

**POOL HOURS**  
**MON-FRI**  
**5AM-9:00PM**  
**SATURDAY**  
**8AM-9:00PM**  
**SUNDAY**  
**10AM-9:00PM**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am							
5:30am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		
6am							
6:30am							
7am							
7:30am							
8am							
8:30am						Adult Conditioning 6 lanes	
9am							
9:30am	Aqua Aerobics @ 8:50am   Adult Cond. 2 lanes	Aqua Tone @ 8:50am   Adult Cond. 2 lanes	Aqua Aerobics @ 8:50am   Adult Cond. 2 lanes	Aqua Tone @ 8:50am   Adult Cond. 2 lanes	Aqua Aerobics @ 8:50am   Adult Cond. 2 lanes	Group Lesson   Adult Cond. 2 lanes	
10am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		
10:30am	Group Lessons   Adult Cond. 4 lanes	Group Lessons   Adult Cond. 4 lanes	Group Lessons   Adult Cond. 2 lanes	Group Lessons   Adult Cond. 2 lanes	Group Lessons   Open Swim   Adult Cond. 2 lanes		Adult Conditioning 6 lanes
11am							
11:30am							
12pm	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		
12:30pm							
1pm	Group Lesson Ends @ 3:45   Adult Cond. 2 lanes	Group Lessons   Adult Cond. 4 lanes	Group Lesson Ends @ 3:45   Adult Cond. 2 lanes	Group Lessons   Adult Cond. 4 lanes	Group Lessons   Adult Cond. 2 lanes	Adult Conditioning 6 lanes	Open Swim   Adult Cond. 2 lanes** Subject to availability, call ahead to confirm.
1:30pm							
2pm						Open Swim   Adult Cond. 2 lanes	
2:30pm							
3pm							
3:30pm	Swim Team		Swim Team		Swim Team   Open Swim   Adult Cond. 2 lanes		
4pm		Swim Team   Adult Cond. 2 lanes		Swim Team   Adult Cond. 2 lanes			Gauntlet Party Rental
4:30pm		Open Swim		Open Swim			
5pm							
5:30pm							Adult Conditioning 6 lanes
6pm	Aqua Zumba		Transition Time				
6:30pm		Adult Cond. 2 lanes		Adult Cond. 2 lanes		Adult Conditioning 6 lanes	
7pm			Open Swim   Water Warrior Wednesday with The Gauntlet				
7:30pm	Open Swim (starts at 7:15pm)						
8pm		Adult Conditioning 6 lanes		Adult Conditioning 6 lanes			
8:30pm			Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		
9pm							

<b>Adult Conditioning</b> A time reserved exclusively for lap swimming and other conditioning activities.	<b>Group Lesson</b> We offer a variety of swim lesson programs at Starfish Academy to accommodate any age and skill level. Call 365-7393 for more information.	<b>Open Swim</b> A section of the pool is dedicated to activities for all ages. Lifeguards will be present and water slides may be turned on at their discretion. *Children under 9 MUST be accompanied by an adult.	<b>Group Fitness</b> A variety of fun, FREE classes for members.	<b>Swim Team</b> A section of the pool is dedicated to the Stingray Swim Team for practice.	<b>Water Warrior Wednesday</b> Features The Gauntlet, a floating obstacle course for children ages 6+.	<b>Gauntlet Party Rental</b> A time reserved for Gauntlet party rentals, a floating obstacle course for children ages 6+. Contact a reservation specialist at 365-7393 for more information.
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Schedules are subject to change. For the most up-to-date information, view the schedule online at [thealaskaclub.com](http://thealaskaclub.com) or download The Alaska Club app.