

EAST

Pool Schedule

SUMMER 2010

5201 East Tudor Road · 337-9550
Effective May 24, 2010–August 22, 2010



THE ALASKA CLUB

www.thealaskaclub.com

Pool Hours: Monday–Thursday, 5am–9:45pm / Friday, 5am–8:45pm / Saturday–Sunday, 7am–7:45pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM	1–3pm {4L}	1–3pm {4L}	1–3pm {4L}	1–3pm {4L}	1–3pm {4L}		
						4–6pm {4L}	4–6pm {4L}
LAP SWIM	5–6am {5L}	5–6am {5L}	5–6am {5L}	5–6am {5L}	5–6am {5L}		
	6–7am {2–3L}	6–7am {2–3L}	6–7am {2–3L}	6–7am {2–3L}	6–7am {2–3L}		
	7–8am {5L}	7–8am {5L}	7–8am {5L}	7–8am {5L}	7–8am {5L}	7–8:30am {2L}	7am–4pm {5L}
	8–9am {1–2L}	8–9am {5L}	8–9am {1–2L}	8–9am {5L}	8–9am {1–2L}	8:30–9am {5L}	4–6pm {2L}
	9–10am {1–2L}	9–10am {2L}	9–10am {1–2L}	9–10am {2L}	9–10am {2L}	9–11am {1–2L}	6–7:45pm {5L}
	10am–Noon {5L}	10am–Noon {5L}	10am–Noon {5L}	10am–Noon {5L}	10am–Noon {5L}	11am–2pm {3L}	
	Noon–1pm {1–2L}	Noon–1pm {2L}	Noon–1pm {1–2L}	Noon–1pm {2L}	Noon–1pm {1–2L}	2–4pm {5L}	
	1–3pm {2L}	1–3pm {2L}	1–3pm {2L}	1–3pm {2L}	1–3pm {2L}	4–6pm {2L}	
	3–5:30pm {5L}	3–5pm {3L}	3–5:30pm {5L}	3–5pm {3L}	3–5pm {5L}	6–7:45pm {5L}	
	5:30–8pm {2L}	5–6pm {2–3L}	5:30–8pm {2L}	5–6pm {2–3L}	5–8pm {2L}		
	8–9:45pm {2L}	6–7pm {1–2L}	8–9:45pm {2L}	6–7pm {1–2L}	8–8:45pm {2L}		
		7–9:45pm {2L}		7–9:45pm {2L}			
AQUA GROUP FITNESS	6–7am {3L}		6–7am {3L}		6–7am {3L}		
	8–9am {4L}		8–9am {3L}		8–9am {4L}		
	9–10am {4L}	9–10am {3L}	9–10am {4L}	9–10am {3L}	9–10am {3L}	9–10am {4L}	
	Noon–1pm {3L}	6–7pm {3L}	Noon–1pm {3L}	6–7pm {3L}	Noon–1pm {3L}	10–11am {3L}	
	5:30–6:30pm {3L}		5:30–6:30pm {3L}				
STARFISH ACADEMY							
GROUP SWIM LESSONS	6:30–8pm {3L}	4–5pm {3L}	6:30–8pm {3L}	4–5pm {3L}		11am–1:30pm {2–3L}	
PRIVATE LESSONS OFFERED DAILY	7am–9pm {1L}	7am–9pm {1L}	7am–9pm {1L}	7am–9pm {1L}	7am–8pm {1L}	7am–7pm {1L}	7am–7pm {1L}
MASTERS SWIM		6–7am {3–4L}		6–7am {3–4L}		7–8am {4L}	
SCUBA	8–9:45pm {3–4L}	7–9:45pm {3–4L}	8–9:45pm {3–4L}	7–9:45pm {3–4L}	8–8:45pm {3–4L}		
SWIM TEAM		5–6pm {3–4L}		5–6pm {3–4L}			
		6–7pm {1–2L}		6–7pm {1–2L}			

Lap lanes are not open to children under 14 years of age. Empty lanes may be used by children 14 and older when accompanied by an adult and demonstrate the ability to swim laps. Lap lanes are available for lap swimming and aqua jogging. The number of lap lanes available may occasionally be reduced due to swim lessons and scheduled programs. For more information on group or private swim lessons refer to the Starfish Academy lesson schedule on the reverse side, www.thealaskaclub.com or call the East Aquatics Director at 330-0159.

