

Date	Lane Swim (13+ years) Lap & Relax Pool 8 lanes	Parent & Tot Swim (0-6 years) Leisure & Relax Pool <i>no water slide</i>	Leisure Swim All ages Lap, Leisure & Relax Pool & Waterslide	Aquafit
Monday March 13	6:00-7:30am 11:00-1:00pm 8:45-10:00pm	9:15-10:45am	2:15-4:00pm	7:45-8:30pm* <i>Penny</i>
Tuesday March 14	6:00-7:30am 11:45am-1:00pm 8:45-10:00pm		2:15-4:00pm 7:15-8:30pm	10:45-11:30am* <i>Donna</i>
Wednesday March 15	11:00am-1:00pm 8:45-10:00pm	9:15-10:45am	2:15-4:00pm	7:45-8:30pm* <i>Janine</i>
Thursday March 16	11:35am-1:00pm 8:45-10:00pm		2:15-4:00pm 7:15-8:30pm	10:45-11:30am* <i>Donna</i>
Friday March 17	11:35am-1:15pm	9:15-10:45am	2:15-4:00pm 7:15-8:30pm^^	10:45-11:30am* <i>Donna</i>

***prebooking for Aquafit classes required**

Pool amenities such as the waterslide will be available where staffing permits. Specialty Swims such as "Early Bird" will be available where staffing permits.

^shared pool with fitness program ^^shared pool with leadership programs

Swimming Fees	Swim Drop-in	Swim 10 Pass	Annual Pass	Aquafit Drop-in
Toddler (0-3 years)	FREE	N/A	N/A	N/A
Child (4-12 years)	\$3.75	\$29.87	\$158.11	N/A
Youth/ Student (13-24 yrs)	\$4.25	\$33.85	\$176.11	\$5.25
Adult (18-59 yrs)	\$5.00	\$39.82	\$216.81	\$7.25
Senior (60+yrs)	\$4.25	\$33.85	176.11	\$5.25
Household (up to 5 people)	\$10.00	N/A	\$415.93	N/A

Fees are subject to change without notice. All monthly membership prices +HST

Lane Swim:

Open to patrons 13 years and older for structured lane swimming.

Relax Swim:

Open to everyone. Leisure Pool and Relax Pool are available. Waterslide and Lap Pool unavailable.

Leisure Swim:

Open to everyone. All pools and amenities are available. 2 lanes are available for lane swimming.

Parent & Tot Swim:

A time for parents/caregivers children 6 years and under. Maximum 2 children per adult. Waterslide unavailable.

Please no monofins or mermaid tails.

SWIMMING

The purpose of the **Admission Policy** is to ensure the safety of all swimmers and to provide guidelines for children under the age of 10 during leisure swims.

Wristbands are provided to all swimmers based on age and swimming ability following a facility swim test. Wristbands must be worn at all times while in the pool or on the pool deck.

RED WRISTBANDS



AGE: 0-5 years

RATIO: A maximum of 2 children per guardian

GUARDIAN: Minimum 16 years of age. Direct supervision, in the water wearing bathing attire, within arm's reach, able to render immediate assistance, regardless of swimming ability.

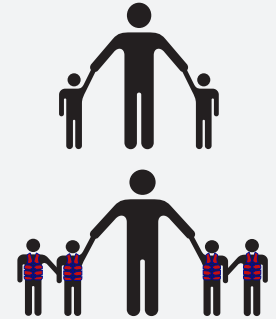


AGE: 6-9 years

ABILITY: Incomplete Swim Test

RATIO: A maximum of 2 children per parent/guardian. This ratio can increase to 4 children per parent/guardian if ALL children are wearing a PFD (Personal Flotation Device).

GUARDIAN: Minimum 14 years of age. Direct supervision, in the water wearing bathing attire, within arm's reach, able to render immediate assistance, regardless of swimming ability.



GREEN WRISTBANDS



AGE: 6-9 years

ABILITY: Passed Swim Test

Unrestricted access to all open pools. Swimming with a buddy from the same household is strongly recommended.

GUARDIAN: Minimum 14 years of age. Must remain within the pool enclosure or within view of the pool at all times.



AGE: 10+ years

Unrestricted access to all open pools. Swimming with a buddy from the same household is strongly recommended.

What is the facility swim test?

The facility swim test is administered by Town of BWG Aquatics staff and includes, but is not limited to, swimming 25m of the pool and treading water for 1 minute. Children may be asked to retake the swim test at the discretion of Aquatic Staff.

Serious Medical Conditions: Participants with serious medical conditions should be accompanied by individuals knowledgeable of their condition and responsible for their direct supervision.

Bathing Attire: All swimmers must change from street clothes into clothing that is clean and used specifically for the purpose of swimming. All patrons must wear bottoms that offer full coverage. Bathing attire should not restrict bather movement in the water.

