

**POOL HOURS**

MON-FRI

5AM-9:45PM

SAT

7AM-9:45PM

SUN

7AM-8:45PM



THE ALASKA CLUB

# SOUTH 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	Private Lessons 1 lane	Private Lessons 1 lane	Private Lessons 1 lane	Private Lessons 1 lane	Private Lessons 1 lane		
6am	Masters Swim 3 lanes		Masters Swim 3 lanes		Masters Swim 3 lanes		
6:30am	Lap Swim 1 lane		Lap Swim 1 lane		Lap Swim 1 lane		
7am	Lap Swim 4 lanes		Lap Swim 4 lanes		Lap Swim 4 lanes		
7:30am						Lap Swim 4 lanes	Lap Swim 4 lanes
8am						Private Lessons 1 lane	Private Lessons 1 lane
8:30am							
9am							Lap Swim shared with Tri-Sport Swim Training (LAST SUNDAY OF EACH MONTH)
9:30am	H2O Cardio		H2O Cardio		H2O Cardio		
10am						H2O Cardio	
10:30am	Lap Swim 4 lanes	Group Lessons	Lap Swim 4 lanes	Group Lessons	Lap Swim 4 lanes	Lap Swim 4 lanes	Lap Swim 4 lanes
11am		Lap Swim 1 lane		Lap Swim 1 lane			
11:30am						Open Swim	Open Swim
12pm						Lap Swim 1 lane	Lap Swim 1 lane
12:30pm		Masters Swim		Masters Swim			
1pm						Lap Swim 4 lanes	Lap Swim 4 lanes
1:30pm		Lap Swim 4 lanes		Lap Swim 4 lanes			
2pm						Little Ones	Little Ones
2:30pm						Group Lessons	Group Lessons
3pm							
3:30pm							
4pm	Group Lessons		Group Lessons		Group Lessons		
4:30pm	Lap Swim 1 lane	Open Swim	Lap Swim 1 lane	Open Swim	Lap Swim 1 lane	Open Swim	Open Swim
5pm							
5:30pm		Group Lessons		Group Lessons			
6pm		Swim Team		Swim Team			
6:30pm	Open Swim		Open Swim		Open Swim		
6:30pm	Lap Swim 1 lane		Lap Swim 1 lane		Lap Swim 1 lane		
7pm	Private Lessons 1 lane		Private Lessons 1 lane		Private Lessons 1 lane		
7:30pm		H2O Cardio (7:05-8:05pm)		H2O Cardio			
8pm	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
8:30pm		Private Lessons 1 lane		Private Lessons 1 lane			
9:00pm							
9:30pm							
9:45pm							

Lap Swim	Group Lessons	Open Swim	Camp Swim	Group Fitness	Swim Team	Private Lessons	Wading Pool
A time reserved exclusively for lap swimming and other conditioning activities. Must be age 14+	We offer a variety of swim lesson programs at Starfish Academy to accommodate any age and skill level. Call 365-7393 for more information.	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.	Dedicated swim time for all camp participants!	A variety of fun, FREE classes for members.	A section of the pool is dedicated to the South Torpedos Swim Team for practice.	We offer private and semi-private lessons to accommodate any age and skill level at a variety of times. *A section of the pool may be limited for the lessons. Call 365-7393 for more information.	A shallow 2ft pool for parents and their little ones to test the waters. Hours of operation listed to the right. <b>The Wading Pool is closed during Group Swim Lessons.</b>

**Wading Pool Hours**

**Mon** 5am-4pm, 6-9:45pm

**Tues** 5-10am, 11am-5pm, 6:30-9:30pm

**Wed** 5am-4pm, 6pm-9:45pm

**Thurs** 5-10am, 11am-5pm, 6:30-9:30pm

**Fri** 5am-9:45pm

**Sat** 7am-1:30pm, 3-7:45pm

**Sun** 7am-1:30pm, 3-7:30pm

Schedules are subject to change. For the most up-to-date information, view the schedule online at [thealaskaclub.com](http://thealaskaclub.com) or download The Alaska Club app.