Updated: 9/1/2026

Aspen Hill Club
Aquatic Schedule
Fall 2026

Aquatics Department
301-588-5200 ext 129
Aquatics Director: Warren Peterson

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 - 12:00pm
*Adult Swim Only (2 Lap lanes avaialble until 11:30am) Water Aerobics Kathleen Laguna 10:30 - 11:15am (3 Lanes)	*Adult Swim Only (2 Lap lanes avaialble until 10:45am) Aqua Sculpt Mary Kempf 10:00 - 10:45am (3 Lanes)	*Adult Swim Only (2 Lap lanes avaialble until 11:15am) Water Aerobics Faye McAney 10:30 - 11:15am (3 Lanes)	*Adult Swim Only (2 Lap lanes avaialble until 11:00am) Aqua Suspension Mary Kempf 10:00 - 11:00am (3 Lanes)	*Adult Swim Only (2 Lap lanes avaialble until 10:45am) Aqua Sculpt Yicell Martinez 10:00 - 10:45am (3 Lanes)		
Adult Lap Swim Only 11:30am - 230pm _____ Adult & Family Swim 2:30pm - 6:30pm	Adult Lap Swim Only 10:45am 2:30pm _____ Adult & Family Swim 2:30pm - 7:45pm	Adult Lap Swim Only 11:15am -2:30pm _____ Adult & Family Swim 2:30 - 7:00pm	Adult Lap Swim 11:00am - 2:30pm	Adult Lap Swim 10:45am - 2:30pm	NO FAMILY SWIM Aqua Cardio Faye McAneny 9:00 - 10:00am (2 Lap Lanes available for lap swimming)	NO FAMILY SWIM Aqua Suspension Shannon Nacua 10:00 - 10:45am (2 Lanes available for Lap Swimming from 10am - 1045am _____ All lanes available from 1045am-12pm
					Adult Swim 10:00am - 11:30am (All lanes available)	
Level 1 Group Lesson - @ 5pm - 5:30pm (Runs from 9/15-10/24) _____ Level 2b Group Lesson @ 5:30pm - 6:00pm (Runs from 9/15-10/24) **Adult & Family cont.		Level 4 Group Lesson @ 5:00pm - 5:45pm (Runs from 9/14-10/24) **Adult & Family cont.	Adult & Family Swim 2:30 - 7:45pm	Prvate Swin Lessons run from 5-8pm *A designated section of the pool will be reserved during this time* *Adult Swim cont with 3 laplanes.	Bobbers with Parent in Water 11am - 11:30am (Runs from 9/14-10/24) _____ Level 1 Group Lesson 11:45am - 12:15pm *Adult/Family Swim Modified	Level 1 Group Lesson - @ 12pm - 12:30pm (Runs from 9/14 - 10/24) *Adult/Family Swim Modified
Level 3 Group Lesson @ 5:45pm - 6:30pm (Runs from 6/15-7/27) **Adult & Family cont.	Prvate Swin Lessons run from 5-7pm A designated section of the pool will be reserved during this time *Adult Swim cont with 3 laplanes. .	Competitive / Endurance Clinic @ 6pm - 6:45pm (Runs from 9/14-10/24) ***Adult & Family cont	Level 3 @ 5:45pm - 6:30pm (Runs from 9/14-10/24) **Adult & Family cont.			Adult & Family Swim 12:00pm - 4:00pm
NO FAMILY SWIM Aqua Sculpt Yicell Martinez 6:30-7:30pm (3 Lanes) Lap Lanes for swimmers are limited		NO FAMILY SWIM Aqua Sculpt Shannon Nacua 7:00-7:45pm (3 Lanes) Lap Lanes for swimmers are limited		Adult & Family Swim 2:30 - 7:45pm	Adult & *Family Swim* 11:30am - 4:00pm	
Lap Lane Swim Only *All LANES AVAILABLE (ages 12+) 7:45 - 9:00pm	*Lap Lane Swim Only* *All LANES AVAILABLE (ages 12+) 7:45 - 9:00pm	*Lap Lane Swim Only* *All LANES AVAILABLE (ages 12+) 7:45 - 9:00pm	*Lap Lane Swim Only* *All LANES AVAILABLE (ages 12+) 7:45 - 9:00pm			
POOL CLOSES 9pm	POOL CLOSES 9pm	POOL CLOSES 9pm	POOL CLOSES 9pm	POOL CLOSES 8pm	POOL CLOSES 4pm	POOL CLOSES 4pm

*Children are **not permitted** to play in the pool during Water Aerobics classes. They may play during Family Swim times. Please check the schedule before arriving to ensure there is space for your children to play. If you arrive during Adult Lap Swim or Group Lessons and space is available, you and your child may be allowed to play freely. However, if at any time the guard feels it is unsafe due to lap swimmers or Group Lessons, they may ask for your patience and limit the area in which your child may play . The Lifeguard on duty will enforce all policies. All Family Swim times marked with (*) designate a restricted swim period where the guard may cone off a specific area for families due to ongoing lessons. Lap Lane Swim times are designated for lap swimming only, and members must use the lane to maintain their reservation. Lanes not in use will be available for general use. Fall Group Lessons run from September 14th through October 24th*

All Patrons Must Shower Before Entering The Pool!