

Pool Hours

Holidays and Closures

MLK Day January - 20th

Spring Break - March 8 - 16

Sign-in starts 10 minutes before each session and ends 15 minutes before end of pool session

Lap Swim & Aquatic Activities*

| | |
|-----------------|---------------|
| Monday - Friday | 7 am - 9 am |
| M/W/F | 12 pm - 2 pm* |
| Sundays | 1 pm - 3pm** |

*M/W/F Limited to 2 lap lanes

**Starts February 8th

*Aquatic Activities may include Water Aerobics, water walkers and swim lessons.

Family Swim/Lap Swim

- Tue & Thurs 3:30 - 5:30 pm
- Saturdays & Sundays 3:00 - 5:00 pm**

**Starts February 8th

All children under the age of 16

MUST be accompanied by an adult.

APU Trails

Our APU trails link up to the Anchorage municipality trails. Use the Anchorage trail system to go to down town Anchorage, the Westchester Lagoon, the Coastal Trail, Kincaid Park, Far North Bicentennial Park, and many others Anchorage parks and areas! The Anchorage trail system covers 10,000 acres, 190 parks all connected by 400 miles of trails.

Find the trail map by following this link:
<https://www.alaskapacific.edu/apu-trail-map/>

Fees and Passes

APU STAFF / STUDENTS / ANTHC

Individual Semester Pass.....FREE*
 Family Semester Pass.....\$50.00*

APU ALUMNI ASSOCIATION MEMBERS

Individual Semester Pass.....\$65.00*
 Family Semester Pass.....\$75.00*
 10 Visit Pass \$45 (Visiting Student)
 *APU ID Required

GENERAL PUBLIC

Daily Pass.....\$8.00 Adult
 Daily Pass Senior/Children**\$6.00
 10 Visit Pass \$65 (Adult) \$45 (Child/Senior**)
 Individual Semester Pass.....\$190.00
 Family Semester Pass.....\$235.00
 **Seniors aged 62+ and Children Under 16 Years

Day Use Passes include use of the pool, gymnasium, weight room, and rock wall during hours of operation. Semester Passes include all of the above. The weight room and rock wall are located in the Atwood Basement.

Ask for directions!

Stay updated on our schedule and events by finding us on Facebook!



MOSELEY SPORTS CENTER

January 6th - April 25th



Alaska Pacific University
Recreation Programs

907-564-8314

moseley@alaskapacific.edu

Programs

Water Aerobics

Mondays, Wednesdays, Fridays
12 - 1 pm

Taught by: Debbie Little Dog
(Water Aerobics Instructor)

Class reserves 4 lanes

This low-impact class is performed in shallow water and is designed to **improve joint stability, coordination, heart health, and strength.**

The class will incorporate cardio and strength training, using water dumbbells, noodles, and other resistance tools.

Join a SWIM Challenge!

Fur Rondy Doubles Challenge

APU challenges you and another team member to swim 90 laps per week in the month of February to honor the 90th anniversary of the Fur Rondy.

90 laps equals 4,500 yards

All swim challenges \$20 per team

Divide the total yardage (18,000) between each team member.



Moseley Gymnasium

Basketball Court Hours

Monday 12:00 - 2:00 pm
Tuesday - Thursday 3:30 - 5:30 pm

Event Closures:

February 18-22 ANSA Basketball Tournament

March 8 - 16 Spring Break

March 21 - 22 NYO Games

March 29 APU Health Fair

April 5 - APU Gear Swap

April 18 APU Spring Carnival

Contact Information:

Moseley@alaskapacific.edu

Moseley Pool/Gym

907-564-8314

OP/Gear Room

907-564-8614

Climbing Wall/Weight Room

907-564-8308

Massage Therapy

Our massage room is located in the Moseley Sports Center, to schedule a massage contact licensed massage therapist, Michael Henrich at (907) 632-6440.

| | APU Students | Staff | Public |
|------------|--------------|-------|--------|
| 1/2 hour | \$35 | \$45 | \$50 |
| 1 hour | \$55 | \$70 | \$80 |
| 1 1/2 hour | \$80 | \$95 | \$105 |

OP & Gear Rentals

Weight Room & Climbing Wall

Come join us in the basement of the Atwood Building to check out the weight room and climbing wall. Whether it's free weights, weight-lifting machines, cardio equipment or the climbing wall; everyone can find a fix for their workout needs.

HOLIDAY CLOSURES:

March 8 - 16 Spring Break

OPERATION HOURS:

Weight room & Climbing wall

10 am to 9pm - February 3 - April 25

CLOSED 4 - 6pm (Tuesdays and Fridays)

Equipment Rentals

Tuesday - Thursdays 11 a.m. - 4 p.m.

Call 907-564-8614 for equipment reservations

You can view our rental selection on the

APU Outdoor Programs website

We have a wide selection of outdoor gear available for rent, from tents and cooking stoves to paddleboards and fat bikes in the basement of the Atwood Center.

OUTDOOR PROGRAM RATES:

| | APU Alumni | UAA & 18 ≤ | General Public |
|----------------------|------------|------------|----------------|
| Day Pass | \$6 | \$6 | \$8 |
| Semester Pass | \$65 | \$65 | \$190 |
| Family Pass | \$75 | \$75 | \$235 |
| 10 Day Pass | \$45 | \$45 | \$65 |
| Climbing Shoe Rental | \$1 | \$2 | \$2 |
| Harness Rental | \$1 | \$2 | \$2 |