



THE ALASKA CLUB 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							
6am	H2O Cardio Lap Swim 1 lane	Masters Swim Lap Swim 2 lanes	H2O Cardio Lap Swim 1 lane	Masters Swim Lap Swim 2 lanes			
6:30am							
7am	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes		Masters Swim Lap Swim 1 lane	Lap Swim 4 lanes
7:30am							
8am							
8:30am							
9am	H2O Cardio Lap Swim 1 lane	H2O Cardio Lap Swim 1 lane	H2O Cardio Lap Swim 1 lane	H2O Cardio Lap Swim 1 lane	H2O Cardio Lap Swim 1 lane		
9:30am							
10am	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes		
10:30am		Group Lessons Lap Swim 1 lane		Group Lessons Lap Swim 1 lane		Group Lessons Lap Swim 1 lane	Group Lessons Lap Swim 1 lane
11am							
11:30am							
12pm	Wave Running Lap Swim 1 lane		H2O Cardio Lap Swim 1 lane	Lap Swim 4 lanes	H2O Cardio Lap Swim 1 lane		
12:30pm							
1pm	Lap Swim 4 lanes		Lap Swim 4 lanes		Lap Swim 4 lanes		
1:30pm							
2pm							
2:30pm							
3pm							
3:30pm							
4pm							
4:30pm	Group Lessons Lap Swim 1 lane	Group Lessons Lap Swim 1 lane	Group Lessons Lap Swim 1 lane*	Group Lessons Lap Swim 1 lane			
5pm							
5:30pm							
6pm							
6:30pm	Open Swim	Lap Swim 4 lanes	Open Swim*	Adult Lessons Lap Swim 3 lanes	Gauntlet Setup 2 lanes Lap Swim 2 lanes Open Swim with The Gauntlet		
7pm				Lap Swim 4 lanes			
7:30pm					Lap Swim 4 lanes		Lap Swim 4 lanes
8pm							
8:30pm	Lap Swim 4 lanes		Lap Swim 4 lanes				
9:45pm							

Lap Swim

A time reserved exclusively for lap swimming and other conditioning activities. Must be age 14+
*No lap swim during Family Fun Night Open Swim (3rd Wednesday of every month, 6:30-8:30pm).

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.

Adult Group Lessons

A variety of swim lesson programs specifically for adults.

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.

Rental

A time reserved for pre-booked special programming in the pool.

The Gauntlet

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.
*Every 3rd Wednesday for Family Fun Night.

POOL HOURS
MON-THUR
5AM-9:45PM
FRI
5AM-8:45PM
SAT-SUN
7AM-7:45PM