

# EAGLE RIVER POOL SCHEDULE FALL/WINTER 2018-2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Lap Swim 4 lanes	Lap Swim 4 lane	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes		
5:30am	Lap Swim 4 lanes	Lap Swim 4 lane	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes		
6am	Lap Swim 4 lanes	Lap Swim 4 lane	Lap Swim 4 lanes	Lap Swim 1 lane   Master Swim 3 lanes	Lap Swim 4 lanes		
6:30am	Lap Swim 4 lanes	Lap Swim 4 lane	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes		
7am	Lap Swim 4 lanes	Lap Swim 4 lane	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
7:30am	Lap Swim 4 lanes	Lap Swim 4 lane	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
8am	Lap Swim 1 lane   Floating Fitness 3 lanes (8:15-9:15)	Lap Swim 4 lane	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 1 lane   Floating Fitness 3 lanes (8:15-9:15)	Lap Swim 4 lanes	Lap Swim 4 lanes
8:30am	Lap Swim 1 lane   Floating Fitness 3 lanes (8:15-9:15)	Lap Swim 4 lane	Lap Swim 4 lanes	Lap Swim 1 lane   Floating Fitness 3 lanes (8:15-9:15)	Lap Swim 1 lane   Floating Fitness 3 lanes (8:15-9:15)	Group Lessons 2 lanes   Lap Swim 2 lanes	Lap Swim 4 lanes
9am	Lap Swim 1 lane   Floating Fitness 3 lanes (8:15-9:15)	Lap Swim 4 lane	Lap Swim 4 lanes	Lap Swim 1 lane   Floating Fitness 3 lanes (8:15-9:15)	Lap Swim 1 lane   Floating Fitness 3 lanes (8:15-9:15)	Group Lessons 2 lanes   Lap Swim 2 lanes	Lap Swim 4 lanes
9:30am	Aqua Bootcamp 4 lanes	Lap Swim 4 lane	Aqua Bootcamp 4 lanes	Lap Swim 4 lanes	Aqua Bootcamp 4 lanes	Group Lessons 2 lanes   Lap Swim 2 lanes	Lap Swim 4 lanes
10am	Aqua Bootcamp 4 lanes	Group Lessons 1 lane   Tri Sport Swim Clinic 3 lanes (10:15 - 11:15)	Aqua Bootcamp 4 lanes	Group Lessons 1 lane   Tri Sport Swim Clinic 3 lanes (10:15 - 11:15)	Aqua Bootcamp 4 lanes	Group Lessons 2 lanes   Lap Swim 2 lanes	Lap Swim 4 lanes
10:30am	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Group Lessons 1 lane   Tri Sport Swim Clinic 3 lanes (10:15 - 11:15)	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Group Lessons 1 lane   Tri Sport Swim Clinic 3 lanes (10:15 - 11:15)	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Group Lessons 2 lanes   Lap Swim 2 lanes	Lap Swim 4 lanes
11am	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Group Lessons 1 lane   Tri Sport Swim Clinic 3 lanes (10:15 - 11:15)	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Group Lessons 1 lane   Tri Sport Swim Clinic 3 lanes (10:15 - 11:15)	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Group Lessons 2 lanes   Lap Swim 2 lanes	Lap Swim 4 lanes
11:30am	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Lap Swim 1 lane   Floating Fitness 3 lanes	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Lap Swim 1 lane   Floating Fitness 3 lanes	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Group Lessons 2 lanes   Lap Swim 2 lanes	Lap Swim 4 lanes
12pm	Lap Swim 4 lanes	Lap Swim 1 lane   Floating Fitness 3 lanes	Lap Swim 4 lanes	Lap Swim 1 lane   Floating Fitness 3 lanes	Lap Swim 4 lanes	Group Lessons 2 lanes   Lap Swim 2 lanes	Lap Swim 4 lanes
12:30pm	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Group Lessons 2 lanes   Lap Swim 2 lanes	Lap Swim 4 lanes
1pm	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
2pm	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
2:30pm	Lap Swim 4 lanes	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Lap Swim 4 lanes	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
3pm	Lap Swim 4 lanes	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Lap Swim 4 lanes	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
3:30pm	Lap Swim 4 lanes	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Lap Swim 4 lanes	Lap Swim 3 lanes   Parent & Child Lap Swim 1 lane	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
4pm	Group Lessons 4 lanes	Open Swim 4 lanes	Group Lessons 4 lanes	Open Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
4:30pm	Group Lessons 4 lanes	Open Swim 4 lanes	Group Lessons 4 lanes	Open Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
5pm	Group Lessons 4 lanes	Group Lessons 4 lanes	Group Lessons 4 lanes	Group Lessons 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
5:30pm	Group Lessons 4 lanes	Group Lessons 4 lanes	Group Lessons 4 lanes	Group Lessons 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
6pm	Aqua Bootcamp 4 lanes (6:05 - 7pm)	Group Lessons 4 lanes	Open Swim 4 lanes	Group Lessons 4 lanes	Aqua Bootcamp 4 lanes (6:05 - 7pm)	Lap Swim 4 lanes	Lap Swim 4 lanes
6:30pm	Aqua Bootcamp 4 lanes (6:05 - 7pm)	Group Lessons 4 lanes	Open Swim 4 lanes	Group Lessons 4 lanes	Aqua Bootcamp 4 lanes (6:05 - 7pm)	Lap Swim 4 lanes	Lap Swim 4 lanes
7pm	Open Swim 4 lanes	Lap Swim 4 lanes	Open Swim 4 lanes	Lap Swim 4 lanes	Open Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
7:30pm	Open Swim 4 lanes	Lap Swim 4 lanes	Open Swim 4 lanes	Lap Swim 4 lanes	Open Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
8pm	Open Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Open Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
8:30pm	Open Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Open Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
9pm	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
9:45pm	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes

<b>Lap Swim</b>	<b>Private Lessons</b>	<b>Group Lessons</b>	<b>Parent &amp; Child Lap Swim</b>	<b>Group Fitness</b>	<b>Open Swim</b>	<b>Floating Fitness</b>	<b>Floating Yoga</b>
A time reserved for lap swimming and other conditioning activities. Private lessons available during this time.	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.	Parents must accompany child in pool during lap swim.	A variety of fun, FREE classes for members.	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.	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.	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**