

Aspen Hill Club Aquatic Schedule Winter 2024

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 5:45 - 10:30am	Adult Lap Swim 5:45 - 10:00am	Adult Lap Swim 5:45 - 10:30am	Adult Lap Swim 5:45 - 10:00am	Adult Lap Swim 5:45 - 10:00am	Adult Lap Swim 8:00 - 9:00am	Adult Lap Swim 8:00 - 10:00am
NO FAMILY SWIM Water Aerobics Kristy Hardy 10:30 - 11:30am (3 Lanes)	NO FAMILY SWIM Aqua Sculpt Mary Kempf 10:00 - 10:45am (3 Lanes)	NO FAMILY SWIM Water Aerobics Regina DiTullio 10:30 - 11:15am (3 Lanes)	NO FAMILY SWIM Aqua Suspension Mary Kempf 10:00 - 11:00am (3 Lanes)	NO FAMILY SWIM Aqua Sculpt Maria Kolanowski 10:00 - 10:45am (3 Lanes)		
Adult Lap Swim 11:30am - 1:00pm	Adult Lap Swim 10:45am - 1:00pm	Adult Lap Swim 11:15am - 1:00pm	NO FAMILY SWIM Senior Aqua Fit Faye McAneny 11:15am - 12:00pm (3 Lanes)	Adult Lap Swim 10:45am - 1:00pm	NO FAMILY SWIM Aqua Cardio Faye McAneny 9:00 - 10:00am (3 Lanes)	NO FAMILY SWIM Aqua Suspension Lauren Lee 10:00 - 10:45am (3 Lanes)
Adult & Family Swim 1:00 - 7:00pm		Adult & Family Swim 1:00 - 7:00pm	Adult Lap Swim 12:00 - 1:00pm		Adult & Family Swim 1:00 - 9:00pm	
Jr. Level 2 Group Lessons 5:30 - 6:00pm	Adult & Family Swim 1:00 - 9:00pm	Jr. Level 1 Group Lessons 5:30 - 6:00pm	Adult & Family Swim 1:00 - 9:00pm	Adult & Family Swim 1:00 - 7:00pm	Adult & Family Swim 10:00am - 4:00pm	Adult & Family Swim 10:45am - 4:00pm
Jr. Level 1 Group Lessons 6:00 - 6:30pm		Jr. Level 2 Group Lessons 6:00 - 6:30pm				
Jr. Competitive Clinic (6-12 yrs.) 6:00 - 6:45pm		Jr. Level 3 Group Lessons 6:00 - 6:45pm	Jr. Level 1/2 Group Lessons 5:45 - 6:15pm			
NO FAMILY SWIM Aqua Sculpt Maria Kolanowski 7:00-7:45pm (3 Lanes) Lap Lanes for swimmers are limited	Jr. Level 3 Group Lessons 5:30 - 6:15pm	NO FAMILY SWIM Aqua Sculpt Maria Kolanowski 7:00-7:45pm (3 Lanes) Lap Lanes for swimmers are limited	Jr. Level 3 Group Lessons 6:00 - 6:45pm	Adult & Family Swim 1:00 - 7:00pm	Bobbers (3-5 yrs.) 11:00 - 11:30am (Shallow Area)	Adult & Family Swim 10:45am - 4:00pm
Adult & Family Swim 7:45 - 9:00pm	Jr. Competitive Clinic (6-12 yrs.) 6:00 - 6:45pm	Adult & Family Swim 7:45 - 9:00pm	Jr. Competitive Clinic (6-12 yrs.) 6:00 - 6:45pm		Bobbers (3-5 yrs.) 11:30am - 12:00pm (Shallow Area)	
POOL CLOSES 9pm	POOL CLOSES 9pm	POOL CLOSES 9pm	POOL CLOSES 9pm	POOL CLOSES 7pm	POOL CLOSES 4pm	POOL CLOSES 4pm

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.

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Water Aerobic Format Description

H2O Cardio: (Level 2-3)

Aqua Sculpt: (Power H2O)



Faye McAneny



Maria Kolanowski



Kristy Hardy



Lauren Lee



Regina DiTullio



Mary Kempf

Your Water Aerobic Instructors

Instructors and Group Exercise

Water Classes are subject to change.

Please contact ext. 129 if you need information regarding

25 Meter Pool