



# AQUATIC SCHEDULE

September 2019

1472 Chain Bridge Road, McLean, VA 703-356-3300  
www.mcleanrhclub.com

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
LAP SWIM SWIM LESSONS** 6-9:30 am	LAP SWIM SWIM LESSONS** 6-9:30 am	LAP SWIM SWIM LESSONS** 6-9:30 am	LAP SWIM SWIM LESSONS** 6-9:30 am	LAP SWIM SWIM LESSONS** 6-9:30 am	LAP SWIM SWIM LESSONS** 7-9 am	LAP SWIM SWIM LESSONS** 7-9:30 am
MOM & ME** 9:30-10 am	OPEN SWIM SWIM LESSONS** 10 am - 4 pm	H2O TOTAL TONE Jon 10 am 75 Min Lvl ML	H2O TURBO Mike 9:45-10:45 am 60 Min Lvl ML	H2O TOTAL TONE Nancy 9:30 am 60 Min Lvl ML	OPEN SWIM SWIM LESSONS** 9 am - 9:30 pm	MOM & ME** 9:30-10 am
POWER PLUNGE Cynthia 10 am 75 Min Lvl ML	SWIM CLINICS** 4 - 8 pm	OPEN SWIM SWIM LESSONS** 11:15 am - 9 pm	OPEN SWIM SWIM LESSONS** 10:45 am - 7 pm	OPEN SWIM SWIM LESSONS** 10:30 am - 10:30 pm		AQUA-MIX Lisa 10 am 75 Min. Lvl ML
OPEN SWIM SWIM LESSONS** 11:15 am - 9 pm	OPEN SWIM SWIM LESSONS** 7 - 9 pm	LAP SWIM SWIM LESSONS** 9 - 10:30 pm	AQUA CORE Lisa 7 pm 60 Min Lvl ML			OPEN SWIM SWIM LESSONS** 11:15 am - 4:15 pm
LAP SWIM SWIM LESSONS** 9 - 10:30 pm	LAP SWIM SWIM LESSONS** 9 - 10:30 pm		OPEN SWIM SWIM LESSONS** 8 - 9 pm			SWIM CLINICS** 4:15 - 7:30 pm
			LAP SWIM SWIM LESSONS** 9 - 10:30 pm			OPEN SWIM SWIM LESSONS** 8 - 9:30 pm

\*\* These are paid classes.  
see flyers for details.

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TBA = To Be Announced

- AM H2O classes automatically receive 2 lanes. A 3rd lane will be given at the lifeguards discretion.
- During Open Swim, lap swimming is only allowed in the reserved lap lane, and one lane may be used for a swim lesson.
- During swim clinics there will be only one lane available for adult lap swimming unless otherwise noted.
- Children may only swim during open swim times or during a swim lesson.
- One lane will be open at all times for Lap Swimming - PLEASE SHARE LANES AS NEEDED, Circle swim, 30 minute time limit while others are waiting.
- No children 8 years of age or under may be left unattended.
- Any child 9 to 12 unaccompanied by an adult must pass a swim test. (See Lifeguard for details)

Kids under 16 are not permitted to use hot tub

# AQUATIC CLASS DESCRIPTIONS

## **H2O TURBO**

This aerobic class offers a vigorous, shallow water workout. 35 minutes of aerobic and strength intervals, 25 minutes of core and stretch work and a cool-down. Equipment will be used occasionally and the focus of H2O Turbo will be to enthusiastically move the water!

## **TOTAL TONE**

A full body work out that provides both aerobic conditioning and core strength exercises. Emphasis is on proper form and posture for noticeable conditioning improvements. You will love the challenge and variety of exercises.

## **OPEN SWIM**

Pool is unreserved and available for members' enjoyment.

## **POWER PLUNGE**

Take the "Plunge" with this terrific 1 1/4 hour class. This class into one forty-five minute segment dedicated to strength and cardio and thirty minute segment dedicated to flexibility and stability. Don't miss the enthusiasm and terrific instruction of this class.

## **AQUA MIX**

This class combines both shallow and deep water cardio exercises, with strength training and stretching. An excellent full body conditioning format.

## **AQUA DEEP**

"Maximum Fitness" The Deep Water No-impact class utilizes resistance equipment and a variety of exercises dedicated to increase core strength, muscle tone, and endurance. Excellent for those who want an invigorating and fun "Full Body" workout. Participants are to wear Flotation Belts during this class.

## **PRIVATE & SEMI PRIVATE SWIM LESSONS, SWIM CLINICS**

Private and semi-private lessons are available for all ages and levels. Please see the Aquatics Director for information and a free swimming assessment.

## **LAP SWIM**

During Lap Swim all lanes of the pool are reserved for lap swimmers.

## **MOM & ME \*\***

It's never too soon to introduce your little one to water! A fun and important experience for both you and your baby/toddler, this class will be led by experienced instructor Jo Podlasek. One adult is required to be in the water with the child during the entire 30 minute class.

## **AQUA CORE**

Combinations of cardiovascular exercise, with particular emphasis on core strength, balance, and flexibility. Use of equipment, exercise tubing and water weights, will add a level of challenge to this full body workout.