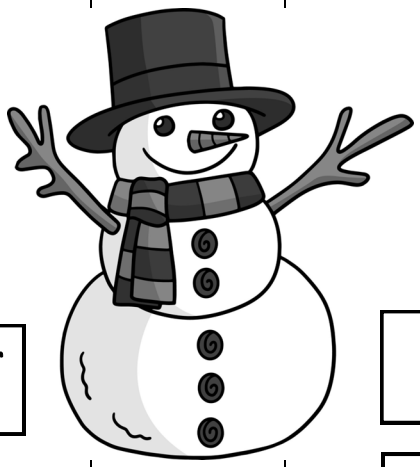
AQUATIC SCHEDULE

December, 2025,

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 - 4:30 pm	MOM & ME** 9:30 am 30 Min	MOM & ME** 10:00 am 30 Min	H20 TOTAL TONE Nancy 9:30 am 60 Min Lvl ML	OPEN SWIM SWIM LESSONS** 12:00 pm - 5 pm	SWIM CLINICS** 10:15 am - 12:30 pm
OPEN SWIM SWIM LESSONS** 12:00 pm- 5 pm	SWIM CLINICS** 4:30 pm -7:30 pm	H20 TOTAL TONE Cynthia 10 am 75 Min Lvl ML	OPEN SWIM SWIM LESSONS** 11:00 am - 5 pm	OPEN SWIM SWIM LESSONS** 10:30 am - 5 pm	LAP SWIM SWIM LESSONS** 5:00 pm - 7:30 pm	MOM & ME** 12:30 pm 30 Min
LAP SWIM SWIM LESSONS** 5:00 pm - 9:30 pm	LAP SWIM SWIM LESSONS** 7:30 pm - 9:30 pm	OPEN SWIM SWIM LESSONS** 12:00 pm - 5 pm	LAP SWIM SWIM LESSONS** 5:00 pm - 9:30 pm	LAP SWIM SWIM LESSONS** 5:00 pm - 9:30 pm		OPEN SWIM SWIM LESSONS** 1:00 pm - 5:00 pm
ADULT SWIM CLINICS** 7:30 pm - 8:15 pm		LAP SWIM SWIM LESSONS** 5:00 pm - 9:30 pm				LAP SWIM SWIM LESSONS** 5:00 pm - 7:30 pm



Pool Closes 30 minutes prior to club closing

** These are paid classes. See website for details.

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- H20 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 (only 1 lane available for lap swim

OPEN SWIM

Pool is available for members' enjoyment

LAP SWIM

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

H2O 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.

POWER PLUNGE

Take the "Plunge" with this terrific 1 1/4 hour class. This class is broken into a 45 minute segment dedicated to strength and cardio with a 30 minute segment dedicated to flexibility and stability. Don't miss the enthusiasm and terrific instruction of this 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.

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 JoVera. One adult is required to be in the water with the child during the entire 30 minute class.

SWIM CLINICS **

Organized weekly group classes, for more details inquire at the front desk. Open swim is not available during swim clinics. (only 1 lane available for lap swim)

PRIVATE & SEMI PRIVATE SWIM LESSONS

Private and semi-private lessons are available for all ages and levels. Please see the Aquatics Director for more information or visit the Aquatics page on our website www.mcleanrhclub.com

LESSON LENGTH	MEMBER-RATE	NON-MEMBER RATE
30 MINUTES		
PRIVATE	$46	$58
2 PEOPLE	$29	$35
3 PEOPLE	$24	$28