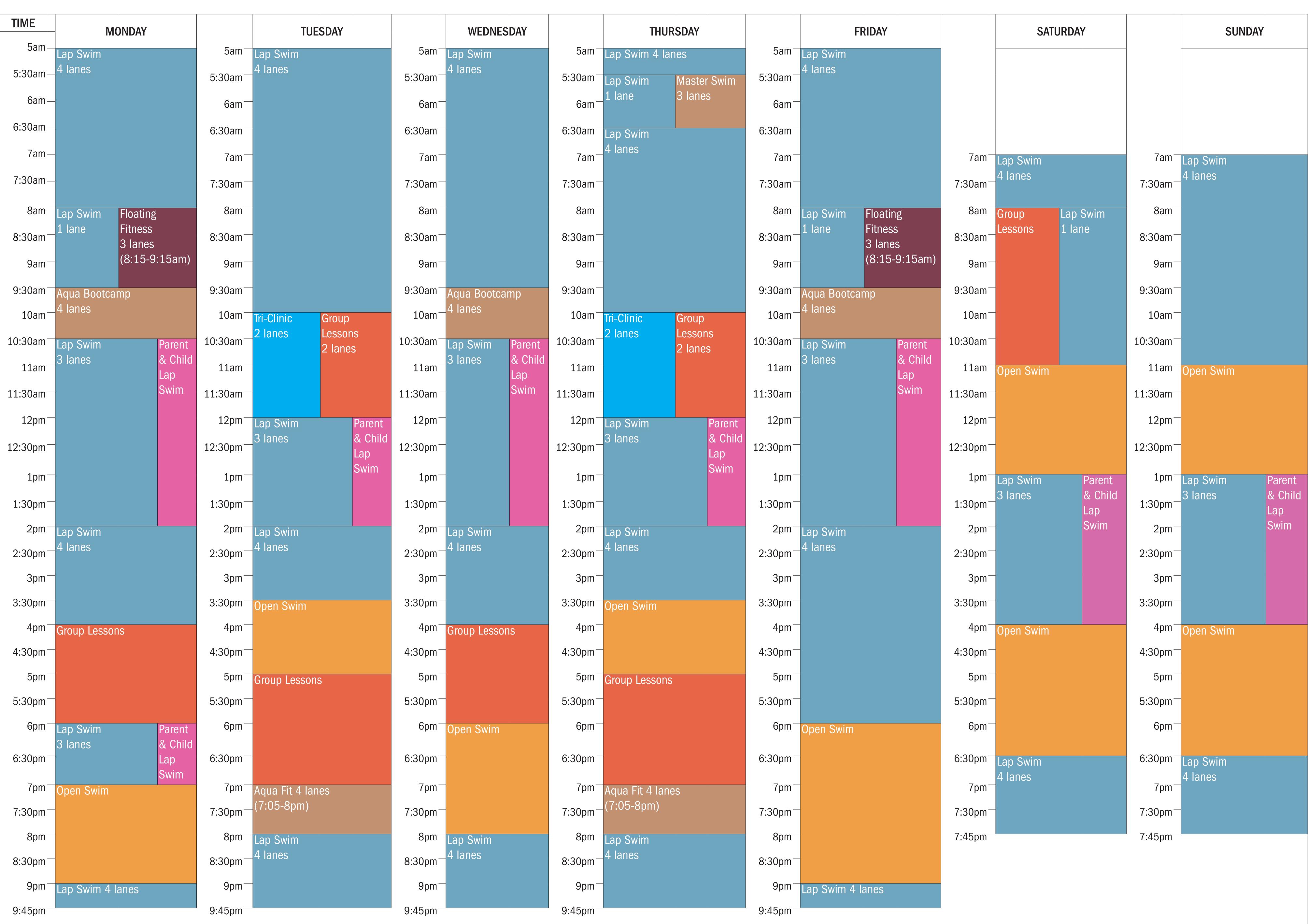


# JANUARY 6 — MAY 24

# EAGLE RIVER POOL SCHEDULE WINTER/SPRING 2020



### Lap Swim

A time reserved exclusively for lap swimming and other conditioning activities. Must be age 14+.

#### Group Lessons

We offer a variety of swim lesson programs at Starfish Academy to accommodate any age and skill level. Call 365-7393 for more information.

#### Parent & Child Lap Swim

Parents must accompany child in pool during lap swim.

#### Group Fitness

A variety of fun, FREE

classes for members.

present and water slides 9 MUST be accompanied by an adult. Open Swim for school closures: **JAN. 20** 

# Open Swim

A section of the pool is dedicated to activities for all ages. Lifeguards will be may be turned on at their discretion. Children under will be added from 1-3pm FEB. 14 & 17 MAR. 6 & 9-13

## Floating Fitness

Improve core strength, stability and balance while performing exercises designed to target core on a floating board. Fee based program. Register at the desk or online.

### TRI-CLINIC

A striking balance of mind body and soul is what makes a triathlete. Start or continue your training in a space reserved for conditioning your body for one of the many challenges a triathlon poses.

# Splash Park

Mon-Fri 5am-9:45pm Sat-Sun 7am-7:45pm

# POOL HOURS

MON-FRI 5AM-9:45PM SAT-SUN

7AM-7:45PM