

# Valley Pool and Splash Park Schedule FALL/WINTER 2010-2011

1720 E. Parks Hwy. Wasilla 99654 · 376-3300  
Effective August 23-December 31, 2010



THE ALASKA CLUB

Pool Hours: Monday-Thursday, 5am-9:45pm / Friday 5am-8:45pm / Saturday 8am-8:45pm / Sunday 8am-7:45pm [www.thealaskaclub.com](http://www.thealaskaclub.com)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN SWIM	6:30-8:30pm {3L}	6:30-8:30pm {3L}	6:30-8:30pm {3L}	6:30-8:30pm {3L}	6:30-8:30pm {3L}		
						3-6pm {3L}	2-5pm {3L}
LAP SWIM	5-5:30am {5L}	5-8:30am {5L}	5-5:30am {5L}	5-8:30am {5L}	5-10am {5L}		
	5:30-6:30am {2L}	8:30-9:30am {2L}	5:30-6:30am {2L}	8:30-9:30am {2L}	10-11am {2L}	8-9am {5L}	8am-2pm {5L}
	6:30-10am {5L}	9:30-10am {5L}	6:30-10am {5L}	9:30-10am {5L}	11am-5:30pm {5L}	9-10am {2L}	2-5pm {2L}
	10-11am {2L}	10am-Noon {3L}	10-11am {2L}	10am-Noon {3L}	5:30-8:30pm {2L}	10am-Noon {3L}	5-7:45pm {5L}
	11am-4pm {5L}	12-5pm {5L}	11am-4pm {5L}	Noon-5pm {5L}	8:30-8:45pm {5L}	Noon-3pm {5L}	
	4-5:30pm {3L}	5-6:30pm {3L}	4-5:30pm {3L}	5-6:30pm {3L}		3-6pm {2L}	
	5:30-8:30pm {2L}	6:30-8:30pm {2L}	5:30-8:30pm {2L}	6:30-8:30pm {2L}		6-8:45pm {5L}	
	8:30-9:45pm {5L}	8:30-9:45pm {5L}	8:30-9:45pm {5L}	8:30-9:45pm {5L}			
AQUA CLASSES	5:30-6:30am {3L}	8:30-9:30am {3L}	5:30-6:30am {3L}	8:30-9:30am {3L}	10-11am Fit for Fifty Plus {3L}	9-10am {3L}	
	10-11am Fit for Fifty Plus {3L}		10-11am Fit for Fifty Plus {3L}		5:30-6:30pm {3L}		
	5:30-6:30pm {3L}		5:30-6:30pm {3L}				
SWIM LESSONS	4-5:30pm {2L+WP}	10am-Noon {2L+WP}	4-5:30pm {2L+WP}	10am-Noon {2L+WP}		10am-Noon {2L+WP}	
		5-6:30pm {2L+WP}		5-6:30pm {2L+WP}			

A Multi-use lane will be available any time there are 5 lanes indicated for Lap swim

A Multi-use can be used for personal training, Aqua Jogging, private swim Lessons (club operated) personal water workouts and youth swimmers

Children 13 years of age or younger may only swim during non-open swim times if accompanied by a parent or guardian and swimming laps. 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 schedules on the reverse side, [www.thealaskaclub.com](http://www.thealaskaclub.com), or call the Valley Aquatics Director at 376-3300. **{L}** - Number of lanes used.

