



# EAST Pool Schedule SUMMER 2009

5201 East Tudor Road · 337-9550  
Effective May 26–August 31, 2009



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	1–4pm {4L}	1–4pm {4L}	1–4pm {4L}	1–4pm {4L}	1–3pm {4L}	3–7pm {4L}	3–7pm {4L}
					5–8pm {4L}		
LAP SWIM	5–6am {6L}	5–6am {6L}	5–6am {6L}	5–6am {6L}	5–6am {6L}		
	6–7am {3L}	6–7am {2–3L}	6–7am {3L}	6–7am {2–3L}	6–7am {3L}	7–8:30am {2L}	7am–3pm {4–5L}
	7–8am {5L}	7–8am {5L}	7–8am {5L}	7–8am {5L}	7–8am {5L}	8:30–9am {4–5L}	3–7pm {2L}
	8–9am {2L}	8–9am {5L}	8–9am {2L}	8–9am {5–6L}	8–9am {2L}	9–1:30pm {2L}	7–7:45pm {5L}
	9–10am {2L}	9–10am {2L}	9–10am {2L}	9–10am {2L}	9–10am {2L}	1:30–3pm {4–5L}	
	10am–Noon {2L}	10am–Noon {2L}	10am–Noon {2L}	10am–Noon {2L}	10am–Noon {2L}	3–7pm {2L}	
	Noon–1pm {2L}	Noon–1pm {2L}	Noon–1pm {2L}	Noon–1pm {2L}	Noon–1pm {2L}	7–7:45pm {5L}	
	1–4pm {2L}	1–4pm {2L}	1–4pm {2L}	1–4pm {2L}	1–3pm {2L}		
	4–5:30pm {5L}	4–5pm {3L}	4–5:30pm {5L}	4–5pm {3L}	3–5pm {4–5L}		
	5:30–8:00pm {3L}	5–6pm {2–3L}	5:30–8pm {3L}	5–6pm {2–3L}	5–8pm {2L}		
	8–9:45pm {2L}	6–7pm {2–3L}	8–9:45pm {2L}	6–7pm {2–3L}	8–8:45pm {5L}		
		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 {4L}		8–9am {4L}		
	9–10am {4L}	9–10am {3L}	9–10am {4L}	9–10am {3L}	9–10am {3L}	9–10am {4L}	
	Noon–1pm {3L}	Noon–1pm {3L}	Noon–1pm {3L}	Noon–1pm {3L}	Noon–1pm {3L}	10–11am {3L}	
	5:30–6:30pm {3L}	6–7pm {3L}	5:30–6:30pm {3L}	6–7pm {3L}			
<b>STARFISH ACADEMY</b>							
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	7am–9pm	7am–9pm	7am–9pm	7am–9pm	7am–7pm	7am–7pm
MASTERS SWIM		6–7am {3–4L}		6–7am {3–4L}		7–8:30am {4L}	
SCUBA	8–9:45pm {3L}	7–9:45pm {3L}	8–9:45pm {3L}	7–9:45pm {3L}			
SWIM TEAM		5–6pm {3–4L}		5–6pm {3–4L}			

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 lessons refer to our Starfish Academy lesson schedules located at the front desk, [www.thealaskaclub.com](http://www.thealaskaclub.com) or by calling the East Aquatics Director at 330-0159.

{L}- number of lanes used.

# SOUTH

## Pool Schedule

### SUMMER 2009

10931 O'Malley Centre Drive • 344-6567  
Effective May 26, 2009–August 31, 2009



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	1–4pm	1–4pm	1–4pm	1–4pm	1–4pm	10:30am–12:30pm	10:30am–12:30pm
	7–9pm	7–9pm	7–9pm	7–9pm	7–9pm	4–6pm	4–6pm
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}	7–9:30am {5L}	7–9:25am {5L}	7–9:30am {5L}	7–9:25am {5L}	8–9:25am {2L}	8–10:25am {5L}
	9:25–10:35am {2L}	9:30am–1pm {4L}	9:25–10:35am {2L}	9:30am–1pm {4L}	9:25–10:35am {2L}	9:25–12:30pm {2L}	
	10:35am–1pm {3L}		10:35am–1pm {3L}		10:35am–1pm {5L}	12:30–3pm {3L}	10:25am–12:30pm {2L}
	1–4pm {2L}	1–4pm {2L}	1–4pm {2L}	1–4pm {2L}	1–4pm {2L}	3–4pm {5L}	12:30–4pm {5L}
	4–9pm {2L}	4–6pm {4L}	4–9pm {2L}	4–6pm {4L}	4–7pm {4L}	4–6pm {2L}	4–6pm {2L}
	9–9:45pm {5L}	6–9pm {2L}	9–9:45pm {5L}	6–7pm {2L}	7–9pm {2L}	6–6:45pm {5L}	6–6:45pm {5L}
		9–9:45pm {5L}		9–9:45pm {5L}	9–9:45pm {5L}		
OVER 21 LAP SWIM	9:05–9:45pm	9:05–9:45pm	9:05–9:45pm	9:05–9:45pm	9:05–9:45pm	7:05–7:45pm	7:05–7:45pm
AQUA GROUP FITNESS	9:30–10:30am	6–7am	9:30–10:30am	6–7am	9:30–10:30am	9:30–10:30am	
	5:30–6:30pm		5:30–6:30pm				
STARFISH ACADEMY							
SWIM LESSONS	10:30am–1pm	10:30am–1pm	10:30am–1pm	10:30am–1pm		1–3pm	
	4:30–7pm	5–7pm	4:30–7pm	5–7pm			
MASTERS SWIM	6–7am		6–7am		6–7am	8–9:30am	
SWIM TEAM		9:30–10:30am		9:30–10:30am			
	4:30–5:30pm	6–7pm	4:30–5:30pm	6–7pm	4:30–5:30pm		

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