

Updated
9/1/2023

Aspen Hill Club Aquatic Schedule Fall 2023

Aquatics Department
301-598-5200 ext. 129
Director: Margaret Williams
Group Ex. Director: Maria Kolanowski

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim 6:00 - 10:30am	Adult Lap Swim 6:00 - 10:00am	Adult Lap Swim 6:00 - 10:30am	Adult Lap Swim 6:00 - 10:00am	Adult Lap Swim 6:00 - 10:00am	Adult Lap Swim 8:00 - 9:00am	Adult Lap Swim 8:00 - 10:00am
	NO FAMILY SWIM Aqua Sculpt Mary Kempf 10:00am - 10:45am		NO FAMILY SWIM Aqua Suspension Mary Kempf 10:00am - 11:00am	NO FAMILY SWIM Aqua Sculpt Maria Kolanowski 10:00am - 10:45am		
NO FAMILY SWIM Water Aerobics Nina Hazir 10:30am - 11:15am	Adult Lap Swim 10:45am - 1:00pm	NO FAMILY SWIM Water Aerobics Nina Hazir 10:30am - 11:15am	Adult Lap Swim 11:00am - 1:00pm	Adult Lap Swim 10:45am - 1:00pm	NO FAMILY SWIM Aqua Cardio Faye McAneny 9:00 - 10:00am	NO FAMILY SWIM Aqua Suspension Lauren Lee 10:00 - 10:45am
Water Babies Victoria 11:15am-11:45am		Adult Lap Swim 11:15am - 1:00pm			NO FAMILY SWIM Aqua Suspension Lauren Lee 10:00 - 10:45am	
Adult Lap Swim 11:45am - 1:00pm	Adult & Family Swim 1:00pm - 5:00pm	Adult & Family Swim 1:00pm - 5:00pm	Adult & Family Swim 1:00pm - 5:00pm	Adult & Family Swim 1:00pm - 5:00pm	Adult & Family Swim 10:00am - 4:00pm	Adult & Family Swim 10:45am - 12:30pm
Adult & Family Swim 1:00pm - 5:00pm		Jr. Level 3 Group Lessons Victoria 5:00pm-5:45pm				
Jr. Level 1 Group Lessons Victoria 5:00pm-5:30pm 5:30pm-6:00pm		Jr. Level 2 Group Lessons Kelly 5:00pm-5:30pm 5:30pm-6:00pm				
Adult Level 1 Group Lessons Victoria 6:00pm-6:30pm	Jr. Level 2 Group Lessons Kelly 5:00pm-5:30pm 5:30pm-6:00pm	Adult Level 3 Group Lessons Victoria 5:45pm-6:15pm	Jr. Competitive Clinic (6-9 yrs.) Kelly 5:00pm-5:45pm	Adult & Family Swim 1:00pm - 7:00pm	Adult & Family Swim 10:00am - 4:00pm	Water Babies Amy 12:30pm-1:00pm
Jr. Competitive Clinic (6-9 yrs.) Victoria 6:30pm-7:15pm	Adult Level 2 Group Lessons Amy 5:30pm-6:00pm	Jr. Level 3 Group Lessons Victoria 6:15pm-7:00pm	Jr. Competitive Clinic (10-12 yrs.) Christina 5:45pm-6:30pm			
NO FAMILY SWIM Aqua Sculpt Maria Kolanowski 7:00pm - 7:45pm	Jr. Competitive Clinic (10-12 yrs.) Kelly 6:00pm-6:45pm	NO FAMILY SWIM Aqua Sculpt Maria Kolanowski 7:00pm - 7:45pm	Jr. Competitive Clinic (13-17 yrs.) Christina 6:30pm-7:30pm			
Adult & Family Swim 7:45pm - 9:00pm	Adult & Family Swim 6:45pm - 9:00pm	Jr. Competitive Clinic (13-17 yrs.) Victoria 7:00pm-8:00pm	Master's Swim Adults Maria 7:00pm-8:00pm	Adult & Family Swim 1:00pm - 4:00pm	Adult & Family Swim 1:00pm - 4:00pm	Adult & Family Swim 1:00pm - 4:00pm
		Adult & Family Swim 8:00pm - 9:00pm	Adult & Family Swim 8:00pm - 9:00pm			
POOL CLOSSES 9:00pm	POOL CLOSSES 9:00pm	POOL CLOSSES 9:00pm	POOL CLOSSES 9:00pm	POOL CLOSSES 7:00pm	POOL CLOSSES 4:00pm	POOL CLOSSES 4:00pm

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.

All Patrons Must Shower Before Entering The Pool!

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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)

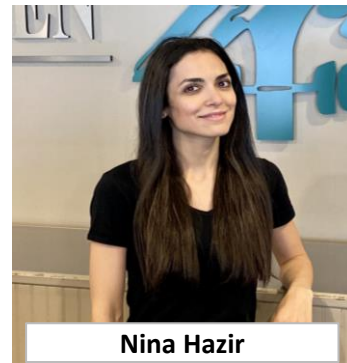
Sculpt your body in the pool. Use the resistance of the water to shape, tone and develop muscle strength and flexibility.



Faye McAneny



Maria Kolanowski



Nina Hazir



Lauren Lee



Mary Kempf

Your Water Aerobic Instructors

Instructors and Group Exercise

Water Classes are subject to change.

Please contact ext. 129 if you need information

25 Meter Pool

64 Lengths = 1 Mile

32 Lengths = 1/2 Mile

16 Lengths = 1/4 Mile