

## Sunday, July 21, 2024

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### Lane Swim (13+)

Date and Time: Sunday, July 21 7:30 am - 8:45 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

#### Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

### Closed

Date and Time: Sunday, July 21 9:00 am - 8:00 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

### Cycle (pre-booking required) 13+

Date and Time: Sunday, July 21 9:00 am - 9:45 am

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

### Family Sports

Date and Time: Sunday, July 21 9:30 am - 11:00 am

Address: BWG Leisure Centre

Family Sports includes a child/youth accompanied by a parent/guardian to a maximum of 5 children. Drop-in fee

es listed below. Wristbands required.

**Fees:**

Child (0-12) - \$3.50

Youth (13-17)/ Student (ID required) - \$3.75

Adult (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

**Yin Yoga (13+)**

Date and Time: Sunday, July 21 10:00 am - 11:00 am

Address: 471 West Park Ave. Bradford, Ont

Yin yoga is a slow paced style of yoga with asanas (postures) that are held for longer periods of time than in other styles.

**Parent & Child Shinny (9 y/o and Younger)**

Date and Time: Sunday, July 21 10:00 am - 12:00 pm

Address: BWG Leisure Centre

Parent & Child Shinny is an informal fun game of hockey! Parents are invited to bring their children to the Parent & Child Shinny program restricted to only parents/guardians and their children. Children participating in this program must be **9 years of age or under**.

Parent/guardian participation is required on the ice. Parent/guardian must be 16 years or older. Only persons wearing skates/sledge are permitted on the ice surface. The program ratio is one parent/guardian to a maximum of five children (1:5). Slap shots are not permitted. Skating aids, sleds, training equipment, pylons, balls, chairs or strollers **are not** permitted on the ice surface. CSA approved helmets are mandatory for all participants during all shinny programs. This program is not designed to host hockey teams. The ice is to be equally shared with everyone. Personal/group training sessions **are not** permitted during recreational skating times.

Maximum program capacity is 30 participants.

	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 (18-59 yrs)	\$4.50	\$35.75
Senior (60+ yrs)	\$3.75	\$29.75
Household (up to 5 people)	\$9.75	N/A
Adult Shinny	\$5.50	N/A

Parent & Child Shinny	\$5.50	N/A
Stick & Puck	\$5.50	N/A

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 ice surface and/or the facility. Designated skate change area in effect.

## Adult Badminton (16+)

Date and Time: Sunday, July 21 11:30 am - 1:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

## Lane Swim (13+)

Date and Time: Sunday, July 21 11:30 am - 1:15 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

### Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Public Skating (All Ages)

Date and Time: Sunday, July 21 12:15 pm - 2:15 pm

Address: BWG Leisure Centre

Leisure skating is provided for the enjoyment of all. Admittance is limited to those participating. All patrons who participate in the leisure skating program are to respect the following rules:

- For the safety of your child, children 6 and under must be accompanied by a parent or guardian, 16 years or older, on the ice, and children ages 7 to 9 must be accompanied by a parent or guardian, 16 years or older, at the ice level (around the boards/glass inside the arena).
- The Ontario Recreation Facilities Association and the Town of Bradford West Gwillimbury recommend wearing helmet and glove protection while on the ice surface. Helmets are strongly recommended, especially for young children
- Skating aids, sticks, pucks, balls, sleds, chairs or strollers **are not** permitted on the ice surface
- Participants are not allowed on the ice until the ice resurfacer door is closed
- Only persons wearing skates or using a wheelchair/sledge 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, and carrying children are 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
- Horseplay including play fighting or deliberate interference with other skaters will result in immediate dismissal
- 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

Maximum program capacity is 160 participants.

	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 (18-59 yrs)	\$4.50	\$35.75
Senior (60+ yrs)	\$3.75	\$29.75
Household (up to 5 people)	\$9.75	N/A
Adult Shinny	\$5.50	N/A
Parent & Child Shinny	\$5.50	N/A
Stick & Puck	\$5.50	N/A

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 ice surface and/or the facility. Designated skate change area in effect.

## Leisure Swim - All Ages

Date and Time: Sunday, July 21 1:30 pm - 3:00 pm

Address: BWG Leisure Center

Lap, Leisure, Relax Pool & Waterslide.

