

Sally Borden Fitness & Recreation

POOL SCHEDULE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Member/Day Guest Lane Swim

6:00 am – 9:00 am

Member/Day Guest Lane Swim or Private Bookings *

9:00 am – 6:00 pm

Public Swim

6:00 am – 8:00 pm *lifeguard on duty*

Member/Day Guest Lane Swim or Private Bookings *

8:00 pm – 10:00 pm

Member Swim: No lifeguard on duty, youth under 16 years must be accompanied by a responsible adult.

Public Swim: Children 8 and under must be accompanied by an adult.
Adults: \$5.50, Youth (5-15): \$3.50, Senior (60+): \$3.50

* Please call ahead for today's member swim schedule.

Member/Day Guest Lane Swim

7:00 am – 9:00 am

Member/Day Guest Lane Swim or Private Bookings *

9:00 am – 1:00 pm

Public Swim

1:00 pm – 8:00 pm
lifeguard on duty

Giant Pool Toy

2:00 pm – 4:00 pm
no lap swimming
1:45 pm – 4:15 pm

Member/Day Guest Lane Swim or Private Bookings *

8:00 pm – 10:00 pm

1.403.762.6450

banffcentre.ca/sbb

107 Tunnel Mountain Drive, Banff, AB



Sally Borden Fitness & Recreation

SUMMER SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Noon Spin 12:10 – 1 pm	Early Bird Spin 6:45 – 7:45 am	Early Bird Yoga 6:45 – 7:45 am	Early Bird Spin 6:45 – 7:45 am	Noon Spin 12:10 – 1:00 pm	Morning Flow Yoga 8:45 – 9:45 am <i>last class June 25: no classes July and August</i>	Yin Yoga 4:30 – 5:30 pm <i>last class June 26: no classes July and August</i>
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	Flow Yoga 12:00 – 1:00 pm	Flow Yoga 12:00 – 1:00 pm		
Flow Yoga 6:30 – 7:30 pm	Boot Camp 6:15 – 7:15 pm		Zumba 6:15 – 7:15 pm <i>last class June 30: no classes July and August</i>			
			Yin Yoga 7:30 – 8:30 pm			

Private Yoga Sessions

Whether you're an athlete, a yogi, or just aiming towards specific personal goals, private yoga can offer you a powerful and inspiring practice to pursue your objectives. Sessions are designed with your current needs in mind, and follow a customized sequence that offers you the most benefits.

Please contact the Sally Borden Health & Fitness Coordinator for more information. See the website for pricing details.