

Fall 2024 Community Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Aquafit 9:00am-9:45am	Aquafit 9:00am-9:45am	Aquafit 9:00am-9:45am	Aquafit 9:00am-9:45am
	BCG Niagara Daycare Swim	Lane Swim 10:00am-10:45am	Parent and Tot swimming Lesson 10:00am-10:45am	Lane Swim 10:00am-10:45am
Aquafit 12:00pm-12:45pm	Lane Swim 11:00am-11:45am	Aquafit 11:00am-11:45am	Lane Swim 11:00am-11:45am	Aquafit 11:00am-11:45am
Open/Lane Swim 1:00pm-2:00pm	Open Swim 1:00pm-2:00pm	Open Swim 1:00pm-2:00pm	Open Swim 1:00pm-2:00pm	Open Swim 1:00pm-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
			Open Swim 7:00pm-8:00pm	

Begins Monday September 16, 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 and endurance.

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 with family and friends!

Adult Private swim lessons available in the Fall session.

Please contact aquatics@bgcn.ca if interested.