



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

Members Pool Schedule

843 Palmerston Avenue

September 16th – November 18th, 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 8:05pm-9:55pm</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 October 14th, 2019 for Thanksgiving Day ****