

# Winter 2023 Pool 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
Aquafit Gentle 9:15am-10:00am	Aquafit Gentle 9:15am-10:00am	Aquafit Gentle 9:15am-10:00am	Aquafit Gentle 9:15am-10:00am	Aquafit Gentle 9:15am-10:00am
Lane Swim 10:15am-11:00am	Lane Swim 10:15am-11:00am	Lane Swim 10:15am-11:00am	Lane Swim 10:15am-11:00am	Lane Swim 10:15am-11:00am
Aquafit Pro 12:00pm-12:45pm	Open Swim 12:00pm-1:45pm	Aquafit Pro 12:00pm-12:45pm	Open Swim 12:00pm-1:45pm	Aquafit Pro 12:00pm-12:45pm
Open Swim 1:00pm-3:00pm	Aquafit Pro 2:00pm-2:45pm	Open Swim 1:00pm-3:00pm	Aquafit Pro 2:00pm-2:45pm	Open Swim 1:00pm-3:00pm
Swimming Lessons 4:00pm- 8:00pm	Swimming Lesson 4:00-6:00pm	Swimming Lessons 4:00pm-8:00pm	Swimming Lessons 4:00pm-6:00pm	Swimming Lessons 4:00pm-8:00pm
	Lane Swim (2 lanes) 5:00pm-6:00pm Open Swim 6:30pm- 7:30pm		Open Swim 6:30pm- 7:30pm	

### Day Pass **\$5.00/day**

Day pass for Aquafit, Lane Swim, Pickleball, Track or Fitness Centre admission

### Try It Pass **\$55.00/12 visits**

Try Aquafit, Lane Swim, Pickleball, Track and the Fitness Centre for 12 visits

### 3-month Pass **\$144.00/3 months**

## Begins January 9 2023

For program descriptions and schedules, visit our website at

[www.BGCN.ca](http://www.BGCN.ca) or call **905-871-2592 ext. 222**

1555 Garrison Road, Fort Erie, L2A 1P8 Hours: Monday – Friday 6:00am-9:00pm

## **Program Descriptions**

**Aquafit** - A 45 minutes in length group class involving a moderate workout in the water. Class includes a variety of different exercises focused on cardio, stretching, endurance and strength. It can take place in both the shallow and deep end of the pool and is led by one instructor teaching from the deck with an additional lifeguard supervising.

**Aquafit- Gentle** Is a 40 minute in water work out focusing on moves to strengthen and tone your body with compound and aerobic movements followed by 5 minutes of free time for extra swimming, stretching and socializing to conclude the work out. This is structured to allow you to be more focused on yourself during the workout and gives more time to cool down and stretch than our traditional Aquafit.

**Aquafit- Pro** Is a full 45 minutes of in water work consisting of a warm up, high intensity full body work out and concluded with a short cool down and

## **Begins September 19 2022**

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