

EAST Pool Schedule FALL/WINTER 2010-2011

5201 East Tudor Road · 337-9550
Effective August 23-December 31, 2010



THE ALASKA CLUB

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

www.thealaskaclub.com

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



2010-2011
FALL/WINTER

EAST

CLASS DATES

September Lessons

Registration: August 23–September 5

Class Dates:

Mon/Wed, September 6–22
Tue/Thur, September 7–23
Saturday, September 11–25

October Lessons

Registration: September 20–October 3

Class Dates:

Mon/Wed, October 4–20
Tue/Thur, October 5–21
Saturday, October 9–23

November Lessons

Registration: October 18–31

Class Dates:

Mon/Wed, November 1–17
Tue/Thur, November 2–18
Saturday, November 6–20

December Lessons

Registration: November 15–28

Class Dates:

Mon/Wed, November 29–December 15
Tue/Thur, November 30–December 16
Saturday, December 4–18

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

Private Lessons ½ hour (1 student max)

\$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 East front desk at 337-9550 or the Aquatics Director at 330-0159
- Visit any 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)

Level 1 - Water Exploration

Mon/Wed	6:30–7pm
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

Adult Swim Lessons

Mon/Wed	8–8:30pm
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WEEKEND GROUP LESSONS

1 day a week (3 sessions a month)

Infants & Toddlers

Sat	11–11:45am
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Level 1 - Water Exploration

Sat	11:45am–12:30pm
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Level 2 - Primary Skills

Sat	12:30–1:15pm
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Level 3 - Stroke Development

Sat	1:15–2pm
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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 and swim cap.

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 or 6–7pm

OTHER CLASSES

Adult Swim Lessons – open to all adults. Students 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)

Private or Semi-Private Lessons – Instruction catered to individual skill development and needs. Lessons can only be made through an instructor or the Aquatics Director. To schedule, call 330-0159 or apply online at www.thealaskaclub.com.

STARFISH ACADEMY SWIM LESSON POLICIES

- Payments are due at time of registration.
- No Make-Ups or Refunds are made due to students not showing up.
- Cancellations must be made through the Instructor or Aquatic Director 24 hours in advance.
- Failure to give 24 hours notice and no shows will still result in full payment of lesson.
- Classes with less than two participants will be 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 is cancelled due to maintenance issues parents will be notified immediately and class will be rescheduled.

LIFEGUARD AND WATER SAFETY INSTRUCTOR COURSES

Schedules are available online at www.thealaskaclub.com. Please contact 330-0151 or 330-0159, the East club front desk, or email tarnce@thealaskaclub.com.