# STARFISH ACADEMY

The Alaska Club Valley  
1720 E. Parks Highway  
376-3300



2010-2011  
FALL/WINTER

VALLEY

## CLASS DATES

### September Lessons

**Registration:** August 23–September 10

#### Class Dates:

Mon/Wed, September 13–29  
Tue/Thu, September 14–30  
Saturday, September 18–October 2

### October Lessons

**Registration:** September 20–October 8

#### Class Dates:

Mon/Wed, October 11–27  
Tue/Thu, October 12–28  
Saturday, October 16–30

### November Lessons

**Registration:** October 18–November 5

#### Class Dates:

Mon/Wed, November 8–24  
Tue/Thu, November 9–November 30 (no class November 25)  
Saturday, November 13–27

### December Lessons

**Registration:** November 15–December 3

#### Class Dates:

Mon/Wed, December 6–22  
Tue/Thu, December 7–23  
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/Thu):  
\$60 Member  
\$80 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 Valley front desk at 376-3300 or the Aquatics Director at 376-3300
- Visit any front desk
- Log on to [www.thealaskaclub.com](http://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 skills. The focus of this class is water adjustment and FUN!

**Pre Levels 1–3** - Ages 3 to 5 years - a focus on developing water adjustment skills to help students feel more comfortable before joining regular level classes as described below.

**Level 1 - Water Exploration** - Ages 6 years and older. 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: 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 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.

**Level 5 - Advanced** - Prerequisites: students must be able to demonstrate 25-yards of front crawl, back crawl, breaststroke and butterfly. Students will be learning technical skills for all strokes, endurance, they will be fine tuning their skills and increasing their yardage in preparation for swim teams.

## WEEKDAY GROUP LESSONS

### 2 days a week (6 sessions a month)

#### Infants & Toddlers

Tue/Thu 10–10:30am

#### Pre Level 1 – Water Exploration

Mon/Wed 4–4:30pm  
Tue/Thu 10:30–11am or 5–5:30pm

#### Level 1 – Water Exploration

Tue/Thu 10–10:30am

#### Pre Level 2 – Primary Skills

Mon/Wed 4:30–5pm  
Tue/Thu 11–11:30am or 5:30–6pm

#### Level 2 – Primary Skills

Mon/Wed 4–4:30pm  
Tue/Thu 10:30–11am or 5–5:30pm

#### Pre Level 3 – Stroke Development

Mon/Wed 5–5:30pm  
Tue/Thu 11:30am–Noon or 6–6:30pm

#### Level 3 – Stroke Development

Mon/Wed 4:30–5pm  
Tue/Thu 11–11:30am or 5:30–6pm

#### Level 4 – Stroke Refinement

Tue/Thu 11:30am–Noon or 6–6:30pm

## WEEKEND GROUP LESSONS

### 1 day a week (4 sessions a month)

Saturdays

<b>Parent &amp; Tot</b>	<b>10–10:30am</b>
<b>Pre Level 1</b>	<b>10:30–11am</b>
<b>Level 1</b>	<b>10–10:30am</b>
<b>Pre Level 2</b>	<b>11–11:30am</b>
<b>Level 2</b>	<b>10:30–11am</b>
<b>Pre Level 3</b>	<b>11:30am–Noon</b>
<b>Level 3</b>	<b>11–11:30am</b>

## 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. Class prices are based on one or two day a week prices. For less than 5 students per class Private and Semi-Private fees would apply.

Mon/Wed	5–5:30pm
Saturday	11:30am–Noon

**Private or Semi-Private Lessons** - Instruction catered to individual skill development. Lessons can only be made through an instructor or the Aquatics Director. To schedule, call 376-3300 or email [lparks@thealaskaclub.com](mailto:lparks@thealaskaclub.com).

## STARFISH ACADEMY SWIM LESSON POLICIES

### Group lessons

- Payments are due at time of registration.
- No Make-Ups are allowed due to students not showing up.
- While efforts are made to keep classes at 5 students, some classes may have more due to popularity.
- 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 if a teacher cannot make a session within 24 hours and will be rescheduled later in the month.
- If a class is canceled due to maintenance issues parents will be notified immediately and class will be rescheduled.
- Cancellations must be made through Instructors or Aquatics Director 24 hours in advance.
- Failure to give 24 hours notice will still result in full payment of lesson.

[www.thealaskaclub.com](http://www.thealaskaclub.com)

