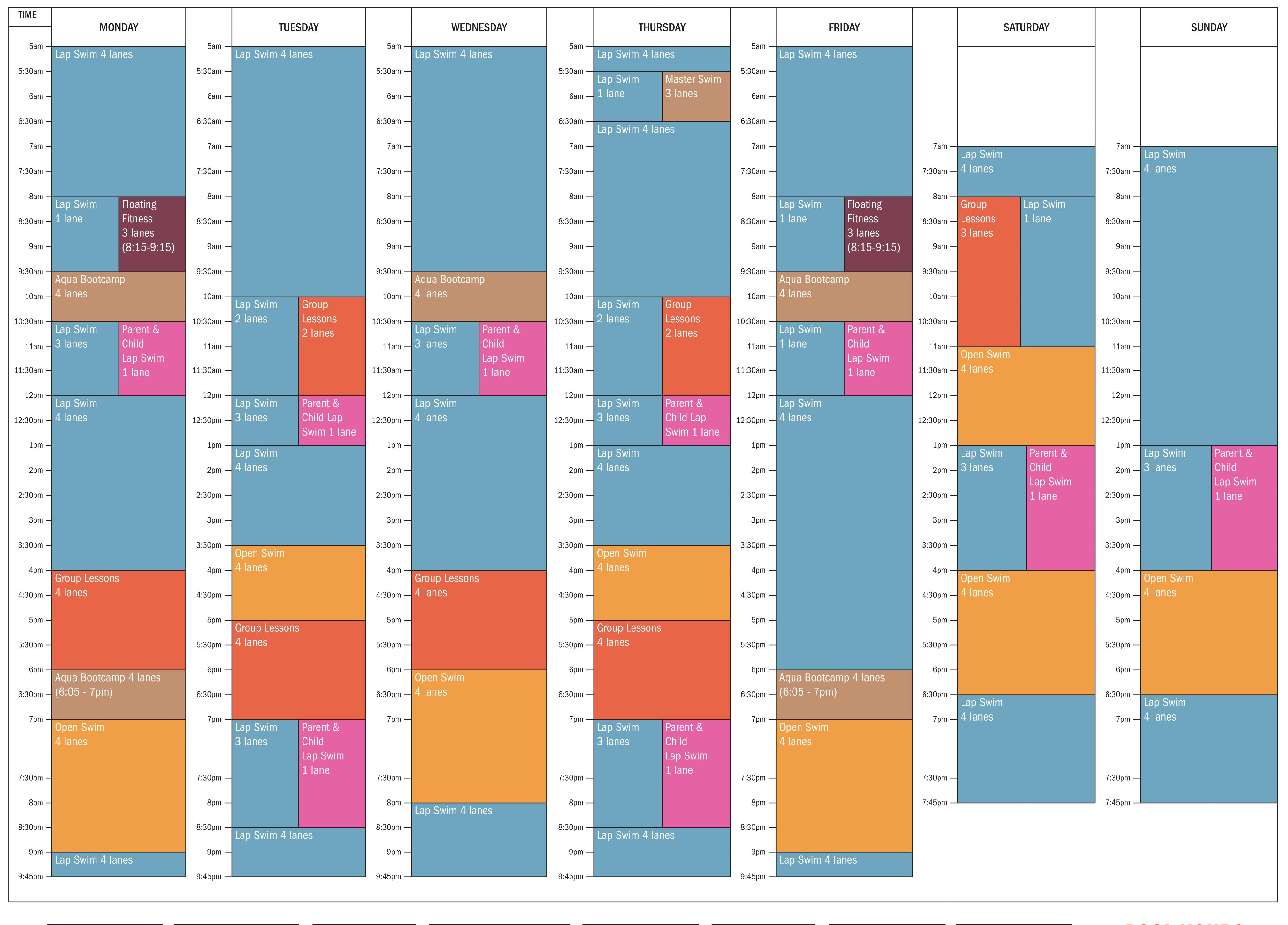
THE ALASKA CLUB EAGLE RIVER POOL SCHEDULE FALL/WINTER 2019-2020



Open Swim

by an adult.

Floating Fitness

POOL HOURS

Lap Swim Group Lessons Parent & Child Lap Swim Group Fitness Camp Swim Floating Yoga **MON-FRI** A time reserved exclusively A variety of fun, FREE classes Dedicated swim time for all camp A section of the pool is We offer a variety of swim Yoga practice on a glide fit Improve core strength, Parents must accompany child in for lap swimming and other for members. participants! dedicated to activities for stability and balance board brings new challenges lesson programs at Starfish pool during lap swim. 5AM-9:45PM conditioning activities. Academy to accommodate all ages. Lifeguards will be while performing exercises and so much fun to core Must be age 14+. any age and skill level. designed to target core on stabilization, balance and present and water slides SAT-SUN Call 365-7393 for more a floating board. Fee based may be turned on at their yoga poses. Fee based program. Register at the desk information. discretion. Children under program. Register at the desk 7AM-7:45PM 9 MUST be accompanied or online. or online.

Schedules are subject to change. For the most up-to-date information, view the schedule online at thealaskaclub.com or download The Alaska Club app.