



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

Public Pool Schedule July 4th – September 2nd, 2011

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

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

RECREATIONAL SWIM Refer to Admission Policy. Free with Membership, \$2 without Membership.

FAMILY SWIM Refer to Admission Policy. Free with Membership, \$2 without Membership. Children under 16 must be with an adult over 18.

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