



St. Alban's
Boys & Girls Club
A good place to be

Members Pool Schedule October 3rd – December 12th, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rec 2:30-4pm AquaTender 4-5pm	Lane 8-9:30am Lane 12-1:30pm Rec 7-8pm Aqua Fitness 8-8:45pm Lane 8:45-9:45pm	Lane 8-9:30am Family 12-1:30pm	Lane 8-9:30am Lane 12-1:30pm Aqua Fitness 8-8:45pm Lane 8:45-9:45pm	Lane 8-9:30am Family 12-1:30pm	Lane 8-9:30am Lane 12-1:30pm Rec 7-8pm	Rec 2:30-4pm

LANE SWIM Designated lanes open for laps or water jogging
\$3 for Members, \$30/12 visit pass, \$150 for a one year pass

RECREATIONAL SWIM Refer to Admission Policy. Free for Members

FAMILY SWIM Refer to Admission Policy. Free for Members
Children under 16 must be with an adult over 18

AQUAFITNESS Land-based exercises adapted for in-water conditioning, using properties of floating & limited impact. \$5 for Members. \$50/12 visit pass. \$150 for a one year pass

AQUATENDER A unique Aqua Fitness based program designed specifically for those individuals with bone and joint concerns, including osteoporosis, osteopaedia, arthritis, knee and hip replacements. All exercises are indicative of the limits of these conditions and participants will receive a well-balanced, safe, gentle work-out without compromising their health conditions. \$5 for Members. \$50/12 visit pass. \$150 for a one year pass

As of Fall 2011, open swims are available to those with valid memberships only.

PLEASE NOTE: POOL IS CLOSED ON OCTOBER 9/10, 2011.