



Boys & Girls Club
of Niagara

NIAGARA FALLS AQUATIC SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Lane Swim 7:30 to 8:30 am	Aquafit 8:00 to 9:00 am	Lane Swim 7:30 to 8:30 am	Aquafit 8:00 to 9:00 am	
Aquafit 9:00 to 10:00 am	Lessons 9:00 to 12:00 pm	Aquafit 9:00 to 10:00 am	Lessons 9:00 to 12:00 pm	Aquafit 9:00 to 10:00 am
Aquafit 10:30 to 11:30 am		Aquafit 10:30 to 11:30 am		Aquafit 10:30 to 11:30 am
Lane Swim 12:00 to 1:00 pm	Lane Swim 12:00 to 1:00 pm	Lane Swim 12:00 to 1:00 pm	Lane Swim 12:00 to 1:00 pm	Lane Swim 12:00 to 1:00 pm
Rental 1:00 to 3:00 pm	Rental 1:00 to 3:00 pm	Open Swim 1:00 to 2:00 pm	Rental 1:00 to 3:00 pm	Lane Swim 1:00 to 2:00 pm
		Open Swim 2:00 to 3:00 pm		Lane Swim 2:00 to 3:00 pm
Lessons 3:30 to 8:30 pm	Lessons 3:30 to 8:30 pm	Lessons 3:30 to 8:30 pm	Lessons 3:30 to 8:30 pm	Lessons 4:30 to 7:00 pm
Open Swim 8:00 to 9:00 pm		Open Swim 8:00 to 9:00 pm		Open Swim 7:00 to 8:30 pm

Aquafit \$4.00/class

This aerobics class in water is a fun, safe & effective way to tone muscles, burn calories and keep fit!
Call daily to register.

Lane Swim \$4.00/ visit

Swimming builds endurance, muscle strength and cardiovascular fitness. Lanes are available for varying abilities! Call daily to register.

8800 McLeod Rd.
Niagara Falls, ON
L2H 0Y8
905-357-2444

www.bgcn.ca





HOW TO ACCESS PROGRAMS

In an effort to maintain physical distancing and manage group gathering sizes, limits will be placed on the number of individuals in each program. To avoid disappointment, all participants are asked to contact the Club at **905-357-2444 ext. 1** the day of their planned activity to reserve their space. **Those who do not call in advance may be denied access if the facility is at capacity.**

Aquafit \$4.00

Aquatic Fitness class sizes will be reduced to ensure social distancing. The maximum number of people per class will be 15. Interested participants will be required to register in advance the day of, for the class they want to attend. Drop in spots will be available only if space permits.

Open Swim \$5.50/family or \$3.00 each

It is recommended that swimmers remain in their family groups or social bubbles during Open Swim. Limited space will be available for Open Swim and exact number of swimmers will depend on the current participants. It is recommended that you register in advance the day of for the Open Swim. Drop in spots will be available only if space permits.

Lane Swim \$4.00

Lane Swim availability will be reduced, and each swimmer will be assigned an individual lane. Swimmers are required to remain in their assigned lane, with the exception of entering and exiting the pool. The maximum number of people per lane swim will be 4. We recommended that interested participants reserve a lane in advance.

Drop in spots will be available only if space permits.

ADMISSION STANDARDS FOR PUBLIC POOLS

Admission Standards for Public Pools were developed by the Office of the Chief Coroner to assist lifeguards and assistant lifeguards in maintaining adequate surveillance over the whereabouts and the activities of young bathers while they are inside the pool enclosure.

The Ministry of Health and Long-Term Care strongly supports these recommendations for the purposes of preventing injuries and fatalities.

- Children under the age of 10 years who are non-swimmers must be accompanied by a parent or guardian who is at least 12 years of age and responsible for their direct supervision
- The ratio of non-swimmers to parent or guardian may be a maximum of 4 bathers to one parent or guardian (4:1)
- The ratio of non-swimmers to parent or guardian may be increased to a maximum of 8 bathers to one parent or guardian (8:1) if lifejackets are worn by all non-swimmers in their charge
- Children under the age of 10 who are swimmers (able to demonstrate comfort in the water and pass the facility swim test) may be admitted to the swimming pool unaccompanied
- Children under the age of 6 years may not be admitted to the swimming pool unless they are accompanied by a parent or guardian who is responsible for their direct supervision, with a maximum of two children for each parent or guardian
- Guardians or group leaders are responsible for the children in their care while in the facility and must directly supervise the children at all times

COVID-19 ADMISSION STANDARDS & GUIDELINES

- Swimmers who show signs of COVID-19, or have not passed screening prior to entering the Club will not be permitted to enter the facility.
- Swim goggles are recommended for all swimmers to help prevent mucus contamination.
- Swim goggles, towels and other personal items must be supplied by participants and will not be provided by the BGCN.
- Water bottles should be brought from home and filled in advance. Water fountains will not be available for use.
- Snorkels are not permitted.
- Swimmers should take a cleansing shower at home prior to going to the pool and again upon returning home.
- Face masks are to be worn in the Club, but should be stored in a labelled sealed plastic bag during swimming. Visitors attending the facility with children, who are not swimming should wear a face mask in the facility. Disposable facemasks may be purchased for a fee at point of entry.
- Physical distancing is required throughout the facility. Follow the indicated paths distancing indicators. Swimmers and visitors must wait in designated areas and remain in designated areas.
- Swimmers are required to come prepared for swimming. Changerooms will only be available to go to the washroom and to exit the pool. Swimmers will be permitted to use the changerooms to change from their bathing attire after leaving the pool. Swimmers are encouraged to change from their bathing attire upon leaving and placing used clothing in a plastic bag until it can be properly cleaned.
- Any and all equipment supplied by the BGCN will be designated for use to a swimmer and disinfected after use.
- All Swimmers, visitors, and staff, must wash hands with soap for at least 20 seconds upon entering or leaving the facility and after going to the washroom, sneezing, coughing, eating, smoking, using shared equipment, and providing care for another.