

Winter 2023 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
Lane Swim 11:30am-12:15pm	Aquafit 11:30am-12:15pm	Lane Swim 11:30am-12:15pm	Aquafit 11:30am-12:15am	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 January 9 , 2023

Pickleball
Monday-Friday 11:30 a.m.— 1:30 p.m. (excl. March 13-17)

Aquafit \$5.00/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 \$5.00/visit

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

Pickleball \$5.00/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 \$5.00/person OR \$7.00/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