



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

Palmerston Members Pool Schedule July 2nd - August 30th, 2019

Open swims are available to those with valid memberships only.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lane Swim 7:00am - 8:50am</p> <p>Aqua Fitness 8:05pm - 8:40pm</p> <p>Lane Swim 8:45pm - 9:45pm</p>	<p>Lane Swim 7:30am - 8:50am</p>	<p>Lane Swim 7:00am - 8:50am</p> <p>Aqua Fitness 8:05pm - 8:40pm</p> <p>Lane Swim 8:45pm - 9:45pm</p>	<p>Lane Swim 7:30am - 8:50am</p> <p>Family Swim 12:00pm - 12:55pm</p>	<p>Lane Swim 7:00am - 8:50am</p> <p>Rec Swim 7:05pm - 7:55pm</p>	<p>Leadership Courses</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.

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

****Please note the pool will be closed on: Monday July 1st (Canada Day) and August 5th for (Civic Day)**