



THE ALASKA CLUB FAIRBANKS POOL SCHEDULE WINTER/SPRING 2019

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 Cond. 3 lanes		Adult Cond. 3 lanes			
7am							
7:30am							
8am		Adult Conditioning 6 lanes		Adult Conditioning 6 lanes		Adult Conditioning 5 lanes	
8:30am						Group Lessons 4 lanes	
9am	H2O Cardio 4 lanes	H2O Strength 4 lanes	H2O Cardio 4 lanes	H2O Strength 4 lanes	H2O Cardio 4 lanes	Adult Cond. 2 lanes	
9:30am	Adult Cond. 2 lanes	Adult Cond. 2 lanes	Adult Cond. 2 lanes	Adult Cond. 2 lanes	Adult Cond. 2 lanes		
10am		Adult Cond. 1 lane		Adult Cond. 1 lane			
10:30am	Group Lessons 2 lanes	Adult Cond. 4 lanes	Group Lessons 2 lanes	Adult Cond. 4 lanes	Group Lessons 1 lane	Private Swim Lessons 1 lane	Adult Conditioning 6 lanes
11am	Adult Cond. 4 lanes	Open Swim 2 lanes	Adult Cond. 2 lanes	Open Swim 2 lanes	Adult Cond. 2 lanes	Group Lessons 1 lane	
11:30am	Adult Conditioning 6 Lanes	Adult Conditioning 5 lanes	Adult Conditioning 6 Lanes	Adult Conditioning 5 lanes	Adult Conditioning 6 lanes	Private Swim Lessons 2 lanes	
12pm		Adult Cond. 5 lanes		Adult Cond. 5 lanes		Adult Cond. 4 lanes	
12:30pm							
1pm	Open Swim 2 lanes	Adult Conditioning 4 lanes	Open Swim 2 lanes	Adult Conditioning 4 lanes	Open Swim 2 lanes	Adult Cond. 4 lanes	Open Swim 4 lanes
1:30pm						Open Swim 4 lanes	Adult Cond. 2 lanes** Subject to availability, call ahead to confirm.
2pm						Private Swim 2 lanes	
2:30pm						Adult Cond. 2 lanes	
3pm							
3:30pm	Swim Team 4 lanes	Swim Team 2 lanes	Swim Team 4 lanes	Swim Team 2 lanes	Swim Team 2 lanes		
4pm		M.S.C. 2 lanes (3:45-4:30pm)		M.S.C. 2 lanes (3:45-4:30pm)			
4:30pm	Adult Cond. 2 lanes	A.C. 2 lanes	Adult Cond. 2 lanes	A.C. 2 lanes	Adult Conditioning 4 lanes		
5pm		Adult Conditioning 4 lanes		Adult Conditioning 4 lanes			
5:30pm							Adult Conditioning 6 lanes
6pm	Aqua Zumba 6:10-7:10pm 4 lanes	Open Swim 4 lanes	Transition Time (Pool Closed) (6:15-6:30pm)	Aqua Zumba 4 lanes (6:10-7:10pm)	Open Swim 4 lanes	Kayaking	
6:30pm	Open Swim 4 lanes (starts @ 7:15pm)	Adult Conditioning 2 lanes	Water Warrior Wednesday with The Gauntlet	Open Swim 4 lanes (7:15-8:30pm)	Adult Cond. 2 lanes	Adult Conditioning 2 lanes	
7:15pm							
7:30pm							
8pm		Adult Conditioning 6 lanes			Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	
8:30pm			Adult Conditioning 6 lanes	Adult Conditioning 6 lanes			
9pm							

Lap Swim

A time reserved exclusively for lap swimming and other conditioning activities. 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.

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+.

Aqua Zumba®

For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for one party you won't want to miss!

Kayak Class

Ever wanted to learn basic kayaking skills? Now is your chance! Select your own lesson series, September 7 & 14, or September 21 & 28. 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.

POOL HOURS

MON-WED
5AM-9PM

THURS
5AM-9:30PM

SAT
8AM-8:30PM

SUN
10AM-8:30PM