

SOUTH

Pool Schedule

FALL/WINTER 2010

Effective September 7–December 31, 2010
747 Old Richardson Hwy. · 452-6801



THE ALASKA CLUB

www.thealaskaclub.com

Pool Hours: Monday–Friday, 5:30am–9pm / Saturday, 8am–8:30pm / Sunday, 10am–8:30pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM					10:30am–Noon {2L}		
					1:30–3pm {2L}	1:30–3pm {4L}	12:30–4:30pm {4L}
		3–7pm {2L}		3–7pm {2L}	4:30–6pm {2L}	4–6:30pm {4L}	4:30–6:30pm {2L}
	7:15–9pm {4L}	7–8pm {4L}	7:15–9pm {4L}	7–8pm {4L}	7:15–9pm {4L}		
LAP SWIM	5:30–8:45am {6L}	5:30–8:45am {6L}	5:30–8:45am {6L}	5:30–8:45am {6L}	5:30–8:45am {6L}		
	8:45am–Noon {2L}	8:45am–Noon {2L}	8:45–Noon {2L}	8:45am–Noon {2L}	8:45–10:30am {1L}	8–9:30am {2L}	
	Noon–1pm {6L}	Noon–1pm {6L}	Noon–1pm {6L}	Noon–1pm {6L}	10:30am–Noon {2L}	9:30am–1:30pm {1L}	10am–12:30pm {6L}
	1–9pm {2L}	1–3pm {4L}	1–9pm {2L}	1–3pm {4L}	Noon–1pm {6L}	1:30–3pm {2L}	12:30–6:30pm {2L}
		3–6pm {2L}		3–6pm {2L}	1–6pm {2L}	3–4pm {6L}	6:30–8:30pm {6L}
		6–7pm {4L}		6–7pm {4L}	6–7pm {6L}	4–6:30pm {2L}	
		7–8pm {2L}		7–8pm {2L}	7–9pm {2L}		
		8–9pm {6L}		8–9pm {6L}			
AQUA TONE		9–10am {4L}		9–10am {4L}			
AQUA AEROBICS	9–10am {4L}		9–10am {4L}		9–10am {4L}	Aqua Aerobics	
	6:05–7:05pm {4L}		6:05–7:05pm {4L}			Volleyball	
						8:30–9:30am {4L}	
SWIM LESSONS	10:15am–Noon {4L}	10:15am–Noon {4L}	10:15am–Noon {4L}	10:15am–Noon {4L}	10:15am–Noon {4L}	9:30am–1:30pm {5L}	
	1–3pm {4L}		1–3pm {4L}		1–3pm {2L}		
SWIM TEAM	3–6pm {4L}	3–6pm {2L}	3–6pm {4L}	3–6pm {2L}	3–4:30pm {4L}		
					4:30–6pm {2L}		
HOT TUB HOURS	5:30am–9pm	5:30am–9pm	5:30am–9pm	5:30am–9pm	5:30am–9pm	8am–8:30pm	10am–8:30pm

During 6 lane swim {6L} children less than 12 years old are not permitted in the pool area. 12 and 13 year olds must be within arms reach of parent at all times. The number of lap lanes available may occasionally be reduced due to swim lessons and scheduled programs. For more information on group or private lessons refer to our Starfish Academy lesson schedule on the reverse side, www.thealaskaclub.com or by calling the Aquatics Director at 458-1745.

{L}- number of lanes used

STARFISH ACADEMY

The Alaska Club South
747 Old Richardson Hwy
452-6801



2010
FALL/WINTER

REGISTRATION

Session I

Registration August 23–29
Non-members register at South front desk.

Class times available September 8
Mon/Wed, September 13–October 6
Tue/Thur, September 14–October 7
Friday, September 17–October 8
Saturday, September 18–October 9

Session II

Registration October 6–10
Class times available October 13
Non-members register at South front desk.

