

Fall 2022 Community 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 |
| Aquafit 10:30am-11:15am | | Aquafit 10:30am-11:15am | Aquafit 10:30am-11:15am | Aquafit 10:30am-11:15am |
| Lane Swim 11:30am-12:15pm | Aquafit 11:30am-12:15pm | Lane Swim 11:30am-12:15pm | | Lane Swim 11:30am-12:15pm |
| Open Swim 1:00pm-2:00pm | Open Swim 1:00pm-2:00pm | Open Swim 1:00pm-2:00pm | Open Swim 1:00pm-2:00pm | Open Swim 1:00pm-2:00pm |
| Aquafit 2:15pm-3:00pm | Lane Swim 2:15pm-3:00pm | Aquafit 2:15pm-3:00pm | Lane Swim 2:15pm-3:00pm | Aquafit 2:15pm-3:00pm |

Begins September 19, 2022

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

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

For more information and program descriptions visit our website 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