



# AQUATIC SCHEDULE

April 2021

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

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
LAP SWIM SWIM LESSONS** 6:00 -10:00 am	LAP SWIM SWIM LESSONS** 6:00 am-12 pm	LAP SWIM SWIM LESSONS** 6:00 -10:00 am	LAP SWIM SWIM LESSONS** 6:00 am-10 am	LAP SWIM SWIM LESSONS** 6:00 -9:30 am	LAP SWIM SWIM LESSONS** 7:00 am - 12 pm	LAP SWIM SWIM LESSONS** 7:00 am-10 am
POWER PLUNGE Cynthia 10 am 75 Min Lvl ML	OPEN SWIM SWIM LESSONS** 12:00 pm - 5 pm	H2O TOTAL TONE Cynthia 10 am 75 Min Lvl ML	Aqua Aerobics Lori 10 am - 11 am 60 Min Lvl ML	H2O TOTAL TONE Nancy 9:30 am 60 Min Lvl ML	OPEN SWIM SWIM LESSONS** 12:00 pm - 5 pm	SWIM CLINICS** 10:30 am - 12 pm
OPEN SWIM SWIM LESSONS** 11:15am - 5 pm	SWIM CLINICS** 5:00 pm -7:30 pm	OPEN SWIM SWIM LESSONS** 11:15 am - 5 pm	OPEN SWIM SWIM LESSONS** 11:00 am - 5 pm	OPEN SWIM SWIM LESSONS** 12:00 pm - 5 pm	LAP SWIM SWIM LESSONS** 5:00 pm - 7:30 pm	OPEN SWIM SWIM LESSONS** 12:00 pm - 5 pm
LAP SWIM SWIM LESSONS** 5:00 pm - 9:30 pm	LAP SWIM SWIM LESSONS** 7:30 pm - 9:30 pm	LAP SWIM SWIM LESSONS** 5:00 pm - 9:30 pm	LAP SWIM SWIM LESSONS** 5:00 pm - 9:30 pm	LAP SWIM SWIM LESSONS** 5:00 pm - 9:30 pm		LAP SWIM SWIM LESSONS** 5:00 pm - 7:30 pm

NEW CLASS

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

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TBA = To Be Announced

- H2O classes automatically receive 2 lanes. A 3rd lane will be given at the lifeguards discretion.
- 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.
- Any child 9 to 12 unaccompanied by an adult must pass a swim test. (See Lifeguard for details)
- No Open Swim during Swim Clinics

Hot tub closed during Phase III

# 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.

**Returning Soon.**

## **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.

**Returning Soon.**

## **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.