Session Dates:
Mon/Wed, October 18–November 10
Tue/Thurs, October 19–November 11
Friday, October 22–November 12
Saturday, October 23–November 13

Session III

Registration November 10–14
Class times available November 17
Non-members register at South front desk.

Session Dates:
Mon/Wed, November 22–December 15
Tue/Thurs, November 23–December 16
Friday, November 26–December 17
Saturday, November 27–December 18

Prices (fees will be charged to your membership account):

SATURDAY GROUP LESSONS – One day a week
(4 Lessons)

\$32.00 Family membership rate per child.
\$64.00 Non-family rate per child.
Friday, 10:15am–Noon
Saturday 9:30am–1:30pm

WEEKDAY GROUP LESSONS – Two days a week
(8 Lessons)

\$64.00 Family membership rate per child.
\$128.00 Non-family rate per child.
Mon/Wed, 10:15am–Noon, 1–3pm
Tue/Thurs, 10:15am–Noon

CLASS DEFINITIONS

Parent & Tot – Ages 6 months to 2 years – 30 min. class. This is a parent participation class where both child and parent are introduced to basic swimming and water skills. The focus of this class is getting both parent and child comfortable in the water and having fun.

Tadpole – Ages 2-5 years old – 45 min. class. Skills that are taught at this level are learning how to blow bubbles in the water, getting his/her face wet (going under), learning how to float on both their back and front, and learning to flutter kick.

Minnow – Ages 2-5 years old – 45 min. class. Before reaching this level student must be comfortable in the water unassisted and be able to float (back and front) and know how to flutter kick. At this level students will be introduced to the front crawl, elementary backstroke and begin to learn to enter the water headfirst from kneeling position.

Porpoise – Ages 2-5 years old – 45 min. class. Students improve their skills and increase their endurance by swimming familiar strokes. At this level students will learn the back crawl, breaststroke, and sidestroke.

Level 1 – Introduction to Water Skills. Skills that are taught at this level are learning how to blow bubbles in the water, getting his/her face wet (going under), learning how to float on both their back and front, and learning to flutter kick. Other things that might be learned are the prone glide on both front and back and being introduced to some arm movements. The focus of this class is to get the child starting to learn to be in the water without the parent and learning basic water skills.

Level 2 – Fundamental Aquatic Skills. Before reaching this level student must be comfortable in the water unassisted and be able to float (back and front) and know how to flutter kick. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes.

Level 3 – Stroke Development. At this level students will be introduced to the front crawl and elementary backstroke. Introduction to the scissors and dolphin kicks and build on the fundamentals of treading water, headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside.

Level 4 – Stroke Improvement. The objectives of Level 4 are to develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. Students improve their skills and increase their endurance by swimming familiar strokes. At this level students will learn the back crawl, breaststroke and butterfly and the basics of turning at a wall.

Level 5 – Stroke Refinement. The objectives of this level are coordination and refinement of strokes. Participants refine their front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and increase their distances. Flip turns on the front and back are also introduced.

Level 6 – Swimming and Skill Proficiency. The objectives of this level are to refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances.

Private Lessons & Adult Lessons – To schedule private lessons or adult lessons contact The Alaska Club South Aquatic Director at 458-1745.

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.

STARFISH ACADEMY SWIM LESSON POLICIES

- Registration must be done in person on designated registration days. Phone registration is not accepted.
- Rates are based on membership type. Family membership rates apply to children who are listed on Family Membership accounts. Non-Family membership rates apply to children who are not listed on a Family Membership account.
- Parents are responsible for checking class assignments at the South Front Desk
- Cancellations must be made no less than 3 day prior to the start of lessons if a refund or credit is to be made.
- Participant minimum for each class is 5. Efforts are made to keep classes to reasonable sizes. If the minimum is not met, we will arrange for classes to be as even as possible.
- Non members arrive early on the first day of class to allow for time spent checking in at the front desk.
- Areas of the Club available to non-members will include Family Locker room, Café Sport and Pool (for those registered).
- Questions? Contact Aquatic Director at 458-1745.



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