

# Aspen Hill Club Aquatic Schedule Winter 2023

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  <u>NO FAMILY SWIM</u>  <b>Aqua Fit</b>  <i>Mary Kempf</i>  10:00am - 10:45am	<b>Adult Lap Swim</b> 6:00 - 10:30am	<b>Adult Lap Swim</b> 6:00 - 10:00am  <u>NO FAMILY SWIM</u>  <b>Aqua Suspension</b>  <i>Mary Kempf</i>  10:00am - 11:00am	<b>Adult Lap Swim</b> 6:00 - 10:00am  <u>NO FAMILY SWIM</u>  <b>Aqua Sculpt</b>  <i>Maria Kolanowski</i>  10:00am - 10:45am	<b>Adult Lap Swim</b> 8:00 - 9:00am	<b>Adult Lap Swim</b> 8:00 - 10:00am
<u>NO FAMILY SWIM</u> <b>H2O Cardio</b> <i>Maria Stagnitto</i> 10:30am - 11:30am	<b>Adult Lap Swim</b> 10:45am - 1:00pm	<u>NO FAMILY SWIM</u> <b>H2O Cardio</b> <i>Maria Stagnitto</i> 10:30am - 11:30am	<b>Adult Lap Swim</b> 10:45am - 11:30am	<b>Adult Lap Swim</b> 11:00am - 11:30am	<u>NO FAMILY SWIM</u> <b>Aqua Cardio</b> <i>Faye McAneny</i> 9:00 - 10:00am  <u>Group Swim</u>  <u>Lessons</u>  10:00 - 11:00am  <small>(Registered Classes)</small>	<u>Group Swim</u>  <u>Lessons</u>  10:00 - 11:45am  <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>  4:30 - 7:00pm  <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>  5:30 - 8:00pm  <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>  4:30 - 6:30pm  <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>  5:00 - 8:00pm  <small>(Registered Classes)</small> Certain Lap Lanes may be unavailable for lap swimming for clinic and lessons	<b>Adult &amp; Family Swim</b> 1:00pm - 7:00pm		<b>Adult &amp; Family Swim</b> 10:00am - 4:00pm
<b>Adult &amp; Family Swim</b> 4:30pm - 7:00pm	<b>Adult Lap Swim</b> 7:00 - 9:00pm	<b>Adult &amp; Family Swim</b> 4:30pm - 6:30pm	<b>Adult Lap Swim</b> 7:00 - 9:00pm	<b>Adult &amp; Family Swim</b> 1:00pm - 7:00pm		<b>Adult &amp; Family Swim</b> 10:00am - 4:00pm
<u>NO FAMILY SWIM</u>  <b>H2O Cardio</b>  <i>Lori Sundstrom</i>  7:00 - 8:00pm	<b>Adult Lap Swim</b> 7:00 - 9:00pm	<u>NO FAMILY SWIM</u>  <b>H2O Cardio</b>  <i>Lori Sundstrom</i>  6:30 - 7:30pm	<b>Adult Lap Swim</b> 7:00 - 9:00pm	<b>Adult &amp; Family Swim</b> 1:00pm - 7:00pm		<b>Adult &amp; Family Swim</b> 10:00am - 4:00pm
<b>Adult &amp; Family Swim</b> 8:00pm - 9:00pm	<b>Adult Lap Swim</b> 7:00 - 9:00pm	<b>Adult &amp; Family Swim</b> 7:30pm - 9:00pm	<b>Adult Lap Swim</b> 7:00 - 9:00pm	<b>Adult &amp; Family Swim</b> 1:00pm - 7:00pm		<b>Adult &amp; Family Swim</b> 10:00am - 4:00pm
<b>POOL CLOSSES</b> 9:00pm	<b>POOL CLOSSES</b> 9:00pm	<b>POOL CLOSSES</b> 9:00pm	<b>POOL CLOSSES</b> 9:00pm	<b>POOL CLOSSES</b> 7:00pm	<b>POOL CLOSSES</b> 4:00pm	<b>POOL CLOSSES</b> 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!**

Updated  
1/1/2023

# Aspen Hill Club Aquatic Schedule Winter 2023

Aquatics Department  
301-598-5200 ext. 129  
Director: James Morrison  
Group Ex. Director: Maria Kolanowski

## Water Aerobic Format Description

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### H2O Cardio: (Level 2-3)

A mix of traditional water moves with intensity intervals and the constant resistance of the water.

### Aqua Sculpt: (Power H2O)

Sculpt your body in the pool. Use the resistance of the water to shape, tone and develop muscle strength and flexibility.



Faye McAneny



Mary Kempf

Your Water  
Aerobic  
Instructors



Maria Kolanowski



Maria Stagnitto

**Water Classes are subject to change.  
Please contact ext. 129 if you need information  
regarding Group Exercise Water Classes.**

### 25 Meter Pool

64 Lengths = 1 Mile  
32 Lengths = 1/2 Mile  
16 Lengths = 1/4 Mile