Lap Swim 8:00 - 9:00am | Adult Lap Swim 8:00 - 10:00am |
| NO FAMILY SWIM H2O Cardio <i>Maria Stagnitto</i> 10:30am - 11:30am | Adult Lap Swim 10:45am - 1:00pm | NO FAMILY SWIM H2O Cardio <i>Maria Stagnitto</i> 10:30am - 11:30am | Adult Lap Swim 10:45am - 11:30am | Adult Lap Swim 11:00am - 11:30am | NO FAMILY SWIM Aqua Cardio <i>Faye McAneny</i> 9:00 - 10:00am Group Swim Lessons 10:00 - 11:00am (Registered Classes) | |
| Adult Lap Swim 11:30am - 1:00pm | Adult Lap Swim 11:30am - 1:00pm | Adult Lap Swim 11:30am - 1:00pm | | | | |
| Adult & Family Swim 1:00pm - 4:30pm | Adult & Family Swim 1:00pm - 7:00pm | Adult & Family Swim 1:00pm - 4:30pm | Adult & Family Swim 1:00pm - 7:00pm | | | |
| Competitive Swim Clinic and Group Swim Lessons 4:30 - 7:00pm (Registered Classes) Certain Lap Lanes may be unavailable for lap swimming for clinic and lessons | Competitive Swim Clinic and Group Swim Lessons 5:30 - 7:00pm (Registered Classes) Certain Lap Lanes may be unavailable for lap swimming for clinic and lessons | Competitive Swim Clinic and Group Swim Lessons 4:30 - 6:30pm (Registered Classes) Certain Lap Lanes may be unavailable for lap swimming for clinic and lessons | Competitive Swim Clinic and Group Swim Lessons 5:00 - 7:00pm (Registered Classes) Certain Lap Lanes may be unavailable for lap swimming for clinic and lessons | | | |
| Adult & Family Swim 4:30pm - 7:00pm | Adult Lap Swim 7:00 - 8:00pm | Adult & Family Swim 4:30pm - 6:30pm | Adult Lap Swim 7:00 - 8:00pm | | | |
| NO FAMILY SWIM H2O Cardio <i>Lori Sundstrom</i> 7:00 - 8:00pm | Swimming Workout <i>Maria Kolanowski</i> 7:00 - 8:00pm Sign-up through Empower M.E. Cost is \$10/class | NO FAMILY SWIM H2O Cardio <i>Lori Sundstrom</i> 6:30 - 7:30pm | Swimming Workout <i>Maria Kolanowski</i> 7:00 - 8:00pm Sign-up through Empower M.E. Cost is \$10/class | | | |
| Adult & Family Swim 8:00pm - 9:00pm | Adult Lap Swim 8:00pm - 9:00pm | Adult & Family Swim 7:30pm - 9:00pm | Adult Lap Swim 8:00pm - 9:00pm | | | |
| POOL CLOSES 9:00pm | POOL CLOSES 9:00pm | POOL CLOSES 9:00pm | POOL CLOSES 9:00pm | POOL CLOSES 7:00pm | POOL CLOSING 4:00pm | POOL CLOSING 4:00pm |
| <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. Please know the Lifeguard on duty will enforce all policies.</i></p> | | | | | | |

All Patrons Must Shower Before Entering The Pool!