



# THE ALASKA CLUB FAIRBANKS POOL SCHEDULE SUMMER 2018

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

### Lap Swim

A time reserved exclusively for lap swimming and other conditioning activities. We also offer private and semi-private lessons during this time.

### Group Lesson

We offer a variety of swim lesson programs at Starfish Academy to accommodate any age and skill level. Call for more information at 365-7393.

### Open swim

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.

### Group Fitness

A variety of fun, FREE classes for members.

### Swim Team

A section of the pool is dedicated to the Stingray Swim Team for practice.

### Water Warrior Wednesday

Features The Gauntlet, a floating obstacle course for children ages 6+.

### Gauntlet Party Rental

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.

**POOL HOURS**  
**MON-FRI**  
**5AM-9PM**  
**SATURDAY**  
**8AM-6:30PM**  
**SUNDAY**  
**10AM-5:30PM**