

June 17th - July 5th 2024 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-11:00am | Lane Swim 10:15am-11:15am | Lane Swim 10:15am-11:00am | Lane Swim 10:15am-11:15am |
| Aquafit Pro 12:15pm-1:00pm | Open Swim 11:30am-12:30pm | Aquafit Pro 12:15pm-1:00pm | Open Swim 11:30am-12:30pm | Aquafit Pro 12:15pm-1:00pm |
| Open Swim 1:15pm-2:00pm | Lane Swim 12:45pm-1:45pm | Open Swim 1:15pm-2:00pm | Lane Swim 12:45pm-1:45pm | 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 |
| | Open Swim 5:00pm -7:30pm | | | |

Day Pass \$5.00/day

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

Try It Pass \$56.24/12 visits

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

3-month Pass \$147.24/3 months

A 3 month pass for Aquafit, Lane Swim, Pickleball, Track and the Fitness Centre.

Available at the start of a month for 3 months

Runs June 17th - July 5th

For program descriptions and schedules, visit our website at

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 stretch. This is structured to give participants time to focus on a high quality full body workout to improve their strength, balance and mobility.

Runs June 17th -July 5th

For program descriptions and schedules, visit our website at

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