

Updated
12/01/11

Aspen Hill Club Aquatic Schedule Winter 2011

Aquatics Department

301-598-5200 ext. 129
Director: Mary Piergalline

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 5:30-8:00am	Open Swim 5:30-8:45am	Open Swim 5:30-8:00am	Open Swim 5:30-8:45am	Open Swim 5:30-8:00am	Open Swim 7:00-9:00am	Open Swim 7:00-9:00am
H2O Cardio <i>Stephanie</i> 8:00-9:00am	Aqua Sculpt <i>Maria</i> 8:45-9:30am	H2O Cardio <i>Jean</i> 8:00-9:00am	Aqua Sculpt <i>Maria</i> 8:45-9:30am	H2O Cardio <i>Jean</i> 8:00-9:00am	Power H2O <i>Faye</i> 9:00-10:00am	Power H2O <i>Chamini</i> 9:00-10:00am
Open Swim 9:00-9:30am		Open Swim 9:00-9:30am		Open Swim 9:00-9:30am		
Aqua Fit <i>Letty</i> 9:30-10:30am	H2O Cardio <i>Tracy</i> 9:30-10:30am	AquaSuspension <i>Jean</i> 9:30-10:30am	H2O Cardio <i>Tracy</i> 9:30-10:30am	Aqua Fit <i>Debra</i> 9:30-10:30am	Open Swim 10:00 - 3:00pm	Open Swim 10:00 - 5:00pm
Aqua Sculpt <i>Jackie</i> 10:30-11:30am	Water Walking <i>Tracy</i> 10:30-11:15am	Open Swim 10:30-10:45am	H2O Cardio <i>Letty</i> 10:30-11:30am	Water Walking <i>Debra</i> 10:30-11:15am	Swim Lessons 10:00am- 12:00pm	Swim Lessons 4:00 to 6:00pm
Open Swim 11:15am- 7:00pm	Open Swim 11:15am- 1:00pm	Happy Mussels <i>Jean</i> 10:45-11:30am				
Terry's Clinic 3:30-6:30	Terry's Clinic 4:15-6:30	Open Swim 11:30am- 7:00pm	Terry's Clinic 4:15-6:30	Open Swim 11:15am- 6:30pm	Open Swim 12:00-3:00pm	Open Swim 3:00-5:00pm
Open Swim 1:30-7:00pm	Arthritis Phase 1 <i>Judy</i> 1:00-1:45pm	Terry's Clinic 3:30-6:30	Arthritis Phase 1 <i>Judy</i> 1:00-1:45pm		Open Swim 1:45-8:00pm	Water Walking <i>Chamini</i> 3:00-4:00pm
H2O Cardio Rotates Week 1 - <i>Mary</i> 2 - <i>Jennifer</i> 3 - <i>Chamini</i> 4 - <i>TBA</i> 7:00-8:00pm	Open Swim 1:45-7:00pm	Deep Suspension <i>Faye</i> 7:00-8:00pm	Open Swim 1:45-8:00pm	H2O Cardio <i>Mary</i> 6:30-7:30pm		
	NO OPEN SWIM Master Swim 8:00-9:30pm				Open Swim 8:00pm-10:00pm	NO OPEN SWIM Master Swim 8:00-9:30pm
Open Swim 8:00pm-10:00pm	Open Swim 9:30pm-10:00pm	Open Swim 8:00pm-10:00pm	Open Swim 9:30pm-10:00pm	Open Swim 7:30pm - 10:00pm	POOL CLOSSES 7:00pm	POOL CLOSSES 7:00pm
Pool Closes at 10:00pm Monday through Friday					Pool Closes at 7:00pm Saturday and Sunday	

Instructors and Group Exercise Water Classes are subject to change. Please contact Heather Smith, Senior Director at ext. 126 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
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Children are not permitted to play in the pool during water aerobic classes or Master Swim.
However, children are permitted to play during open swim times.

Water Aerobic Format Description

Water Walking: (Level 1)

Smooth rhythmic movements designed to increase strength and flexibility.

Arthritis Phase 1: (Level 1)

Designed to increase your range of motion and improve muscular endurance and strength. This is great for those with knee, back or other physical limitations.

Happy Mussels: (Level 2)

This class is one step away from traditional group exercises. It uses challenging low impact moves to make a great cardiovascular workout.

H2O Cardio: (Level 2-3)

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

Aqua Suspension: (Level 3)

Buoyancy Belts are used to suspend your body in the water, while you perform various exercises. Swimming knowledge required.

Aqua Fit: (Power H2O)

This is a high intensity class; water experience required.

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.

Aqua Step: (Level varies)

This class will be using Water Aerobics Moves on a step in the pool. The intensity and level will vary to fit the needs of the participants.

Master Swim: (Coached by Terry Kominsky)

This is a coached workout for proficient adult lap swimmers. The hour includes interval and endurance training.

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