

Sally Borden Fitness & Recreation

POOL SCHEDULE

April 3 – June 30, 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Stat Holidays
Open Swim & Lane Swim for Member / Day Guest or Private Bookings*							
6 am – 4 pm	6 am – 6 pm		6 am – 4 pm			7 am – 1 pm	
Public Swim – Lifeguard ON duty							
4 pm – 6 pm	6 pm – 8 pm		4 pm – 6 pm		1 pm – 8 pm Pool Toy* 2 pm – 4 pm	1 pm – 8 pm	1 pm – 6 pm
Open Swim & Lane Swim for Member / Day Guest or Private Bookings*							
6 pm – 10 pm	8 pm – 10 pm		6 pm – 10 pm		8 pm – 10 pm		6 pm – 10 pm

Extended Public Swim Hours: Lifeguard ON duty, 1 pm – 6 pm on April 3 – April 7 + April 10 – April 14

Member / Day Guest: NO lifeguard on duty, youth under 16 years must be accompanied by a responsible adult.

Public Swim: Lifeguard ON duty, Children under 8 years must be accompanied by an adult. Adults: \$5.50, Youth (5-15): \$3.50, Senior (60+): \$3.50
Free Public Swim 1 pm – 4 pm on last Sunday of every month.

Swim Lessons - Program Partnership: NO lifeguard on duty, youth under 16 must be accompanied by an adult.

* Please call ahead for today's schedule. * No Lane Swim 1:45 pm – 4:15 pm on Saturdays.

1.403.762.6450

banffcentre.ca/sbb

107 Tunnel Mountain Drive, Banff, AB



Sally Borden Fitness & Recreation

CLASS SCHEDULE

Spring 2017: In effect April 17



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird Spin 6:45 - 7:45 am	Noon Spin 12:10 - 1:00 pm	Master Swim May 3 - May 31 7:00 - 8:00 am 9:00 - 10:00 am	Early Bird Spin 6:45 - 7:45 am	TRX *resumes May 5 9:00 - 9:45 am		Yin Yoga 4:30 - 5:30 pm
WOW Workout of the Week 12:10 - 1:00 pm	Flow Yoga 12:00 - 1:00 pm	WOW Workout of the Week 12:10 - 1:00 pm	Slow Flow Yoga *new class 11:00 - 11:50 am	Noon Spin 12:10 - 1:00 pm	Drop-In Performance Plus Member + Day Guest Classes	
Yoga Basics *new class 5:15 - 6:15 pm	Boot Camp 6:15 - 7:15 pm	Spin 60 May 10 - May 31 5:30 - 6:30 pm	Flow Yoga 12:00 - 1:00 pm	Flow Yoga 12:00 - 1:00 pm	Pre-Registration Minimum numbers must be met one week prior to start date for classes to run. Drop-ins welcome given available space. Classes are subject to change.	
Flow Yoga 6:30 - 7:30 pm	Yin Yoga 7:30 - 8:30 pm		Zumba 6:15 - 7:15 pm		No Drop-in or Pre-Registration classes on Stat Holidays.	
			Yin Yoga 7:30 - 8:30 pm			