

## Spring 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-12:15pm	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 April 10, 2023**

### Pickleball

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

**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**

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

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**