Diaper Policy: Children who are not toilet trained must wear a waterproof pant (eg. Little Swimmers® or Gabby's®) or cotton cloth diaper with plastic pants under their swim suit. Waterproof diapers can be purchased at the Customer Service desk.

Day Camp and Group Admittance Policy: Groups defined as 10 or more individuals are required to advise the Aquatic Programmer before the planned date to receive specific information regarding facility use.

Slide Policy: All riders must be 48" in height and complete the facility swim test in order to ride the water slide. PFDs are not permitted on the water slide.

Health Regulations: All patrons are required to shower before entering the pool enclosure. Please, do not wear outdoor shoes onto the pool deck.

Change Room Use Policy: Children 7 years of age or older are required to use the change room designated for their gender. If this is not suitable, the Co-ed change room is available.

Lockers: Please leave valuables at home. Lockers are available to store personal belongings. Tote bins will also be available for those who do not wish to leave their belongings in a locker.

Monday March 13	Tuesday March 14	Wednesday March 15	Thursday March 16	Friday March 17
Adult Pickleball 12:00-2:00pm** (18+ years)	Parent & Tot 12:00-2:00pm** (0-5 years)	Adult Pickleball 12:00-2:00pm** (18+ years)	Parent & Tot 12:00-2:00pm** (0-5 years)	Adult Basketball 12:00-2:00pm** (18+ years)
Parent & Child Basketball 2:30-4:30pm** (6-12 years)	Children's Badminton 2:30-4:30pm** (6-15 years)	Children's Basketball 2:30-4:30pm** (6-12 years)	Parent & Child Basketball 2:30-4:30pm** (6-12 years)	Children's Basketball 2:30-4:30pm** (6-12 years)
Youth Basketball 5:00-7:00pm (13-17 years)	Youth Basketball 5:00-7:00pm (13-19 years)	Youth Volleyball 5:00-7:00pm (13-17 years)	Youth Basketball 5:00-7:00pm (13-19 years)	Youth Basketball 5:00-7:00pm (13-17 years)
Adult Pick-up Basketball 7:30-9:30pm (18+ years)	Adult Badminton 7:30-9:30pm (16+ years)	Adult Volleyball 7:30-9:30pm (18+ years)	Adult Pickleball 7:30-9:30pm (18+ years)	Family Sports 7:30-9:30pm

Gymnasium Code of Conduct

The Town of Bradford West Gwillimbury's highest priority is the health and safety of our participants and employees. We ask the following be adhered to for the safety of all users.

- Respect fellow participants and the Gym Attendant on duty.
- Clean indoor shoes are required. Close toed shoes must be worn.
- Food or drink is not permitted. With the exception of water.
- The Town of Bradford West Gwillimbury is not responsible for any lost or stolen items.
- Participants are to use equipment respectfully and appropriately at all times.
- Children under the age of 10 must be supervised by an adult.
- Play safe and have fun!

Gymnasium Fees	Drop-in	10 Pass
Child (0-12 yrs)	\$3.50	\$27.75
Youth/Student (13-24 yrs)	\$3.75	\$29.75
Adult (25-59 yrs)	\$4.50	\$35.75
Senior (60+yrs)	\$3.75	\$29.75
<i>*Fees are subject to change without notice. All monthly membership prices +HST.</i>		

Disclaimer for Family Sports

Family Sports includes a child/ youth accompanied by a parent/ guardian 18 years of age or older. 1 Parent/Guardian to a maximum of 5 children.

■ = gymnasium in use for program

** half gym

wristbands required

Fitness Strength & Fitness Cardio (including track)

Monday-Friday		Fitness Drop-in	1 Month Membership	Annual Membership
6:00am-10:00pm	Youth (13-16 yrs)	\$9.00	\$26.00	\$290.75
	Student (17-24 yrs)	\$9.00	\$29.00	\$326.50
	Adult (18-59 yrs)	\$11.00	\$41.00	\$465.25
	Senior (60+yrs)	\$9.00	\$33.00	\$371.50
Fees are subject to change without notice. All monthly membership prices +HST				

Group Fitness Classes

Monday March 13	Tuesday March 14	Wednesday March 15	Thursday March 16	Friday March 17
Fit Bodies* 9:15-10:00am Steph	Circuit* 8:15-9:00am Helen	Yoga 9:00-10:00am Pat	Kettlebell* 8:15-9:00am Helen	MetCon* 9:15-10:00am Robert
Zumba 10:15-11:00am Karina	Stretch 9:15-10:00am Anita	Zumba 10:15-11:00am Karina	Pilates 9:15-10:00am Anita	Stretch 10:15-11:00am Anita
	Barre* 10:15-11:00am Anita	Bootcamp 12:15-12:45pm Steph	Cycle* 9:15-10:00am varies	
Bootcamp 6:00-6:45pm varies	Cycle* 6:00-6:45pm Robert	MetCon* 6:00-6:45pm Robert	Tabata 6:00-6:45pm Donna	Class takes place in the studio Class takes place in the gymnasium Class takes place in the MPR
Bollywood 7:00-7:45pm Dolly	Stretch 7:00-7:45pm Anita	Yoga 7:00-7:45pm Mia	Zumba 7:00-7:45pm Karina	
Yoga 8:00-8:45pm Dolly	Kettlebell* 8:00-8:45pm Helen			