**Fees:**

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Parent & Tot Swim (0-6 years old)

Date and Time: Sunday, July 21 3:00 pm - 4:00 pm

Address: BWG Leisure Center

Leisure & Relax Pool

**Fees:**

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Monday, July 22, 2024

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### Lane Swim (13+)

Date and Time: Monday, July 22 6:00 am - 8:00 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

## **Fees:**

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## **Fit Bodies (13+)**

Date and Time: Monday, July 22 9:15 am - 10:00 am

Address: BWG Leisure Centre

This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.

## **Tales for Twos (2-3yrs)**

Date and Time: Monday, July 22 9:45 am - 10:15 am

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Zima Room

Stories, rhymes, and songs with Michelle!

Recommended for children **ages 2-3**. Drop-in, free!

## **Zumba (13+)**

Date and Time: Monday, July 22 10:15 am - 11:00 am

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

## **School Age Storytime (3-6yrs)**

Date and Time: Monday, July 22 11:30 am - 12:00 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Zima Room

School may be out, but Circle time is on at the Library. A special storytime just for primary students **aged 3 - 6**. Drop-in, free!

## Lane Swim (13+)

Date and Time: Monday, July 22 11:30 am - 1:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Therapy Swim (13+) - Leisure Pool

Date and Time: Monday, July 22 11:45 am - 1:00 pm

Address: BWG Leisure Center

Designed for those with mobility issues and special need, this swim provides designated time for participants to enjoy access to the Leisure Pool for therapeutic purposes. Please note that this swim does NOT have any type of structure or Instructor, it is specifically designed for those who want to come in and perform exercises recommended by their doctor or support workers. **\*This swim may be shared with Aquatic Leadership Courses at times.**

Leisure and Relax Pools ONLY.

Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Adult Shinny (18+)

Date and Time: Monday, July 22 12:15 pm - 1:45 pm

Address: BWG Leisure Centre

Adult Shinny is an informal fun game of hockey that is open to any adult member of the community. Full equipment is recommended on the ice surface. Skating aids, training equipment, balls, chairs, sleds or strollers **are n**

not permitted on the ice surface. Keep games non-contact. CSA approved helmets are mandatory for all participants during all shinny programs. Personal/group training sessions **are not** permitted during recreational skating times.

Maximum program capacity is 40 participants.

	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 (18-59 yrs)	\$4.50	\$35.75
Senior (60+ yrs)	\$3.75	\$29.75
Household (up to 5 people)	\$9.75	N/A
Adult Shinny	\$5.50	N/A
Parent & Child Shinny	\$5.50	N/A
Stick & Puck	\$5.50	N/A

**Please Note:** Adult Shinny ages will temporarily change to 16+ during Winter Break and March Break programming

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 ice surface and/or the facility. Designated skate change area in effect.

## Leisure Swim - All Ages

Date and Time: Monday, July 22 2:15 pm - 4:00 pm

Address: BWG Leisure Center

Lap, Leisure, Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Parent & Child Skate (9 y/o and Younger)

Date and Time: Monday, July 22 3:30 pm - 4:30 pm



Address: BWG Leisure Centre

Parents are invited to bring their children to the Parent & Child Skate program restricted to only parents/guardians and their children. Children participating must be **9 years of age or under**.

Parent/guardian participation is required on the ice. The program ratio is one parent/guardian to a maximum of five children (1:5). Parent/guardian must be 16 years or older. Skating aids **are** permitted during Parent & Child Skate. Sticks, balls, training equipment, sleds, chairs or strollers **are not** permitted on the ice surface. The Ontario Recreation Facilities Association and the Town of Bradford West Gwillimbury recommend wearing helmet and glove protection while on the ice surface. Helmets are strongly recommended, especially for young children.

Maximum program capacity is 40 participants.

	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 (18-59 yrs)	\$4.50	\$35.75
Senior (60+ yrs)	\$3.75	\$29.75
Household (up to 5 people)	\$9.75	N/A
Adult Shinny	\$5.50	N/A
Parent & Child Shinny	\$5.50	N/A
Stick & Puck	\$5.50	N/A

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 ice surface and/or the facility. Designated skate change area in effect.

## Youth Basketball (Grades 9-12)

Date and Time: Monday, July 22 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### Fees:

Youth/ Student (13-24) - \$3.75

## Stick & Puck (Ages 10-12)

Date and Time: Monday, July 22 5:15 pm - 6:45 pm

Address: BWG Leisure Centre

### Stick & Puck

1. CSA approved helmets are mandatory for all participants during this program.
2. Organized hockey drills is prohibited.
3. Skating aids, sleds, training equipment, pylons, balls, chairs or strollers **are not** permitted on the ice surface
4. The Ontario Recreation Facilities Association and the Town of Bradford West Gwillimbury recommend wearing glove protection while on the ice surface.
5. Please share the ice fairly, no slap shots – keep games non-contact.

