

THE ALASKA CLUB SOUTH POOL SCHEDULE SUMMER 2017

POOL HOURS
MON-SAT
5AM-9:45PM
SUN
7AM-7:45PM

Wading Pool Hours

Mon 5am-4pm, 5:30-9:30pm
Tues 5-10:30am, 12-5pm, 6:30-9:30pm
Wed 5am-4pm, 5:30-9:30pm
Thurs 5-10:30am, 12-5pm, 6:30-9:30pm
Fri 5am-9:30pm
Sat 7am-1:30pm, 3:30-8:30pm
Sun 7am-1:30pm, 3:30-8:30pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am							
5:30am	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	
6am	Masters Swim		Masters Swim		Masters Swim		
6:30am	Lap Swim 1 lane		Lap Swim 1 lane		Lap Swim 1 lane		
7am							
7:30am	Lap Swim 4 lanes		Lap Swim 4 lanes		Lap Swim 4 lanes		
8am							
8:30am						Adult Swim Lessons	
9am						Lap Swim 2 lanes	
9:30am						Lap Swim 4 lanes	
10am	H2O Cardio		H2O Cardio		H2O Cardio	H2O Cardio	
10:30am							
11am	Lap Swim 4 lanes	Group Lessons	Lap Swim 4 lanes	Group Lessons	Lap Swim 4 lanes	Lap Swim 4 lanes	
11:30am		Lap Swim 2 lanes		Lap Swim 1 lane			Open Swim
12pm							
12:30pm		Masters Swim		Masters Swim			
1pm	Camp Swim	Camp Swim	Camp Swim	Camp Swim	Camp Swim		
1:30pm							
2pm						Little Ones	
2:30pm						Group Lessons	
3pm							
3:30pm	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 1 lane	
4pm	Group Lessons		Group Lessons		Group Lessons		
4:30pm	Lap Swim 1 lane		Lap Swim 1 lane		Lap Swim 2 lanes		
5pm							
5:30pm		Group Lessons	Swim Team	Group Lessons	Swim Team		
6pm	Open Swim		Open Swim				
6:30pm	Lap Swim 1 lane		Lap Swim 1 lane		Lap Swim 4 lanes		
7pm	Private Lessons 1 lane		Private Lessons 1 lane				
7:30pm		H2O Cardio		H2O Cardio		Open Swim	
8pm		Lap Swim 1 lane		Lap Swim 1 lane		Lap Swim 1 lane	
8:30pm	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes		
9:30pm		Private Lessons 1 lane		Private Lessons 1 lane			
9:45pm							

Lap Swim	Group Lessons	Open Swim	Group Fitness	Swim Team	Wading Pool	Private Lessons	Camp Swim
A time reserved exclusively for lap swimming and other conditioning activities. Must be age 14+	We offer a variety of swim lesson programs at Starfish Academy to accommodate any age and skill level. Call 365-7393 for more information.	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.	A variety of fun, FREE classes for members.	A section of the pool is dedicated to the South Torpedos Swim Team for practice.	A shallow 2ft pool for parents and their little ones to test the waters. Hours of operation listed to the left.	We offer private and semi-private lessons to accommodate any age and skill level at a variety of times. *A section of the pool may be limited for the lessons. Call 365-7393 for more information. *If no private lessons in session, lap swim is available.	A time dedicated to Summer Fun Camp attendees.

Schedules are subject to change. For the most up-to-date information, view the schedule online at thealaskaclub.com or download The Alaska Club app.