



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

# Members Pool Schedule 843 Palmerston Avenue

## September 18th – November 20th, 2017

Open swims are available to those with valid memberships only.  
Open swims not available at Winona Pool.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Rec swim 2:30pm-4:00pm</p>	<p>Lane swim 7:00am-9:15am</p> <p>Lane swim 12:00pm-1:30pm</p> <p>Aqua Fitness 8:00pm-8:45pm</p> <p>Lane swim 8:45-9:45pm</p>	<p>Lane swim 7:30am-9:15am</p> <p>Family swim 12:00pm-1:30pm</p>	<p>Lane swim 7:00am-9:15am</p> <p>Family swim 10:00am-11:00am</p> <p>Lane swim 12:00pm-1:30pm</p> <p>Aqua Fitness 8:00pm-8:45pm</p> <p>Lane swim 8:45pm-9:45pm</p>	<p>Lane swim 7:30am-9:15am</p> <p>Family swim 12:00pm-1:30pm</p>	<p>Lane swim 7:30am -9:15am</p> <p>Lane swim 12:00pm-1:30pm</p> <p>Rec swim 7:00pm-8:00pm</p>	<p>Rec swim 2:30pm-4:00pm</p>

**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 with valid membership.

**FAMILY SWIM** Refer to Admission Policy. Free with valid membership.

**AQUA FITNESS** 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 closed on Monday October 9<sup>th</sup> due to Thanksgiving Monday.