***Pre-booking required for this class. Book online at www.bwgleisurecentre.ca.**

Booking for the following week will be available every Sunday at 9:00am

wristbands required



FITNESS

Fitness Class Descriptions

Barre	The predominantly standing workouts are driven by music which, when used appropriately, has been proven to increase coordination, motivation and improve movement quality
Bollywood	Join in for a fun time learning Bollywood dance moves from head to toe! Bollywood dance and fitness instructor Dolly teaches a variety of Indian inspired movements that will have you moving and shaking to popular Bollywood music and provides a great total body workout that gets your heart and lungs pumping, improves balance and coordination and brings an overall sense of joy and well being. Let's dance until you glitter...Bollywood style.
Bootcamp	This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.
Circuit	You won't be bored when you do circuit training. This workout gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through a variety of full cardio and resistance exercises to work different muscle groups with little to no rest between.
Cycle	This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.
Cycle Circuit	You never know what's in store! A combination of 20 - 25 min of cycle followed by 10 -15 min of weight training - or - Alternate between the two. Truly a complete workout.
Fit Bodies	This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.
Kettlebell	A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout, guaranteed to make you sweat.
MetCon	This Metabolic Conditioning class is a fast paced, high intensity workout that will challenge your cardiovascular capacity, put your metabolism into overdrive and rapidly burn fat!
Pilates	This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.
Stretch	No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!
Tabata	6 exercises with 3 minutes of intervals! 20 seconds of work followed by 10 seconds of rest. Get in, Get out, Goodnight!
Yoga	Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome
Yin Yoga	This diverse style of yoga holds poses for a longer period of time to access the deeper connective tissues of the body.
Zumba	Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!



Monday March 13	Tuesday March 14	Wednesday March 15	Thursday March 16	Friday March 17
Parent & Child Skate 12:00-1:30pm	Parent & Child Skate 10:45am-12:00pm	Adult Shinny 6:30-8:00am Parent & Child Skate 10:45am-12:00pm	Parent & Tot Skate 9:30-10:30am	
Public Skating 3:30-4:15pm	Public Skating 12:15-2:00pm	Public Skating 12:15-2:00pm	Adult Skate 1:15-2:15pm	Public Skating 6:45-8:00pm

Leisure Skating Rules:

Leisure skating is provided for the enjoyment of all participants. Admittance is limited to participating skaters or skaters with parent/guardian accompaniment. All patrons who participate in the leisure skating program are to respect the following rules.

- For the safety of your children, adult accompaniment is strongly recommended.
- Skating aids, sticks, pucks, balls, chairs or strollers **are not** permitted on the ice surface.
- Participants are not allowed on the ice until the ice surfacer door is closed.
- Only persons wearing skates and/or usage of a wheelchair are permitted on the ice surface. Food or drink is not permitted on the ice.
- Everyone must skate in the same direction. Skate blades must stay at ice level. Backward skating, playing tag, or carrying of children is not permitted.
- The centre ice area is reserved for parents with small children who are learning to skate. All other skaters must stay clear of this area.
- Any general horseplay including play fighting or deliberate interference with other skaters will result in the patron being asked to leave the area immediately. When the buzzer sounds, all patrons are required to leave the ice surface immediately.
- Personal/group hockey training sessions are not permitted during recreational skating times.
- Leisure Services Staff will be available on site to enforce these rules and ensure a safe skating environment for all patrons. Leisure Services staff have the authority from the Town of Bradford West Gwillimbury to have any person(s) not abiding by these rules removed from the facility.
- Designated skate change area in effect.
- CSA approved Helmets are highly recommended, especially for children.
- CSA approved helmets are mandatory for all shinny programs

Skating Fees	Drop-in	10 Pass
Toddler (0-3 yrs)	FREE	N/A
Child (4-12 yrs)	\$3.50	\$27.75
Youth/Student (13-24 yrs)	\$3.75	\$29.75
Adult (25-59 yrs)	\$4.50	\$35.75
Adult Shinny	\$5.50	N/A
Senior (60+yrs)	\$3.75	\$29.75
<i>*Fees are subject to change without notice.</i>		

Parent/Child Skate

For children 8 years of age and younger and parents/guardians. Leisure Centre Skating aids permitted.

Parent and Tot Skate

For children 6 years of age and younger and parents/guardians. Leisure Centre Skating aids permitted.

Parent & Tot Shinny

For parents/guardians to teach their child (6 years & under) the basics of skating with a puck. Maximum of 1 adult to 3 children. CSA approved helmet and hockey gloves are required.