{L} – number of lanes used.

STARFISH ACADEMY

The Alaska Club East
5201 East Tudor Road
337-9550



2010
SUMMER

CLASS DATES

June Lessons

Registration: May 17–June 6

Class Dates:

Mon/Wed, June 7–23
Tue/Thur, June 8–24
Saturday, June 12–26

July Lessons

Registration: June 21–July 11

Class Dates:

Mon/Wed, July 12–28
Tue/Thur, July 13–29
Saturday, July 17–31

August Lessons

Registration: July 19–August 8

Class Dates:

Mon/Wed, August 9–25
Tue/Thur, August 10–26
Saturday, August 14–28

Prices:

1 day a week (4 sessions – Saturdays):

\$30 Member
\$45 Nonmember

2 days a week (6 sessions – Mon/Wed or Tue/Thur):

\$60 Member
\$80 Nonmember

Swim Team (Monthly – 1 hour session Tue/Thur):

\$70 Member
\$95 Nonmember

Private Lessons ½ hour

\$30 Member
\$40 Nonmember

Semi-Private Lessons (3 student max. Cost is per participant)

\$18.50 Member
\$23.50 Nonmember

3 WAYS TO REGISTER

- Call the East front desk at 337-9550 or the Aquatics Director at 330-0159
- Visit the East front desk
- Log on to www.thealaskaclub.com

CLASS DEFINITIONS

Infants & Toddlers – Ages 6 months to 3 years. This is a parent-assisted class. Parent and child will be introduced to basic swimming and water skills. The focus of this class is water adjustment and FUN!

Level 1 – Water Exploration – For children 3 and up. Skills include water introduction to the following: bubble blowing, submerging faces in the water, prone glides both front and back, front crawl arms, back floats, and flutter kicks.

Level 2 – Primary Skills – Prerequisites: students should be able to prone glide 5-yards on their stomach unassisted and float on their back 5-yards unassisted. Students will be introduced to elements of the front crawl, breaststroke, elementary backstroke, and treading water.

Level 3 – Stroke Development – Prerequisites: students must be able to swim 15-yards front crawl, elementary backstroke unassisted and tread water for one minute. Students will be learning stroke refinement on front crawl, breaststroke, backstroke, introduction to butterfly, rhythmic breathing, as well as introduction to sidestroke.

Level 4 – Stroke Refinement – Prerequisites: students must demonstrate 25-yards of front crawl, breaststroke, backstroke, and 5-yards of butterfly. Students will be learning stroke refinement on front crawl, breaststroke, backstroke, butterfly, rhythmic breathing, and introduction to flip-turns and starts.

WEEKDAY GROUP LESSONS

2 days a week (6 sessions a month)

Infants & Toddlers

Mon/Wed 6:30–7pm

Level 1 - Water Exploration

Mon/Wed 6:30–7pm, 7–7:30pm
Tue/Thur 3–3:30pm

Level 2 - Primary Skills

Mon/Wed 7–7:30pm
Tue/Thur 3:30–4pm

Level 3 - Stroke Development

Mon/Wed 7:30–8pm
Tue/Thur 4–4:30pm

Level 4 - Stroke Refinement

Mon/Wed 7:30–8pm
Tue/Thur 4:30–5pm

WEEKEND GROUP LESSONS

1 day a week (4 sessions a month)

Infants & Toddlers

Saturday 11–11:45am

Level 1 - Water Exploration

Saturday 11–11:45pm, 11:45am–12:30pm

Level 2 - Primary Skills

Saturday 11:45am–12:30pm

Level 3 - Stroke Development

Saturday 12:30–1:15pm

Level 4 - Stroke Refinement

Saturday 12:30–1:15pm

TORPEDOES JR. SWIM TEAM

Prerequisites: students must demonstrate 25-yards of front crawl, breaststroke, backstroke and butterfly. Students will be challenged to full 1 hour workouts, stroke development on all competitive strokes, starts and flip-turns, as well as experience non-competitive bi-club swim meets with other Jr. Swim teams. Participants should have their own goggles.

