

Summer 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
Swimming Lessons 9:30am-11:45am	BGC Niagara Camp Swim 10:30am-12:30pm	Swimming Lessons 9:30am-11:30am	Swimming Lessons 9:30am-11:30am	Swimming Lessons 9:30am-11:30am
BGC Niagara Camp Swim 12:00pm-2:00pm	Lane Swim 12:30pm-1:15pm	BGC Niagara Camp Swim 12:00pm-2:00pm	Lane Swim/ Open Swim 2:00pm-4:00pm	Lane Swim 12:30pm-1:15pm
Lane Swim 2:15pm-3:00pm	Swimming Lessons 2:00pm-3:45pm	Lane Swim 2:15pm-3:00pm		Open Swim 1:30pm-3:30pm
Aquafit 3:15pm-4:00pm	Aquafit 4:00pm-4:45pm	Aquafit 3:15pm-4:00pm	Aquafit 4:00pm-4:45pm	Aquafit 4:00pm-4:45pm
Swimming Lessons 4:30pm-7:00pm	Open Swim 5:00pm-7:00pm	Swimming Lessons 4:30pm-7:00pm	Open Swim 5:00pm-7:00pm	Swimming Lessons 5:00pm-7:30pm

Begins July 8th, 2024

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..

All-Ages Recreation Open Swim \$5.00/person OR \$7.00/family

Enjoy an unstructured, fun swim with family and friends!

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