



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

Members Pool Schedule March 12th – March 30th, 2012

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 Lane 8-9:30am Lane 12-1:30pm Rec 7-8pm Aqua Fitness 8-8:45pm Lane 8:45-9:45pm	13 Lane 8-9:30am Family 12-1:30pm	14 Lane 8-9:30am Family 9:30-11am Lane 12-1:30pm Rec 7-8pm Aqua Fitness 8-8:45pm Lane 8:45-9:45pm	15 Lane 8-9:30am Family 12-1:30pm	16 Lane 8-9:30am Lane 12-1:30pm	17 Rec 2-4pm	18 Rec 2-4pm
19 Lane 8-9:30am Family 9:30-11am Lane 12-1:30pm	20 Lane 8-9:30am	21 Lane 8-9:30am Family 9:30-11am Lane 12-1:30pm Rec 7-8pm AquaFitness 8-8:45pm Lane 8:45-9:45pm	22 Lane 8-9:30am	23 Lane 8-9:30am Family 9:30-11am Lane 12-1:30pm SWIM-A-THON	24 SWIM-A-THON	25 CLOSED
26 Lane 8-9:30am Family 9:30-11am Lane 12-1:30pm	27 Lane 8-9:30am	28 Lane 8-9:30am Family 9:30-11am Lane 12-1:30pm Rec 7-8pm AquaFitness 8-8:45pm Lane 8:45-9:45pm	29 Lane 8-9:30am	30 Lane 8-9:30am Family 9:30-11am Lane 12-1:30pm	31 CLOSED	1 CLOSED

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

RECREATIONAL SWIM Refer to Admission Policy. Free.

FAMILY SWIM Refer to Admission Policy. Free. 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 per visit. \$50/12 visit pass. \$150 for a one year pass.

The pool will be reserved for our 4th annual department fundraiser starting Friday March 23rd at 3:00pm, running for 24 hours and concluding on Saturday March 24th at 3:00pm. All members are encouraged to participate, pledge a swimmer, bring food and come on out to cheer on our swimmers! You can pledge online at www.stalbansclub.ca. Help us exceed our goal of \$8,500 this year! Proceeds from this event will help more kids learn to swim and to the AED program.