This class will run on a monthly basis with registration fees due by the 1st class of each month. Class price is \$70 for members and \$90 for nonmembers.

Tue/Thur

5–6pm and 6–7pm

OTHER CLASSES

Adult Swim Lessons – open to all adults. Lesson will work on primary skills, stroke readiness, and improvement. This class is great for beginning adults or adults that want to refine their competitive swim strokes.

Mon/Wed

8–8:30pm (6 sessions: \$60 member/\$80 nonmember)

Saturday

1:15–2pm (3 sessions: \$30 member/\$45 nonmember)

Private Lessons – Instruction catered to individual skill development and need. Lessons can only be made through an Instructor or the Aquatics Director. Lessons are one-half hour. \$30 member, \$40 nonmember. To schedule, call 330-0159 or apply online at www.thealaskaclub.com.

STARFISH ACADEMY SWIM LESSON POLICIES

- Payments are due before or on the first day of lessons.
- No Make-Ups or Refunds are made due to a student not showing up.
- Classes with less than two participants will be canceled and asked to attend another session. (You will be notified 24 hours prior to start of class.)
- Parents will be notified immediately if a teacher cannot make a session and will be rescheduled later in the month.
- If a class needs to be cancelled due to maintenance issues the parents will be notified immediately and class will be rescheduled.
- Private Lessons cancellations must be made through the Instructor or Aquatic Director 24 hours in advance.
- No shows for Private Lessons will result in full payment of lesson.

CERTIFICATION COURSES

Lifeguarding and Water Safety Instructor courses offered. Contact 330-0159 or tarnce@thealaskaclub.com

www.thealaskaclub.com



SOUTH

Pool Schedule

SUMMER 2010

10931 O'Malley Centre Drive · 344-6567
Effective May 24, 2010–August 31, 2010



THE ALASKA CLUB

www.thealaskaclub.com

Pool Hours: Monday–Friday, 5am–9:45pm / Saturday–Sunday, 8am–6:45pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM	1–4pm {3L}	1–4pm {3L}	1–4pm {3L}	1–4pm {3L}	1–4pm {3L}	10:30am–12:30pm {3L}	10:30am–12:30pm {3L}
	7–9pm {3L}	7–9pm {3L}	7–9pm {3L}	7–9pm {3L}	7–9pm {3L}	4–6pm {3L}	4–6pm {3L}
LAP SWIM	5–6am {5L}	5–6am {5L}	5–6am {5L}	5–6am {5L}	5–6am {5L}		
	6–7am {1L}	6–7am {2L}	6–7am {1L}	6–7am {3L}	6–7am {1L}		
	7–9:30am {5L}	7–9:30am {5L}	7–9:25am {5L}	7–9:30am {5L}	7–9:30am {5L}	8–9:30am {1L}	8–10:30am {5L}
	9:30–10:30am {2L}	9:30am–Noon {4L}	9:30–10:30am {2L}	9:30am–Noon {4L}	9:30–10:30am {3L}	9:30am–12:30pm {2L}	10:30am–12:30pm {2L}
	10:30am–1pm {5L}	Noon–1pm {5L}	10:30am–1pm {5L}	Noon–1pm {5L}	10:30am–1pm {5L}	12:30–3:30pm {4L}	12:30–4pm {5L}
	1–4pm {2L}	1–4pm {2L}	1–4pm {2L}	1–4pm {2L}	1–4pm {2L}	3:30–4pm {4L}	4–6pm {2L}
	4–7pm {1–2L}	4–6pm {4L}	4–7pm {1–2L}	4–6pm {4L}	4–7pm {3L}	4–6pm {2L}	6–6:45pm {5L}
	7–9pm {2L}	6–7pm {1L}	7–9pm {2L}	6–7pm {1L}	7–9pm {2L}	6–6:45pm {5L}	
	9–9:45pm {5L}	7–9pm {2L}	9–9:45pm {5L}	7–9pm {2L}	9–9:45pm {5L}		
		9–9:45pm {5L}		9–9:45pm {5L}			
AQUA GROUP FITNESS	9:30–10:30am {2L}	6–7am {2L}	9:30–10:30am {2L}	6–7am {2L}	9:30–10:30am {2L}	9:30–10:30am {2L}	
	5:30–6:30pm {2L}		5:30–6:30pm {2L}				
STARFISH ACADEMY							
SWIM LESSONS		10:30am–Noon {1L+WP}		10:30am–Noon {1L+WP}		12:30–3pm {1L+WP}	
MASTERS SWIM	4–7pm {2L+WP}	4–7pm {1L+WP}	4–7pm {2L+WP}	4–7pm {1L+WP}			
SWIM TEAM	6–7am {4L}		6–7am {4L}		6–7am {4L}	8–9:30am {4L}	
	4:30–5:30pm {2L}	6–7pm {3L}	4:30–5:30pm {2L}	6–7pm {3L}			