Maximum program capacity is 30 participants.

	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 (18-59 yrs)	\$4.50	\$35.75
Senior (60+ yrs)	\$3.75	\$29.75
Household (up to 5 people)	\$9.75	N/A
Adult Shinny	\$5.50	N/A
Parent & Child Shinny	\$5.50	N/A
Stick & Puck	\$5.50	N/A

**\*\*Please note that this time slot is strictly for participants 10 to 12 years of age.**

*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 ice surface and/or the facility. Designated skate change area in effect.*

## Stick & Puck (Ages 10-12)

Date and Time: Monday, July 22 5:15 pm - 6:45 pm

Address: BWG Leisure Centre

### Stick & Puck

1. CSA approved helmets are mandatory for all participants during this program.
2. Organized hockey drills is prohibited.
3. Skating aids, sleds, training equipment, pylons, balls, chairs or strollers **are not** permitted on the ice surface
4. The Ontario Recreation Facilities Association and the Town of Bradford West Gwillimbury recommend wearing glove protection while on the ice surface.
5. Please share the ice fairly, no slap shots – keep games non-contact.

Maximum program capacity is 30 participants.

	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 (18-59 yrs)	\$4.50	\$35.75
Senior (60+ yrs)	\$3.75	\$29.75
Household (up to 5 people)	\$9.75	N/A
Adult Shinny	\$5.50	N/A
Parent & Child Shinny	\$5.50	N/A
Stick & Puck	\$5.50	N/A

**\*\*Please note that this time slot is strictly for participants 10 to 12 years of age.**

*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 ice surface and/or the facility. Designated skate change area in effect.*

## Bootcamp (13+)

Date and Time: Monday, July 22 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.

## Decorative Mending ( Part 3)

Date and Time: Monday, July 22 6:15 pm - 7:45 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Jamal Pascal Room

Let's explore how to give new life to well-loved garments in our culture of disposable fashion. Bring your items needing repair (e.g. jeans, woven shirts, sweaters, and socks), and we'll help you assess the scope of the repair. Learn simple techniques for decorative mending and turn your worn-out clothes into one-of-a-kind fashion.

**Part 1:** initial assessment, material selection. Start your repair and take your items home to work on.

**Part 2:** check in on progress, troubleshooting, and guided work period.

**Part 3:** final consultation, finishing touches, show-and-share.

## Tuesday, July 23, 2024

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### Lane Swim (13+)

Date and Time: Tuesday, July 23 6:00 am - 7:30 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

#### Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

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### Aquafit (pre-booking required) 13+

Date and Time: Tuesday, July 23 8:00 am - 8:45 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

### Circuit (13+)

Date and Time: Tuesday, July 23 8:15 am - 9:00 am

Address: 471 West Park

You won't be bored when you do circuit training. This workout gets your heart rate up and strengthens the 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 in between.

## Stretch (13+)

Date and Time: Tuesday, July 23 9:15 am - 10:00 am

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

## Crafting a Story (Ages 2-7)

Date and Time: Tuesday, July 23 10:00 am - 11:00 am

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Zima Room

Start with a story, then use that inspiration, and our craft supplies, to create something unique. Dress for a mess!  
! For kids **aged 2 - 7**.

## Barre (13+)

Date and Time: Tuesday, July 23 10:15 am - 11:00 am

Address: BWG Leisure Centre

The predominantly standing workouts are driven by music which, when used appropriately, has been proven to increase coordination, motivation and improve movement quality.

## Tween Fun Time with Sarah & Gail (Ages 9-12)

Date and Time: Tuesday, July 23 11:30 am - 12:30 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Zima Room

Join Sarah and Gail on a fun-filled adventure each Tuesday. Every week we will explore a new theme with crafts, games, experiments, and a whole lot of fun!

August 6 Book Character: Protagonists galore!

August 13 Science: Hit the Zima Room for some summer STEM challenges.

## Lane Swim (13+)

Date and Time: Tuesday, July 23 11:30 am - 1:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## **Tween Glow Party Ages 9 - 12yrs)**

Date and Time: Tuesday, July 23 1:30 pm - 2:30 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location:

Come out for an afternoon full of glow-in-the-dark games and crafts. Paint with some glow-in the-dark paint, make a bracelets using some glow-in-the-dark beads. Don't forget to wear your best glow-in-the-dark clothes!

