

Pool Hours

Holidays and Closures

December 22 - 25

December 29 - January 1

January 15 MLK Day

March 11 - 15 Spring Break

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

Lap Swim

M/T/TH/F 7 am - 9 am

M/W/F 12 pm - 2 pm*

*M/W/F Limited to 2 lap lanes

Tuesday and Thursday 12 pm - 2 pm

Family Swim

- Tue & Thurs 3:30 - 5:30 pm
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



December 12 - April 24



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.

Private Swim Lessons for ages 6 years old and up.

email:

mcateson@alaskapacific.edu
 with swim lesson requests.*

Due to swim instructor availability, requests may be placed on a waitlist.



Moseley Gymnasium



Open Gym Hours

Monday 12:00 - 1:30 pm

Tuesday - Friday 12:00 - 2:00 pm

Event Closures:

February 20 - 23 - Basketball Tournament

March 3 - Tour of Anchorage

April 6 - Gear Swap

April 19 - 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.

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OPERATION HOURS:

Weight room & Climbing wall

Mon - Fri 11 a.m. - 4 p.m.

Mon, Wed, Thurs 5 - 9 p.m.

Tues & Fri 6 - 9 p.m.

Equipment Rentals

Mon - Fri 11 a.m. - 4 p.m. and 5 - 9 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