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
Lap Swim 5:45 - 10:30am	Lap Swim 5:45 - 10:00am	Lap Swim 5:45 - 10:30am	Lap Swim 5:45 - 10:00am	Lap Swim 5:45 - 10:00am	Lap Swim 8:00 - 9:00am	Lap Swim 8:00 - 12:00pm
*Lap Swim Only (2 Lap lanes avaialble until 11:15am) Water Aerobics Kathleen Laguna 10:30 - 11:15am (3 Lanes)	*Lap Swim Only (2 Lap lanes avaialble until 10:45am) Aqua Sculpt Mary kempf 10:00 - 10:45am (3 Lanes)	*Lap Swim Only (2 Lap lanes avaialble until 11:15am) Water Aerobics Faye McAney 10:30 - 11:15am (3 Lanes)	*Lap Swim Only (2 Lap lanes avaialble until 10:45am) Aqua Suspension Mary kempf 10:00 - 10:45am (3 Lanes)	*Lap Swim Only (2 Lap lanes avaialble until 10:45am) Aqua Sculpt Yicell Martinez 10:00 - 10:45am (3 Lanes)		
Lap Swim Only 11:30am - 230pm _____ Lap & Family Swim 2:30pm - 6:30pm	Lap Swim Only 11:00am - 230pm _____ Lap & Family Swim 2:30pm - 6:30pm	Lap Swim Only 11:30am - 230pm _____ Lap & Family Swim 2:30pm - 6:30pm	Lap Swim 11:00am - 2:30pm	Lap Swim 10:45am - 2:30pm	*Lap Swim Only (2 Lap lanes avaialble until 10:00am) Aqua Cardio Faye McAney 09:00- 10:00am (3 Lanes)	*Lap Swim Only (2 Lap lanes avaialble until 10:45am) Aqua Suspension Shannon Nacua 10:00 - 10:45am (3 Lanes)
Level 1 Group Lesson - @ 5pm - 5:30pm _____ Level 2b Group Lesson @ 5:30pm - 6:00pm **Lap & Family cont.	Prvate Swin Lessons run from 4-7pm A designated section of the pool will be reserved during this time *Lap Swim cont with 3 laplanes. .	Level 4 Group Lesson @ 5:00pm - 5:45pm **Lap & Family cont.	Lap Swim & 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* *Lap Swim cont with 3 laplanes.	Lap Swim 10:00am - 11:30am (All lanes available) Bobbers with Parent in Water 11am - 11:30am _____ Level 1 Group Lesson 11:45am - 12:15pm * Lap & Family Swim Modified	Level 1 Group Lesson - @ 12pm - 12:30pm * Lap & Family Swim Modified
Level 3 Group Lesson @ 5:45pm - 6:30pm **Lap & Family cont.		Competitive / Endurance Clinic @ 6pm - 6:45pm ***Lap & Family cont	Level 3 @ 5:45pm - 6:30pm **Lap & Family cont.	Lap & Family Swim 2:30 - 7:45pm	Lap & *Family Swim* 11:30am - 4:00pm	Lap & 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				
Lap Lane Swim Only *All LANES AVAILABLE 7:45 - 9:00pm	*Lap Lane Swim Only* *All LANES AVAILABLE 7:45 - 9:00pm	*Lap Lane Swim Only* *All LANES AVAILABLE 7:45 - 9:00pm	*Lap Lane Swim Only* *All LANES AVAILABLE 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 <u>not permitted</u> 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!