

# 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 – 1:00 pm

### Public Swim

1:00 pm – 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](http://banffcentre.ca/sbb)

107 Tunnel Mountain Drive, Banff, AB



# Sally Borden Fitness & Recreation

## SUMMER SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Noon Spin</b> 12:10 – 1 pm	<b>Flow Yoga</b> 12:00 – 1:00 pm	<b>Early Bird Yoga</b> 6:45 – 7:45 am	<b>Early Bird Spin</b> 6:45 – 7:45 am	<b>Noon Spin</b> 12:10 – 1:00 pm
<b>WOW Workout of the Week</b> 12:10 – 1:00 pm	<b>Boot Camp</b> 6:15 – 7:15 pm	<b>WOW Workout of the Week</b> 12:10 – 1:00 pm	<b>Flow Yoga</b> 12:00 – 1:00 pm	<b>Flow Yoga</b> 12:00 – 1:00 pm
<b>Flow Yoga</b> 6:30 – 7:30 pm			<b>Yin Yoga</b> 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.

**Drop-In** (Performance Plus Member Classes) in blue.

Registered classes: minimum numbers must be met one-week prior to start date for class to run.  
Drop-ins welcome to attend registration classes given available space. Classes subject to change.  
No member/drop-in classes on stat holidays.