**Ages 9 - 12.**

## **Leisure Swim - All Ages**

Date and Time: Tuesday, July 23 2:15 pm - 4:00 pm

Address: BWG Leisure Center

Lap, Leisure, Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## **Parent & Tot Swim (0-6 years old)**

Date and Time: Tuesday, July 23 4:00 pm - 4:45 pm

Address: BWG Leisure Center

Leisure & Relax Pool

**Fees:**

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Youth Basketball (Grades 9-12)

Date and Time: Tuesday, July 23 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### Fees:

Youth/ Student (13-24) - \$3.75

## Cycle (pre-booking required) 13+

Date and Time: Tuesday, July 23 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

## Adapted Open Skate

Date and Time: Tuesday, July 23 6:15 pm - 7:15 pm

Address: BWG Leisure Centre

### Adapted Open Skate (All Ages)

Welcome to the Adapted Open Skate program for people with exceptionalities. This program embraces diversity & accessibility, and is designed to provide a safe, welcoming and joyful environment for individuals with exceptionalities to experience and try ice-skating.

All participants require 1:1 support while they are on the ice surface. Support person must be 16 years of age or older. Approved skate-aids, sledges and wheelchairs are permitted on the ice. Sledges are also available to borrow at the BWG Leisure Centre upon request.

This program is also sensory aware. Please speak with the Inclusion Coordinator, Recreation Programmer or D

uty Contact to request any accommodations.

Maximum program capacity is 40 participants. Participant support is exempt from this capacity limit and does not incur any program 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 (18-59 yrs)	\$4.50	\$35.75
Senior (60+ yrs)	\$3.75	\$29.75
Household (up to 5 people)	\$9.75	N/A
Adult Shinny	\$5.50	N/A
Parent & Child Shinny	\$5.50	N/A
Stick & Puck	\$5.50	N/A

*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.*

## Reads & Rhymes (1-5yrs)

Date and Time: Tuesday, July 23 6:45 pm - 7:15 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Reading Lounge

Stories, rhymes, and songs with Andrea! Recommended for children **ages 1-5**. Drop-in, free!

## Wednesday, July 24, 2024

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### Lane Swim (13+)

Date and Time: Wednesday, July 24 6:00 am - 8:00 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

#### Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25



Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Adult Shinny (18+)

Date and Time: Wednesday, July 24 6:40 am - 8:00 am

Address: BWG Leisure Centre

Adult Shinny is an informal fun game of hockey that is open to any adult member of the community. Full equipment is recommended on the ice surface. Skating aids, training equipment, balls, chairs, sleds or strollers **are not** permitted on the ice surface. Keep games non-contact. CSA approved helmets are mandatory for all participants during all shinny programs. Personal/group training sessions **are not** permitted during recreational skating times.

Maximum program capacity is 40 participants.

	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 (18-59 yrs)	\$4.50	\$35.75
Senior (60+ yrs)	\$3.75	\$29.75
Household (up to 5 people)	\$9.75	N/A
Adult Shinny	\$5.50	N/A
Parent & Child Shinny	\$5.50	N/A
Stick & Puck	\$5.50	N/A

**Please Note:** Adult Shinny ages will temporarily change to 16+ during Winter Break and March Break programming

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 ice surface and/or the facility. Designated skate change area in effect.

## Cycle (pre-booking required) 13+

Date and Time: Wednesday, July 24 8:15 am - 8:45 am

Address: BWG Leisure Centre

This cycling class that includes aerobic and anaerobic interval training. Rides will be sure to incorporate resistance and speed training.

## Yoga (13+)

Date and Time: Wednesday, July 24 9:00 am - 10:00 am

Address: 471 West Park

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

## Self Care Toolkit for Parents and Kids (0-12yrs)

Date and Time: Wednesday, July 24 10:00 am - 11:00 am

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Zima Room

Parents and caregivers, we've set aside some time for you to focus on self-care with Andréa, while the little ones enjoy activities nearby with Michelle.

Suitable for parents and caregivers, and accompanying children **aged 0-12**. Activities are designed for children 2 and up. Children remain under the supervision of their parents/caregivers during this program.

## Zumba (13+)

Date and Time: Wednesday, July 24 10:15 am - 11:00 am

Address: BWG Leisure Centre

Ditch the workout...Join the Party! Dance to Latin inspired music, with great people, and burn a ton of calories while having a blast!

