

					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 9:00am-9:45am	Lane Swim 9:15am-10:00am	Open Swim 9:00am-9:45am	Lane Swim 9:15am-10:00am	Open Swim 9:00am-9:45am	Registered Lessons 9:15am-10:15am
Registered lessons 10:00am-11:00am	Swim to Survive 10:15am-11:15am	Registered lessons 10:00am-11:00am	Swim to Survive 10:15am-11:15am	BGCN Preschool 10:00am-11:00am	Open Swim 10:30am-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	Registered Lessons 12:10pm-2:00pm
Lane Swim 1:15pm-2:00pm	Open Swim 1:00pm-2:00pm	Lane Swim 1:15pm-2:00pm	Open Swim 1:00pm-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	Open Swim 2:30pm-4:00pm
Registered Lessons 4:00pm-8:00pm	Registered Lessons 4:00pm-6:30pm	Registered Lessons 4:00pm-7:30pm	Registered Lessons 4:00pm-6:30pm	Registered Lessons 4:00pm-6:30pm	Registered Lessons 4:15pm-5:15pm
	Open Swim 6:45pm-7:45pm		Open Swim 6:45pm-7:45pm	Registered Kids Zone swim 6:50pm-7:50pm	

**Programs Start April 13th 2026**

## 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 45-minute in-water workout class focusing on moves to strengthen and tone your body with compound and aerobic movements.

### Aquafit Pro

A 45-minute in-water workout class 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.

**All programs abide by Niagara Region's Admission Standards for Public Pools.**

## Programs Start April 13th 2026

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 & Saturday 9:00am-6:00pm

