

# EAGLE RIVER POOL SCHEDULE

# SUMMER 2019

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		Lap Swim 1 lane			
6am		Master Swim 3 lanes		Master Swim 3 lanes			
6:30am		Lap Swim 4 lanes		Lap Swim 4 lanes			
7am						Lap Swim 4 lanes	Lap Swim 4 lanes
7:30am							
8am	Lap Swim 1 lane				Lap Swim 1 lane		
8:30am	Floating Fitness 3 lanes (8:15-9:15)				Floating Fitness 3 lanes (8:15-9:15)	Group Lessons 3 lanes	
9am							
9:30am	Aqua Bootcamp 4 lanes		Aqua Bootcamp 4 lanes		Aqua Bootcamp 4 lanes		
10am		Lap Swim 1 lane		Lap Swim 1 lane			
10:30am	Lap Swim 3 lanes	Group Lessons 3 lanes	Lap Swim 3 lanes	Group Lessons 3 lanes	Lap Swim 1 lane		
11am	Parent & Child Lap Swim 1 lane		Parent & Child Lap Swim 1 lane		Parent & Child Lap Swim 1 lane		
11:30am		Lap Swim 3 lanes		Lap Swim 3 lanes		Open Swim 4 lanes	
12pm	Lap Swim 4 lanes	Parent & Child Lap Swim 1 lane	Lap Swim 4 lanes	Parent & Child Lap Swim 1 lane	Lap Swim 4 lanes		
12:30pm							
1pm		Lap Swim 4 lanes		Lap Swim 4 lanes		Lap Swim 3 lanes	Lap Swim 3 lanes
2pm						Parent & Child Lap Swim 1 lane	Parent & Child Lap Swim 1 lane
2:30pm							
3pm							
3:30pm		Open Swim 4 lanes		Open Swim 4 lanes			
4pm	Group Lessons 4 lanes		Group Lessons 4 lanes		Group Lessons 4 lanes	Open Swim 4 lanes	Open Swim 4 lanes
4:30pm							
5pm		Group Lessons 4 lanes		Group Lessons 4 lanes			
5:30pm							
6pm	Aqua Bootcamp 4 lanes (6:05 - 7pm)		Open Swim 4 lanes		Aqua Bootcamp 4 lanes (6:05 - 7pm)		
6:30pm		Lap Swim 3 lanes		Lap Swim 3 lanes		Lap Swim 4 lanes	Lap Swim 4 lanes
7pm	Open Swim 4 lanes	Parent & Child Lap Swim 1 lane		Parent & Child Lap Swim 1 lane	Open Swim 4 lanes		
7:30pm			Lap Swim 4 lanes				
8pm							
8:15pm	Lap Swim 4 lanes				Lap Swim 4 lanes		
8:30pm							
8:45pm							

**Lap Swim**

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

**Camp Swim**

Dedicated swim time for all camp participants!

**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.

**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.

**Floating Yoga**

Yoga practice on a glide fit board brings new challenges and so much fun to core stabilization, balance and yoga poses. Fee based program. Register at the desk or online.

**POOL HOURS**

**MON-FRI**  
**5AM-8:45PM**  
**SAT-SUN**  
**7AM-7:45PM**