## Lane Swim (13+)

Date and Time: Wednesday, July 24 11:30 am - 1:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Candy Chemistry (Ages 4-12yrs)

Date and Time: Wednesday, July 24 11:30 am - 12:00 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location:

Discover the surprising science hiding in a bag of Skittles. Explore solubility, buoyancy, and reactivity and investigate the odds of finding your favorite colour. How sweet it is!

Presented by Scientists in School, with funding from Alectra.

## Therapy Swim (13+) - Leisure Pool

Date and Time: Wednesday, July 24 11:45 am - 1:00 pm

Address: BWG Leisure Center

Designed for those with mobility issues and special need, this swim provides designated time for participants to enjoy access to the Leisure Pool for therapeutic purposes. Please note that this swim does NOT have any type of structure or Instructor, it is specifically designed for those who want to come in and perform exercises recommended by their doctor or support workers. **\*This swim may be shared with Aquatic Leadership Courses at times.**

Leisure and Relax Pools ONLY.

Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Next Chapter Café

Date and Time: Wednesday, July 24 1:00 pm - 2:30 pm

Address: 425 Holland St W, Bradford, ON L3Z 0J2

Location: Board Room

Join Andréa monthly to enjoy conversation, board games and brain games for older adults. Drop-in.

Meetings happen on the fourth Wednesday of the month, in the Boardroom.

## Leisure Swim - All Ages

Date and Time: Wednesday, July 24 2:15 pm - 4:00 pm

Address: BWG Leisure Center

Lap, Leisure, Relax Pool & Waterslide.

**Fees:**

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Parent & Tot Swim (0-6 years old)

Date and Time: Wednesday, July 24 4:00 pm - 4:45 pm

Address: BWG Leisure Center

Leisure & Relax Pool

**Fees:**

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Youth Volleyball (Grades 9-12)

Date and Time: Wednesday, July 24 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

**Fees:**

Youth/ Student (13-24) - \$3.75

## In-person Prenatal Classes

Date and Time: Wednesday, July 24 6:00 pm - 8:00 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Zima Room

Free In-person Prenatal Classes. Learn about labour, comfort techniques, medical procedures breastfeeding newborn care, postpartum and more. Meet other families and get answers to your questions from a public health nurse. For schedules and to register visit [www.smdhu.org/prenatalclass](http://www.smdhu.org/prenatalclass). Presented in partnership with the Simcoe Muskoka District Health Unit.

## MetCon (13+)

Date and Time: Wednesday, July 24 6:00 pm - 6:45 pm

Address: BWG Leisure Centre

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!

## Thursday, July 25, 2024

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### Lane Swim (13+)

Date and Time: Thursday, July 25 6:00 am - 7:30 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

#### Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

### Aquafit (pre-booking required) 13+

Date and Time: Thursday, July 25 8:00 am - 8:45 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

## **Kettlebell (13+)**

Date and Time: Thursday, July 25 8:15 am - 9:00 am

Address: 471 West Park Ave. Bradford ON

A fun way to build functional strength, increase flexibility and improve coordination. A challenging workout guaranteed to make you sweat!

## **Pilates (13+)**

Date and Time: Thursday, July 25 9:15 am - 10:00 am

Address: BWG Leisure Centre

This body conditioning routine will help build flexibility, strength and endurance and improve balance and coordination.

## **SMDHU Breastfeeding Support Group**

Date and Time: Thursday, July 25 10:00 am - 11:30 am

Address: 425 Holland St W, Bradford, ON L3Z 0J2

Location: Jamal Pascall Room

A free support group that provides parents a place to talk, share experiences and encourage each other, in the company of a Public Health Nurse

## **Fit Bodies (13+)**

Date and Time: Thursday, July 25 10:15 am - 11:00 am

Address: BWG Leisure Centre

This medium/low intensity class is specifically designed for the ageing population. It focuses on joint stability, strength, balance, flexibility, coordination, agility and mobility.

## **Fun with Illustrations**

Date and Time: Thursday, July 25 11:00 am - 12:00 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Zima Room

Get inspired by the works of great childrens' illustrators, and try different media each week.

Designed to build independent creativity for **kids 4 and up**. Not suitable for younger children.

Capacities are limited.

