

PROGRAM REGISTRATION

Winter 2022

REGISTRATION OPENS DECEMBER 1st AT 9:00 A.M.

Please call or visit the Club to register.

Niagara Falls Centre
8800 McLeod Road, Niagara Falls
905-357-2444 ext. 1

EJ Freeland Community Centre
1555 Garrison Road, Fort Erie
905-871-2592 ext. 222

REGISTRATIONS WILL CONTINUE TO BE TAKEN DURING
REGULAR BUSINESS HOURS. MEMBERSHIPS MUST BE VALID THE ENTIRE DURATION OF THE PROGRAM.

***There will be NO classes on Monday February 21, 2022 & the week of March Break (March 14-18)**

For program descriptions and schedules, visit our website at

www.BGCN.ca or call 905-357-2444 ext. 1

8800 McLeod Road, Niagara Falls, ON L2H 0Y8 Hours: Monday – Friday 8:00am - 8:00pm

BGC Niagara follows all COVID safety protocols as recommended by Niagara Region Public Health

Winter 2022 Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Aquafit 8:30am-9:15am	Aquafit 8:30am-9:15am	Aquafit 8:30am-9:15am	Aquafit 8:30am-9:15am	Aquafit 8:30am-9:15am
Lane Swim 9:30am-10:15am	Lane Swim 9:30am-10:15am	Lane Swim 9:30am-10:15am	Lane Swim 9:30am-10:15am	Lane Swim 9:30am-10:15am
Swim Lessons 10:30am-11:00am	Swim Lessons 10:30am-11:00am	Swim Lessons 10:30am-11:00am	Swim Lessons 10:30am-11:00am	Swim Lessons 10:30am-11:00am
Lane Swim 11:15am-12:00pm	Lane Swim 11:15am-12:00pm	Lane Swim 11:15am-12:00pm	Lane Swim 11:15am-12:00pm	Lane Swim 11:15am-12:00pm
Aquafit 12:15pm-1:00pm	Swim Lessons 12:15pm-12:45pm	Aquafit 12:15pm-1:00pm	Swim Lessons 12:15pm-12:45pm	Aquafit 12:15pm-1:00pm
Lane Swim 1:00pm-1:45pm	Aquafit 1:00pm-1:45pm	Lane Swim 1:00pm-1:45pm	Aquafit 1:00pm-1:45pm	Lane Swim 1:00pm-1:45pm
Open Swim 2:00pm-3:00pm	Open Swim 2:00pm-3:00pm	Open Swim 2:00pm-3:00pm	Open Swim 2:00pm-3:00pm	Open Swim 2:00pm-3:00pm
Swim Lessons 3:30pm-7:15pm	Swim Lessons 3:30pm-8:30pm	Swim Lessons 3:30pm-7:15pm	Swim Lessons 3:30-6:15pm & 7:30-8:30pm	Swim Lessons 3:30pm-7:15pm
Aquafit 7:30pm-8:15pm		Aquafit 7:30pm-8:15pm	Open Swim 6:15pm-7:15pm	

REGISTERED PROGRAMS

Aquafit \$4.00/class

An intense water workout! This class will allow you to push and pull your body to your limits, build your muscles and increase your cardiac endurance.

Adult Lane Swim \$4.00/visit

Participants may pay daily or purchase a pass. Enjoy a relaxing swim or work on strokes during this adult only pool time.

Pickleball \$4.00/visit

A sport created for all ages and skill levels. Played with paddles and a plastic ball this sport is easy to learn, fast paced and fun for everyone.

All-Ages Recreation Open Swim \$4.00/person OR \$6.00/family

Enjoy an unstructured, fun swim or gym time with family and friends!

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Winter 2022 Aquatics Schedule

