

Winter 2024 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	Parent and Tot Swimming Lesson 10:30-11:00am	Aquafit 10:30am-11:15am
Open Swim 12:30pm-2:00pm	Open Swim 12:30pm-2:00pm	Open Swim 12:30pm-2:00pm	Open Swim 12:30pm-2:00pm	Open Swim 12:30pm-2:00pm
Aquafit 2:15pm-3:00pm	Aquafit 2:15pm-3:00pm	Aquafit 2:15pm-3:00pm	Aquafit 2:15pm-3:00pm	Aquafit 2:15pm-3:00pm

Begins January 8, 2024

Pickleball
Monday-Friday 11:30am—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!

All prices are subject to transaction fees

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