Lap lanes are not open to children under 14 years of age. Empty lanes may be used by children 14 and older when accompanied by an adult and demonstrate the ability to swim laps. Lap lanes are available for lap swimming and aqua jogging. The number of lap lanes available may occasionally be reduced due to swim lessons and scheduled programs. For more information on group or private swim lessons refer to the Starfish Academy lesson schedule on the reverse side, www.thealaskaclub.com or call the South Aquatics Director at 365-7314.
{L} – number of lanes used.

STARFISH ACADEMY

The Alaska Club South
10931 O'Malley Centre Dr.
344-6567



2010
SUMMER

CLASS DATES

June Lessons

Registration: May 17–June 6

Class Dates:

Mon/Wed, June 7–23
Tue/Thur, June 8–24
Saturday, June 12–26

July Lessons

Registration: June 21–July 11

Class Dates:

Mon/Wed, July 12–28
Tue/Thur, July 13–29
Saturday, July 17–31

August Lessons

Registration: July 19–August 8

Class Dates:

Mon/Wed, August 9–25
Tue/Thur, August 10–26
Saturday, August 14–28

Prices:

1 day a week (3 sessions – Saturdays):

\$30 Member
\$45 Nonmember

2 days a week (6 sessions – Mon/Wed or Tue/Thur):

\$60 Member
\$80 Nonmember

Swim Team (Monthly – 1 hour session Mon/Wed or Tue/Thur):

\$70 Member
\$95 Nonmember

Private Lessons ½ hour

\$30 Member
\$40 Nonmember

Semi-Private Lessons (3 student max. Cost is per child)

\$18.50 Member
\$23.50 Nonmember

3 WAYS TO REGISTER

- Call the South front desk at 344–6567 or the Aquatics Director at 365-7314
- Visit the South front desk
- Log on to www.thealaskaclub.com

CLASS DEFINITIONS

Infants & Toddlers – Ages 2 months to 3 years. This is a parent-assisted class. Parent and child will be introduced to basic swimming and water skills. The focus of this class is water adjustment and FUN!

Level 1 – Water Exploration – Children ages 3 and up. Skills include blowing bubbles in the water, getting their face wet, learning how to float on both their front and back, learning to flutter kick, prone gliding on front and back, and being introduced to arm movements. The focus of the class is to get the child to learn to swim in the water without the parent and to learn basic water skills.

Level 2 – Primary Skills – Prerequisite skills: students should be able to prone glide 5-yards on their stomach unassisted and float on their back 5-yards unassisted. Must be comfortable being on their backs in the water. Students will be introduced to elements of the front crawl, breaststroke, elementary backstroke and treading water. The focus of this class is to learn coordination with both the arms and legs and learning how to breathe.

