

# Summer 2022 Community Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Lane Swim 7:15am-8:00am	Lane Swim 7:15am-8:00am	Lane Swim 7:15am-8:00am	Lane Swim 7:15am-8:00am	Lane Swim 7:15am-8:00am
Aquafit 8:15am-9:00am	Aquafit 8:15am-9:00am	Aquafit 8:15am-9:00am	Aquafit 8:15am-9:00am	Aquafit 8:15am-9:00am
	Camp Swim 11:15am-12:15pm	Lane Swim 11:15am-12:00pm	Camp Swim 11:15am-12:15pm	Open Swim 11:15am-12:15pm
Aquafit 12:15pm-1:00pm	Aquafit 12:15pm-1:00pm	Aquafit 12:15pm-1:00pm	Aquafit 12:15pm-1:00pm	Aquafit 12:15pm-1:00pm
Camp Swim 1:15pm-2:15pm	Open Swim 1:15pm-3:00pm	Camp Swim 1:15pm-2:15pm	Open Swim 1:15pm-3:00pm	Camp Swim 1:15pm-2:15pm
Camp Swim 2:15pm-3:15pm		Camp Swim 2:15pm-3:15pm		Camp Swim 2:15pm-3:15pm

## Begins July 4, 2022

### 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.

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

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

**\*There will be NO classes on Friday April 15, 2022 & May 23, 2022.**

For more information and program descriptions visit our website [www.BGCN.ca](http://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**