

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

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