

Spring 2025 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	Aquafit 9:00am-9:45am
Lane Swim 10:00am-10:45am	BGCN Daycare Swim 10:00am-10:45am	Lane Swim 10:00am-10:45am	Parent and Tot Swimming Lesson 10:00am-10:45am	Lane Swim 10:00am-10:45am
Aquafit 11:00-am11:45am	Lane Swim 11:00-am11:45am	Aquafit 11:00-am11:45am	Lane Swim 11:00am-11:30am	Aquafit 11:00-am11:45am
Open Swim 1:00-pm-2:00pm	Open Swim 1:00-pm-2:00pm	Open Swim 1:00-pm-2:00pm	Open Swim 1:00-pm-2:00pm	Open Swim 1:00-pm-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 April 7th

Pickleball

Monday-Friday 11:30am-1:30pm

Aquafit \$6.00/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 \$6.00/visit

Participants may pay daily or purchase a pass. Enjoy a relaxing swim or work on strokes and endurance.

Pickleball \$6.00/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 \$6.00/person OR \$8.00/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