

EAGLE RIVER POOL SCHEDULE FALL/WINTER 2019-2020

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

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-9:45PM
SAT-SUN
7AM-7:45PM