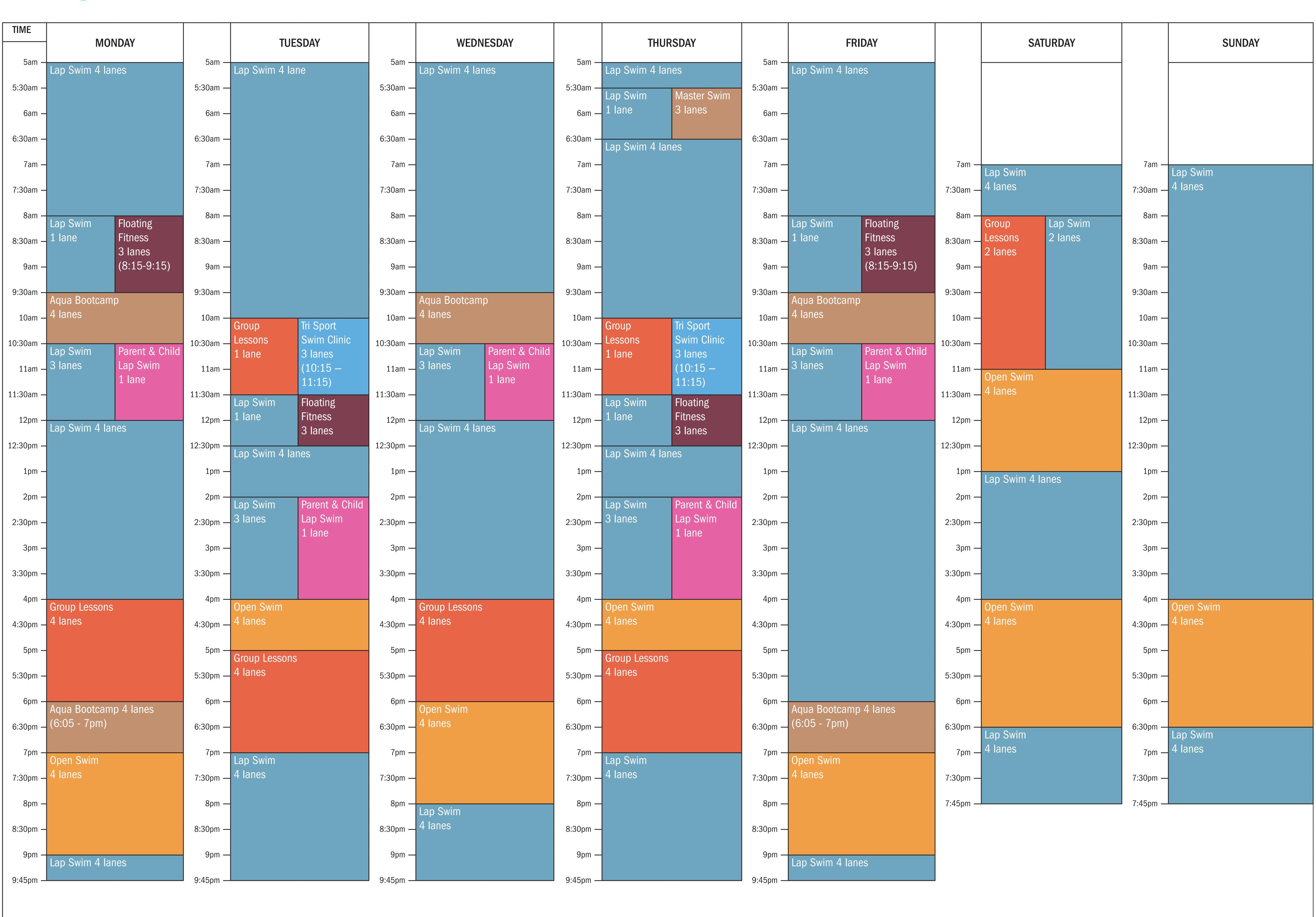


EAGLE RIVER POOL SCHEDULE FALL/WINTER 2018-2019



Lap Swim

A time reserved for lap swimming and other conditioning activities. Private lessons available during this time.

Private Lessons

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.

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

Group Lessons

Parent & Child Lap Swim

Parents must accompany child in pool during lap swim.

Group Fitness

A variety of fun, FREE classes A section of the pool is for members. 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.

Floating Fitness Open Swim

Improve core strength, stability and balance while performing exercises designed to target core on a floating board. Fee based program. Register at the desk or online.

Floating Yoga

Yoga practice on a glide fit board brings new challenges and so much fun to core stabilization, balance and yoga poses. Fee based program. Register at the desk or online.

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