

## Fall 2023 Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Lane Swim 7:00am-8:00am	Lane Swim 7:00am-8:00am	Lane Swim 7:00am-8:00am	Lane Swim 7:00am-8:00am	Lane Swim 7:00am-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 –11:15am	Lane swim 10:15am –11:15am	Lane swim 10:15am –11:15am	Lane swim 10:15am –11:15am	Lane swim 10:15am –11:15am
Aquafit Pro 12:15pm-1:00pm	Swim to Survive 12:15pm— 1:45pm	Aquafit Pro 12:15pm-1:00pm	Swim to Survive 12:15pm— 1:45pm	Aquafit Pro 12:15pm-1:00pm
Open Swim 1:15pm-2:00pm		Open Swim 1:15pm-2:00pm		Open Swim 1:15pm-2:00pm
Lane Swim 2:15pm—3:00pm	Open Swim 2:00pm—3:00pm	Lane Swim 2:15pm—3:00pm	Open Swim 2:00pm—3:00pm	Lane Swim 2:15pm—3:00pm
Registered Swimming Lessons 3:15pm—8:15pm	Registered Swimming Lessons 3:15pm— 6:15pm	Registered Swimming Lessons 4:00pm—8:15pm	Registered Swimming Lessons 3:15pm— 6:15pm	Registered Swimming Lessons 4:00pm—6:15pm
	Open Swim 6:45pm—7:45pm		Open Swim 6:45pm—7:45pm	

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

A 3 month pass for Aquafit, Lane Swim, Pickleball, Track and the Fitness Centre. Available at the start of a month for 3



## Begins September 18th 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

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