Program	Ages	Cost	Monday*	Tuesday	Wednesday	Thursday	Friday
Parent and Tot	4 months to 3 years	\$52.00		10:30-11:00am	4:30-5:00pm	10:30-11:00am	5:30-6:00pm
Preschool A	3-5 years	\$52.00	10:30-11:00am 6:00-6:30pm		10:30-11:00am 5:00-5:30pm		10:30-11:00am 4:30-5:00pm 5:15-5:45pm
Preschool B/C	3-5 years	\$52.00	5:15-5:45pm 6:45-7:15pm				7:00-7:30pm
Preschool D/E	3-5 years	\$52.00	5:15-5:45pm 6:45-7:15pm		5:15-5:45pm 6:00-6:30pm		5:00-5:30pm 6:30-7:00pm
Swimmer 1/2	6-12 years	\$56.00	4:30-5:15pm 6:00-6:45pm		4:30-5:15pm 5:45-6:30pm		4:30-5:15pm 5:45-6:30pm
Swimmer 3/4	6-12 years	\$56.00	4:30-5:15pm 5:45-6:30pm		5:00-5:45pm 6:45-7:30pm		4:30-5:15pm 6:00-6:45pm
Swimmer 5/6	6-12 years	\$56.00	5:00-5:45pm 6:30-7:15pm		5:45-6:30pm 6:30-7:15pm		5:30-6:15pm 6:45-7:30pm
1-on-1 Lessons (Private)	3+ years	1-on-1 \$154.00	3:30-4:00pm 4:00-4:30pm 4:30-5:00pm	3:30-4:00pm 4:00-4:30pm	3:30-4:00pm 4:00-4:30pm	3:30-4:00pm 4:00-4:30pm	3:30-4:00pm 4:00-4:30pm
2-on-1 Lessons (Semi-private) (must provide both participants)		1-on-2 \$77.00		4:30-5:00pm			
Jr. Swim Team	6-8 years			7:30-8:30pm		7:30-8:30pm	
Sr. Swim Team	9-12 years	\$125.00		7:30-8:30pm		7:30-8:30pm	
Teen Swim Team	13+ years			7:30-8:30pm		7:30-8:30pm	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 10 to March 28	January 11 To March 22	January 12 to March 23	January 13 to March 24	January 14 to March 25
No Class February 21 & March 14	No Class March 15	No Class March 16	No Class March 17	No Class March 18

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Winter 2022 Sports and Recreation Schedule

Program	Ages	Cost	Monday	Tuesday	Wednesday	Thursday
Mini Movers	18 months to 3 years	\$46.00			5:00-5:30pm	
Little Movers	3-5 years	\$46.00			5:30-6:00pm	
Jitterbugs	18 months to 3 years	\$46.00	4:30-5:00pm			
Jr Dance	3-5 years	\$46.00	5:00-5:30pm			
Sr. Dance	6-8 years	\$63.00	5:45-6:30pm			
Hip Hop	8-12 years	\$63.00	6:45-7:30pm			
Make a Little Noise	3-5 years	\$46.00		4:30-5:00pm		
Make a Little Mess	3-5 years	\$46.00		5:15-5:45pm		
Be Creative	6-8 years	\$63.00		5:45-6:30pm		
Martial Arts	7-10 years	\$63.00				4:30-5:15pm
Soccer	7-10 years	\$63.00				6:15-7:00pm
Basketball	7-10 years	\$63.00				7:15-8:00pm
Try-Sport	3-5 years	\$46.00		6:15-6:45pm		
Kitchen Creations	7-12 years	\$63.00		7:00-8:00pm		7:00-8:00pm
Tiny Tumblers	18 months to 3 years	\$46.00	6:30-7:00pm			
Jr Gymnastics	3-5 years	\$46.00	7:00-7:30pm		6:30-7:00pm	
Gymnastics	6-12 years	\$63.00	7:30-8:15pm		7:00-7:45pm	
Ninja	6-9 years	\$75.00			8:00-8:45pm	
Cheerleading	6-9 years	\$75.00		7:00-7:45pm		

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Winter 2022 Lifeguard Academy & Aquatic Leadership Schedule

Program	Pre-Requisite	Cost	Days	Times	Dates
Canadian Swim Patrol– Rookie/Ranger/Star	Swimmer 6 Recommended	\$63.00	Thursday	5:30-6:30pm	January 13 to March 24
Bronze Star	Swim Patrol Recommended	\$75.00	Wednesday	6:30-7:30pm	January 12 to March 23
Bronze Medallion & Emergency First Aid	13+ years or Bronze Star	\$215.00 (includes materials)	Tuesday	4:00-6:45pm	January 11 to March 22
Bronze Cross	Bronze Medallion & Emergency First Aid	\$160.00 (includes materials)	Tuesday	4:00-7:00pm	January 11 to March 22
National Lifeguard	15+ years, Bronze Cross & Standard First Aid	\$281.00 (includes materials)	Monday-Saturday	9:00am –5:00pm	March 14 to 19
National Lifeguard Re-Certification	National Lifeguard	\$91	Saturday	9:00am-1:00pm	February 5
Lifesaving Instructors	15+ years, Bronze Cross	\$281.00 (includes materials)	TBD		

Winter 2022 Adult Community Programs

Pickleball

Monday-Friday* 11:30pm-1:30pm

Come with your friends or make new ones at the Club! Drop in Pickleball, drop in passes available for \$4.00.

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