



# THE ALASKA CLUB FAIRBANKS POOL SCHEDULE SUMMER 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		Adult Conditioning 6 lanes		Adult Conditioning 6 lanes			
8am						8am Adult Conditioning 5 lanes	
8:30am						8:30am	
9am	H2O Cardio 4 lanes	H2O Strength 4 lanes	H2O Cardio 4 lanes	H2O Strength 4 lanes	H2O Cardio 4 lanes	9am Group Lesson 6 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 Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Adult Conditioning 6 lanes		10am Adult Conditioning 6 lanes
10:30am		Adult Cond. 4 lanes		Adult Cond. 4 lanes	Open Swim 4 lanes		10:30am
11am		Group Lesson 2 lanes		Group Lesson 2 lanes	Adult Cond. 2 lanes		11am
11:30am						11:30am Adult Conditioning 4 lanes	11:30am
12pm		Adult Conditioning 6 lanes		Adult Conditioning 6 lanes	Adult Conditioning 6 lanes	Private Swim Lessons 2 lanes	12pm
12:30pm							12:30pm
1pm		Adult Conditioning 5 lanes		Adult Conditioning 5 lanes	Adult Conditioning 5 lanes		1pm
1:30pm		Private Swim Lessons 1 lane		Private Swim Lessons 1 lane	Private Swim Lessons 1 lanes	1:30pm Open Swim 4 lanes	1:30pm
2pm	Open Swim 4 lanes (2-3:30pm)	Open Swim 4 lanes (2-3:30pm)	Open Swim 4 lanes (2-3:30pm)	Open Swim 4 lanes (2-3:30pm)	Open Swim 4 lanes (2-3:30pm)		2pm
2:30pm	Adult Cond. 2 lanes	Adult Cond. 1 lane	Adult Cond. 2 lanes	Adult Cond. 1 lane	Adult Cond. 1 lane		2:30pm
3pm							3pm
3:45pm	Swim Team 4 lanes	Swim Team 2 lanes	Swim Team 4 lanes	Swim Team 2 lanes	Swim Team 2 lanes		3:45pm
4pm		Adult Cond. 3 lanes		Adult Cond. 3 lanes	Adult Cond. 4 lanes		4pm
4:30pm	Adult Cond. 1 lane						4:30pm
5pm	Private Swim Lessons 1 lane						5pm
5:30pm						5pm Adult Cond. 2 lanes	5:30pm
6pm	Aqua Zumba 4 lanes (6:10-7:10pm)	Open Swim 4 lanes	Transition Time (Pool Closed) (6:15-6:30pm)	Aqua Zumba 4 lanes (6:10-7:10pm)	Open Swim 4 lanes	6pm Adult Conditioning 6 lanes	
6:30pm	Adult Cond. 2 lanes	Adult Cond. 2 lanes	Water Warrior Wednesday with The Gauntlet 6 lanes	Adult Cond. 2 lanes	Adult Cond. 2 lanes		
7:15pm	Open Swim 4 lanes			Open Swim 4 lanes			
7:30pm							
8pm		Adult Conditioning 6 lanes			Adult Conditioning 6 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.

**Camp Swim**  
Dedicated swim time for all camp participants!

**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 pool party you won't want to miss!

**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  
SAT 8AM-6:30PM  
SUN 10AM-5:30PM