

## Winter 2025 Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Lane Swim 7:15am-8:00am	Lane Swim 7:15am-8:00am	Lane Swim 7:15am-8:00am	Lane Swim 7:15am-8:00am	Lane Swim 7:15am-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
Open Swim 9:15am-10:00am	Lane Swim 9:15am-10:00am	Open Swim 9:15am-10:00am	Lane Swim 9:15am-10:00am	Open Swim 9:15am-10:00am
Registered Swim Lessons 10:15am-11:15am	Swim to Survive 10:15am—11:15am	BGCN Child Care 10:15am– 11:00am	Swim to Survive 10:15am—11:15am	Registered Swim Lessons 10:15am-11:00am
		Lane Swim 11:15am—12:00pm		
Aquafit Pro 12:15pm-1:00pm	Aquafit Pro 12:15pm-1:00pm	Aquafit Pro 12:15pm-1:00pm	Aquafit Pro 12:15pm-1:00pm	Aquafit Pro 12:15pm-1:00pm
Lane Swim 1:15pm-2:00pm	Open Swim 1:15pm-2:00pm	Open Swim 1:15pm-2:00pm	Open Swim 1:15pm-2:00pm	Lane Swim 1:15pm-2:00pm
Aquafit Gentle 2:15pm -3:00pm	Lane Swim 2:15pm -3:00pm	Aquafit Gentle 2:15pm-3:00pm	Lane Swim 2:15pm -3:00pm	Aquafit Gentle 2:15pm-3:00pm
Registered Swim Lessons 4:00pm– 8:15pm	Registered Swim Lessons 4:00pm– 6:45pm	Registered Swim Lessons 4:00pm– 8:00pm	Registered Swim Lessons 4:00pm– 6:30pm	Registered Swim Lessons 4:00pm– 6:30pm
	Open Swim 7:00pm—8:00pm		Open Swim 7:00pm—8:00pm	Registered Kid Zone Program 6:45pm –7:45pm

**Programs start January 13th, 2025**

## 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.

# Programs start January 13th, 2025

For program descriptions and schedules, visit our website at  
[www.BGCN.ca](http://www.BGCN.ca) or call **905-871-2592 ext. 222**

1555 Garrison Road, Fort Erie, L2A 1P8 Hours: Monday – Friday 6:00am-9:00pm