

THE ALASKA CLUB **FAIRBANKS POOL SCHEDULE WINTER/SPRING 2020** JANUARY 6 – MAY 24

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		
5:30am							
6am		Masters Swim 3 lanes		Masters Swim 3 lanes			
6:30am		Adult Conditioning 3 lanes		Adult Cond. 3 lanes			
7am							
7:30am		Adult Conditioning 6 lanes		Adult Conditioning 6 lanes			
8am						Adult Conditioning 6 lanes	
8:30am							
9am	H2O Cardio 4 lanes	H2O Strength 4 lanes	H2O Cardio 4 lanes	H2O Strength 4 lanes	H2O Cardio 4 lanes	Group Lessons 3 lanes	Adult Conditioning 6 lanes
9:30am	Adult Cond. 2 lanes	Adult Conditioning 2 lanes	Adult Conditioning 2 lanes	Adult Conditioning 2 lanes	Adult Conditioning 2 lanes	Adult Cond. 1 lane	
10am	Private Swim Lessons 1 lane	Private Swim Lessons 1 lane	Private Swim Lessons 1 lane	Private Swim Lessons 1 lane	Private Swim Lessons 1 lane	Private Swim Lessons 2 lanes	
10:30am	Open Swim 2 lanes	Group Lessons 2 lanes	Open Swim 2 lanes	Group Lessons 2 lanes	Open Swim 2 lanes		
11am	Adult Cond. 3 lanes	Adult Cond. 3 lanes	Adult Cond. 3 lanes	Adult Cond. 3 lanes	Adult Cond. 3 lanes		
11:30am						Adult Conditioning 4 lanes	
12pm	Adult Conditioning 5 lanes	Adult Conditioning 5 lanes	Adult Conditioning 5 lanes	Adult Conditioning 5 lanes	Adult Conditioning 5 lanes		
12:30pm							
1pm	Open Swim 2 lanes (1-3:30pm)	Open Swim 2 lanes (1-3:30pm)	Open Swim 2 lanes (1-3:30pm)	Open Swim 2 lanes (1-3:30pm)	Open Swim 2 lanes (1-3:30pm)		Open Swim 4 lanes** 2 lanes on every 2 nd Sunday
1:30pm	Adult Cond. 3 lanes	Adult Cond. 3 lanes	Adult Cond. 3 lanes	Adult Cond. 3 lanes	Adult Cond. 3 lanes	Open Swim 4 lanes	Adult Cond. 2 lanes** Subject to availability, call ahead to confirm.
2pm							
2:30pm							
3pm							
3:45pm	Swim Team 4 lanes	Swim Team 3 lanes	Swim Team 4 lanes	Swim Team 3 lanes	Swim Team 2 lanes		
4pm	M.S.C. 2 lanes	Adult Cond. 2 lanes	M.S.C. 2 lanes	Adult Cond. 2 lanes	Adult Cond. 3 lanes		
4:30pm	Adult Cond. 1 lane	Swim Team 2 lanes	Adult Cond. 1 lane	Swim Team 2 lanes	G.L. 2 lane		
5pm	Private Swim Lessons 1 lane	A.C. 1 lane	Private Swim Lessons 1 lane	A.C. 1 lane			
5:30pm						Kayaking Members: Free Guests: \$15	
6pm	Aqua Zumba (6:05-7:05pm) 3 lanes	Open Swim 4 lanes	Transition Time (Pool Closed) (6:15-6:30pm)	Aqua Zumba (6:05-7:05pm) 4 lanes	Open Swim 4 lanes	Adult Conditioning 2 lanes	
6:30pm	Adult Conditioning 3 lanes	Adult Conditioning 2 lanes	Water Warrior Wednesday with The Gauntlet 6 lanes	Adult Cond. 2 lanes	Adult Conditioning 2 lanes		
7:15pm	Open Swim 4 lanes			Open Swim 4 lanes			
7:30pm	Adult Conditioning 2 lanes					Adult Conditioning 6 lanes	Paddleboard & Kayak 4 lanes \$20/session
8pm		Adult Conditioning 6 lanes					Adult Cond. 2 lanes
8:30pm			Adult Conditioning 6 lanes				
9pm							

Lap Swim

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

We also offer private and semi-private lessons during this time.

Group Lesson

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

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.

Montessori Charter School

Montessori Charter School's designated rental space.

Group Fitness

A variety of fun, FREE classes for members.

Swim Team

A section of the pool is dedicated to the Stingray Swim Team for practice.

Water Warrior Wednesday

Features The Gauntlet, a floating obstacle course for children ages 6+.

Kayaking

Ever wanted to learn basic kayaking skills? Now is your chance! Select your own lesson series. Adults and youth, ages 8+ are welcome – reserver your spot at the Member Support Desk.

Gauntlet Party Rental

A time reserved for Gauntlet party rentals, a floating obstacle course for children ages 6+. Contact a reservation specialist at 365-7393 for more information.

Paddleboard

Ever wanted to learn basic paddleboard skills? In this class you will learn safety and basic technique. Come and have fun! Adults and youth, ages 8+ are welcome – reserver your spot at the Member Support Desk.

POOL HOURS

MON-WED 5AM-9PM
SAT 8AM-8:30PM
SUN 9AM-7:30PM