Level 3 – Stroke Development and Refinement – Before reaching this level the student must be able to swim or know how to swim the strokes taught at level 2. Prerequisite skills: student must be able to swim 15-yards front crawl, elementary backstroke unassisted, and tread water for one minute. Students will be learning stroke refinement on all strokes as well as refinement on side-breathing. Flip turns may be introduced at this level. The focus of this class is to get the student to swim the length of the pool unassisted with all strokes learned and be encouraged to move on to the swim team.

Level 4 – Must be requested by parent – If requested the student learns more detail on each of the strokes and teaching is limited with the student. The student will learn how to read a work-out and get used to swimming repeatedly on all strokes during the lesson. Swim Team is strongly recommended for this level.

Adult Swim Lessons are also available upon request!

WEEKDAY GROUP LESSONS

2 days a week (6 sessions a month)

Infants & Toddlers

Tue/Thur 11–11:30am

Level 1 - Water Exploration

Mon/Wed 4–4:30pm, 5–5:30pm, 6–6:30pm
Tue/Thur 11–11:30am, 4–4:30pm, 4:30–5pm, 5–5:30pm

Level 2 - Primary Skills

Mon/Wed 4–4:30pm, 5–5:30pm
Tue/Thur 10:30–11am, 4–4:30pm, 4:40–5pm, 5–5:30pm, 5:30–6pm

Level 3 - Stroke Readiness

Mon/Wed 5–5:30pm
Tue/Thur 11:30am–Noon, 4:30–5pm, 5:30–6pm

Level 4

Mon/Wed 5:30–6pm
Tue/Thur 4–4:30pm, 6–6:30pm

WEEKEND GROUP LESSONS

1 day a week (3 sessions a month)

Infants & Toddlers

Saturday 12:30–1:15pm

Level 1 - Water Exploration

Saturday 12:30–1:15pm, 1:15–2pm

Level 2 - Primary Skills

Saturday 1:15–2pm, 2–2:45pm, 2:45–3:30pm

Level 3 - Stroke Readiness

Saturday 2–2:45pm, 2:45–3:30pm

Torpedoes Jr. Swim Team

Students must demonstrate the ability of all strokes learned before being placed on the swim team. Each lesson is one hour long and the students will be challenged with flip-turns, stroke development, stroke drills, and starts. We will have non-competitive bi-club swim meets. Students must have their own pair of goggles and if possible a swim cap. The focus of Swim Team is longer swim time and to have fun in the water while learning.

This class will run on a monthly basis with a registration fee due by the 1st class of the month. Class price is \$70 for members and \$95 for nonmembers.

Mon/Wed 4:30–5:30pm
Tue/Thur 6–7pm

OTHER CLASSES

Adult Swim Lessons – open to all adults. Lesson will work on primary skills, stroke readiness, and improvement. This class is great for beginning adults or adults that want to refine their competitive swim strokes. By request only. To schedule, call 365-7314.

Private Lessons – Instruction catered to individual skill development and need. Lessons can only be made through an instructor or the Aquatics Director. Lessons are one-half hour. \$30 member, \$40 nonmember. To schedule, call 365-7314.

STARFISH ACADEMY SWIM LESSON POLICIES

- Payments are due before or on the first day of lessons.
- No Make-Ups or Refunds are made due to a student not showing up.
- Classes with less than two participants will be canceled and asked to attend another session. (You will be notified 24 hours prior to start of class.)
- Parents will be notified immediately if a teacher cannot make a session and will be rescheduled later in the month.
- If a class needs to be cancelled due to maintenance issues the parents will be notified immediately and class will be rescheduled.
- Private Lessons cancellations must be made through the Instructor or Aquatic Director 24 hours in advance.
- No shows for Private Lessons will result in full payment of lesson.

www.thealaskaclub.com

