

Aspen Hill Club Aquatic Schedule Winter 2023

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)	Group Swim Lessons 10:00 - 11:45am (Registered Classes)
Adult Lap Swim 11:30am - 1:00pm	Adult Lap Swim 11:30am - 1:00pm	Adult Lap Swim 11:30am - 1:00pm	Adult Lap Swim 11:30am - 1:00pm	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	Adult & Family Swim 1:00pm - 7:00pm	Adult & Family Swim 1:00pm - 7:00pm	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 - 8:00pm (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 - 8:00pm (Registered Classes) Certain Lap Lanes may be unavailable for lap swimming for clinic and lessons	Adult & Family Swim 1:00pm - 7:00pm	Adult & Family Swim 10:00am - 4:00pm	Adult & Family Swim 10:00am - 4:00pm
Adult & Family Swim 4:30pm - 7:00pm	Adult & Family Swim 4:30pm - 7:00pm	Adult & Family Swim 4:30pm - 7:00pm	Adult & Family Swim 4:30pm - 7:00pm	Adult & Family Swim 4:30pm - 7:00pm	Adult & Family Swim 4:30pm - 7:00pm	Adult & Family Swim 4:30pm - 7:00pm
NO FAMILY SWIM H2O Cardio <i>Lori Sundstrom</i> 7:00 - 8:00pm	Adult Lap Swim 7:00 - 9:00pm	NO FAMILY SWIM H2O Cardio <i>Lori Sundstrom</i> 6:30 - 7:30pm	Adult Lap Swim 7:00 - 9:00pm	Adult Lap Swim 7:00 - 9:00pm	Adult Lap Swim 7:00 - 9:00pm	Adult Lap Swim 7:00 - 9:00pm
Adult & Family Swim 8:00pm - 9:00pm	Adult & Family Swim 8:00pm - 9:00pm	Adult & Family Swim 8:00pm - 9:00pm	Adult & Family Swim 8:00pm - 9:00pm	Adult & Family Swim 8:00pm - 9:00pm	Adult & Family Swim 8:00pm - 9:00pm	Adult & Family 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!

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

H2O Cardio: (Level 2-3)

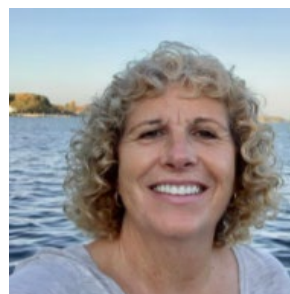
A mix of traditional water moves with intensity intervals and the constant resistance of the water.

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