



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

# Members Pool Schedule

## 843 Palmerston Avenue

### January 14<sup>th</sup> – March 8<sup>th</sup>, 2019

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-3:55pm</p>	<p>Lane swim 7:00am-9:15am</p> <p>Lane swim 12:05pm-1:25pm</p> <p>Aqua Fitness 8:05pm-8:45pm</p> <p>Lane swim 8:50-9:45pm</p>	<p>Lane swim 7:30am-9:15am</p> <p>Family swim 12:05pm-1:25pm</p>	<p>Lane swim 7:00am-9:15am</p> <p>Family swim 10:05am-10:55am</p> <p>Lane swim 12:05pm-1:25pm</p> <p>Aqua Fitness 8:05pm-8:45pm</p> <p>Lane swim 8:50pm-9:45pm</p>	<p>Lane swim 7:30am-9:15am</p> <p>Family swim 12:05pm-1:25pm</p>	<p>Lane swim 7:30am -9:15am</p> <p>Lane swim 12:05pm-1:25pm</p> <p>Rec swim 7:05pm-8:55pm</p>	<p>Rec swim 2:30pm-3:55pm</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 February 18<sup>th</sup> for Family Day\*\***