www.thealaskaclub.com



SOUTH

Pool Schedule

FALL/WINTER 2010-2011

10931 O'Malley Centre Drive · 344-6567
Effective August 23-December 31, 2010



THE ALASKA CLUB

www.thealaskaclub.com

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM	6:35-9pm {3L}	7-9pm {3L}	6:35-9pm {3L}	7-9pm {3L}	6:35-9pm {3L}	10:30am-12:30pm {3L}	10:30am-12:30pm {3L}
						5-7pm {3L}	5-7pm {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 {2L}	6-7am {1L}		
	7-9:25am {5L}	7-10:30am {5L}	7-9:25am {5L}	7-10:30am {5L}	7-9:25am {5L}	8-9:25am {5L}	8-10:25am {5L}
	9:25-10:35am {2L}	10:30am-1pm {3L}	9:25-10:35am {2L}	10:30am-1pm {3L}	9:25-10:35am {2L}	9:25am-12:30pm {2L}	10:30am-12:30pm {2L}
	10:35am-1pm {5L}	1-4pm {5L}	10:35am-1pm {5L}	1-4pm {5L}	10:35am-1pm {5L}	12:30-12:55pm {3L}	12:30-5pm {5L}
	1-2pm {5L}	4-5:30pm {3L}	1-2pm {5L}	4-5:30pm {3L}	1-2pm {2L}	12:55-2pm {1L}	5-7pm {2L}
	2-4pm {5L}	5:30-6:30pm {1L}	2-4pm {5L}	5:30-6:30pm {1L}	2-5:25pm {5L}	2-3:30pm {3L}	7-7:45pm {5L}
	4-4:25pm {3L}	6:30-7 {3L}	4-4:25pm {3L}	6:30-7pm {3L}	5:25-6:35 {2L}	3:30-5pm {5L}	
	4:25-6:30pm {1L}	7-9pm {2L}	4:25-6:30pm {1L}	7-9pm {2L}	6:35-7pm {5L}	5-7pm {2L}	
	6:30-7pm {3L}	9-9:45pm {5L}	6:30-7pm {3L}	9-9:45 {5L}	7-9pm {2L}	7-7:45pm {5L}	
	7-9pm {2L}		7-9pm {2L}		9-9:45pm {5L}		
	9-9:45pm {5L}		9-9:45pm {5L}				
	AQUA GROUP FITNESS	9:30-10:30am {3L}	6-7am {3L}	9:30-10:30am {3L}	6-7am {3L}	9:30-10:30am {3L}	9:30-10:30am {3L}
5:30-6:30pm {3L}			5:30-6:30pm {3L}		5:30-6:30pm {3L}	1-2pm {3L} Aqua Zumba	
STARFISH ACADEMY							
SWIM LESSONS	4-6:30pm {2L+WP}	10:30am-1pm {2L+WP}	4-6:30pm {2L+WP}	10:30am-1pm {2L+WP}		12:30-3:30pm {1-2L+WP}	
		4-7pm {2L+WP}		4-7pm {2L+WP}			
MASTERS SWIM	6-7am {4L}		6-7am {4L}		6-7am {4L}		
SWIM TEAM	5-6pm {2L}	5:30-6:30pm {2L}	5-6pm {2L}	5:30-6:30pm {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 South Aquatics Director at 365-7314.

{L} - number of lanes used, {WP} - wading pool.

STARFISH ACADEMY

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



2010-2011
FALL/WINTER

CLASS DATES

September Lessons

Registration: August 23-September 5

Class Dates:

Mon/Wed, September 6-22
Tue/Thur, September 7-23
Saturday, September 11-25

October Lessons

Registration: September 20-October 3

Class Dates:

Mon/Wed, October 4-20
Tue/Thur, October 5-21
Saturday, October 9-23

November Lessons

Registration: October 18-31

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Tue/Thur, November 2-18
Saturday, November 6-20

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Private Lessons ½ hour (1 student max)

\$30 Member
\$40 Nonmember

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\$18.50 Member
\$23.50 Nonmember

3 WAYS TO REGISTER

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- Visit any front desk
- Log on to www.thealaskaclub.com

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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.

Adult Swim Lessons are also available upon request!

WEEKDAY GROUP LESSONS 2 days a week (6 sessions a month)

Infants & Toddlers

Mon/Wed 6-6:30pm
Tue/Thur 10:30-11am

Level 1 - Water Exploration

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

Level 2 - Primary Skills

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

Level 3 - Stroke Development

Mon/Wed 4:30-5pm, 5-5:30pm, 5:30-6pm, 6-6:30pm
Tue/Thur Noon-12:30pm, 4:30-5pm, 5:30-6pm, 6-6:30pm, 6:30-7pm

Level 4 - Stroke Refinement

Mon/Wed 5-5:30pm, 5:30-6pm
Tue/Thur 12:30-1pm, 4-4:30pm, 5:30-6pm, 6-6:30pm, 6:30-7pm

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

Level 3 - Stroke Development

Saturday 2-2:45pm, 2:45-3:30pm

Level 4 - Stroke Refinement

Saturday 2:45-3:30pm

TORPEDOES JR. SWIM TEAM

Prerequisites: students must demonstrate 25-yards of front crawl, breaststroke, and backstroke. 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 and swim caps.

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 5-6pm
Tue/Thur 5:30-6:30pm

OTHER CLASSES

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Private and Semi-Private Lessons

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www.thealaskaclub.com

