

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 6:00 am – 9:00 am			Member/Day Guest Lane Swim 7:00 am – 9:00 am	
Member/Day Guest Lane Swim or Private Bookings * 9:00 am – 6:00 pm		Member/Day Guest Lane Swim or Private Bookings * 9:00 am – 4:00 pm			Member/Day Guest Lane Swim or Private Bookings * 9:00 am – 1:00 pm	
Public Swim 6:00 pm – 8:00 pm <i>lifeguard on duty</i>		Public Swim 4:00 pm – 6:00 pm <i>lifeguard on duty</i>			Public Swim 1:00 pm – 8:00 pm <i>lifeguard on duty</i>	
Member/Day Guest Lane Swim or Private Bookings * 8:00 pm – 10:00 pm		Member/Day Guest Lane Swim or Private Bookings * 6:00 pm – 10:00 pm			Giant Pool Toy 2:00 pm – 4:00 pm <i>no lap swimming</i> 1:45 pm – 4:15 pm	
					Member/Day Guest Lane Swim or Private Bookings * 8:00 pm – 10:00 pm	

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

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

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

1.403.762.6450

banffcentre.ca/sbb

107 Tunnel Mountain Drive, Banff, AB



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FALL SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird Spin 1 st class Sept 19 6:45 – 7:45 am	Noon Spin 1 st class Sept 13 12:10 – 1:00 pm	Early Bird Yoga 6:45 – 7:45 am	Early Bird Spin 6:45 – 7:45 am	Noon Spin 12:10 – 1:00 pm	Vijnana Yoga 10 week session 1 st class Sept 17 8:45 – 10:15 am	Yin Yoga 1 st class Sept 11 4:30 – 5:30 pm
WOW Workout of the Week 12:10 – 1:00 pm	Flow Yoga 12:00 – 1:00 pm	Master Swim Sept 21 – Nov 9 7:00 – 8:00 am	Flow Yoga 12:00 – 1:00 pm	Flow Yoga 12:00 – 1:00 pm		
Spin 60 Sept 26 – Dec 5 5:30 – 6:30 pm	Boot Camp 6:15 – 7:15 pm	WOW Workout of the Week 12:10 – 1:00 pm	Zumba 1 st class Sept 8 6:15 – 7:15 pm		Drop-In (Performance Plus Member Classes) in blue.	
Flow Yoga 6:30 – 7:30 pm	Spin 60 Oct 5 – Dec 7 6:30 – 7:30 pm	Boxing FITNESS Oct 5 – Nov 23 6:45 – 7:45 pm	Spin 90 Sept 29 – Dec 1 6:30 – 8:00 pm		Pre-Registration classes in orange: minimum numbers must be met one-week prior to start date for class to run.	
			Yin Yoga 7:30 – 8:30 pm		Drop-ins welcome to attend registration classes given available space. Classes subject to change.	
					No member/drop-in classes on stat holidays.	
					See website for class details and daily calendar.	

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