

EAGLE RIVER POOL SCHEDULE WINTER/SPRING 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes		
5:30am				Lap Swim 1 lane	Master Swim 3 lanes		
6am							
6:30am				Lap Swim 4 lanes			
7am							
7:30am						Lap Swim 4 lanes	Lap Swim 4 lanes
8am	Lap Swim 1 lane				Lap Swim 1 lane	Group Lessons	
8:30am	Floating Fitness 3 lanes (8:15-9:15am)				Floating Fitness 3 lanes (8:15-9:15am)	Lap Swim 1 lane	
9am							
9:30am	Aqua Bootcamp 4 lanes		Aqua Bootcamp 4 lanes		Aqua Bootcamp 4 lanes		
10am		Tri-Clinic 2 lanes		Tri-Clinic 2 lanes			
10:30am	Lap Swim 3 lanes	Group Lessons 2 lanes	Lap Swim 3 lanes	Group Lessons 2 lanes	Lap Swim 3 lanes		
11am	Parent & Child Lap Swim		Parent & Child Lap Swim		Parent & Child Lap Swim		
11:30am						Open Swim	Open Swim
12pm							
12:30pm		Lap Swim 3 lanes		Lap Swim 3 lanes			
1pm		Parent & Child Lap Swim		Parent & Child Lap Swim			
1:30pm						Lap Swim 3 lanes	Lap Swim 3 lanes
2pm	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Parent & Child Lap Swim	Parent & Child Lap Swim
2:30pm							
3pm							
3:30pm		Open Swim		Open Swim			
4pm	Group Lessons		Group Lessons			Open Swim	Open Swim
4:30pm							
5pm		Group Lessons		Group Lessons			
5:30pm							
6pm	Lap Swim 3 lanes		Open Swim		Open Swim		
6:30pm	Parent & Child Lap Swim					Lap Swim 4 lanes	Lap Swim 4 lanes
7pm	Open Swim	Aqua Fit 4 lanes (7:05-8pm)		Aqua Fit 4 lanes (7:05-8pm)			
7:30pm							
8pm		Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes			
8:30pm							
9pm	Lap Swim 4 lanes				Lap Swim 4 lanes		
9:45pm							

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.

Open Swim

A section of the pool is dedicated to activities for all ages. Lifeguards will be present and water slides may be turned on at their discretion. Children under 9 MUST be accompanied by an adult. Open Swim will be added from 1-3pm for school closures:
JAN. 20
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