

Fall 2024 Deck Spa Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
7:15am-8:00am	7:15am-8:00am	7:15am-8:00am	7:15am-8:00am	7:15am-8:00am
8:15am-9:00am	8:15am-9:00am	8:15am-9:00am	8:15am-9:00am	8:15am-9:00am
9:15am-10:00am	9:15am-10:00am		9:15am-10:00am	9:15am-10:00am
10:15am-11:15am		10:15am-11:15am		10:15am-11:15am
12:15pm-1:00pm	12:15pm-1:00pm	12:15pm-1:00pm	12:15pm-1:00pm	12:15pm-1:00pm
1:15pm-2:00pm	1:15pm-2:00pm	1:15pm-2:00pm	1:15pm-2:00pm	1:15pm-2:00pm
2:15pm -3:00pm	2:15pm -3:00pm	2:15pm-3:00pm	2:15pm -3:00pm	2:15pm-3:00pm
	7:00pm—8:00pm		7:00pm—8:00pm	

Programs start September 16th, 2024

Program Descriptions

Aquafit

A 45-minute group class involving a moderate workout in the water. The class includes a variety of different exercises focused on cardio, stretching, endurance and strength. It can take place in the shallow or deep end of the pool and is led by one instructor teaching from the deck with an additional lifeguard supervising.

Aquafit Gentle

A 40-minute in-water workout 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.

Aquafit Pro

A 45-minute in-water workout consisting of a warm up, high intensity full body workout, cool down and stretch. This class aims to increase heartrate and improve endurance, strength, balance and mobility.

Lane Swim

Three lanes are available for individuals to swim lengths.

Open Swim

Individuals of all ages are welcome for leisure swimming. Children under the age of 10 must be accompanied by a parent or guardian.

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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