## Lane Swim (13+)

Date and Time: Thursday, July 25 11:30 am - 1:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## L.I.I.T. (13+)

Date and Time: Thursday, July 25 12:15 pm - 1:00 pm

Address: 471 West Park Ave. Bradford, Ont

L.I.I.T stands for Low Impact Interval Training. In this class cardiovascular fitness will be improved using the 20 seconds work / 10 seconds rest method. The workout avoids jumping and impact, creates a safe workout for joints and alternates cardio with strengthening, sculpt and core. Finish off with a full body stretch and recovery!

## Adult Skate (18+)

Date and Time: Thursday, July 25 1:15 pm - 2:15 pm

Address: BWG Leisure Centre

Admittance is limited to participating skaters. All patrons who participate in the Adult Skate (18+) program are to respect the following rules:

- 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 resurfacer 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
- 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

Maximum program capacity is 160 participants.

	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 (18-59 yrs)	\$4.50	\$35.75
Senior (60+ yrs)	\$3.75	\$29.75
Household (up to 5 people)	\$9.75	N/A
Adult Shinny	\$5.50	N/A
Parent & Child Shinny	\$5.50	N/A
Stick & Puck	\$5.50	N/A

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.

## Leisure Swim - All Ages

Date and Time: Thursday, July 25 2:15 pm - 4:00 pm

Address: BWG Leisure Center

Lap, Leisure, Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Parent & Tot Swim (0-6 years old)

Date and Time: Thursday, July 25 4:00 pm - 4:45 pm

Address: BWG Leisure Center

Leisure & Relax Pool

**Fees:**

Toddler (0-3) - FREE



Child (4-12) - \$4.00

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Youth Basketball (Grades 9-12)

Date and Time: Thursday, July 25 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### Fees:

Youth/ Student (13-24) - \$3.75

## Circuit (13+)

Date and Time: Thursday, July 25 6:00 pm - 6:45 pm

Address: 471 West Park

You won't be bored when you do circuit training. This workout gets your heart rate up and strengthens the 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 in between.

## English Conversation Corner

Date and Time: Thursday, July 25 6:30 pm - 7:30 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

### Location: Zima Room ( Unless Identified Otherwise)

The Bradford Baha'i Community & BWG Public Library Present!

A friendly space for anyone looking to practice speaking English and connecting!

Thursday, June 27th, 6:30 to 7:30 p.m. - Café Area

Thursday, October 10th + 24th, 6:30 to 7:30 p.m. - Cafe' Area

Thursday, November 14th & 28th, 6:30 to 7:30 p.m. - Cafe' Area

## Friday, July 26, 2024

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### Silver Swim - 50+

Date and Time: Friday, July 26 8:00 am - 8:45 am

Address: BWG Leisure Center

During this swim, there will be four lanes available for aqua fitness exercises at your own pace. This program is **not** instructor led and participants must remain in the water. The Silver Swim is designed for those who would normally participate in the Aqua fitness programs offered at the BWG Leisure Center. Please note that this program is subject to change upon Aquafit Instructor Availability.

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

### MetCon (13+)

Date and Time: Friday, July 26 9:15 am - 10:00 am

Address: BWG Leisure Centre

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!

### Babytime Walkers (Ages 12-24 mon)

Date and Time: Friday, July 26 9:45 am - 10:15 am

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Zima Room

Babies 12-24 months will enjoy songs, rhymes and stories with Andréa.

Drop-in. Free!

### Stretch (13+)

Date and Time: Friday, July 26 10:15 am - 11:00 am

Address: BWG Leisure Centre

No pretzels, no warrior poses, & no downward dogs! Just come in and stretch. Your body will thank you for it!

## Babytime Creepers (Ages 4-12 mon)

Date and Time: Friday, July 26 10:45 am - 11:15 am

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Zima Room

Babies 4-12 months old will enjoy stories, songs and rhymes with Andrea!

Drop-in. Free!

## Lane Swim (13+)

Date and Time: Friday, July 26 11:30 am - 1:00 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Therapy Swim (13+) - Leisure Pool

Date and Time: Friday, July 26 11:45 am - 1:00 pm

Address: BWG Leisure Center

Designed for those with mobility issues and special need, this swim provides designated time for participants to enjoy access to the Leisure Pool for therapeutic purposes. Please note that this swim does NOT have any type of structure or Instructor, it is specifically designed for those who want to come in and perform exercises recommended by their doctor or support workers. **\*This swim may be shared with Aquatic Leadership Courses at times.**

Leisure and Relax Pools ONLY.

Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50  
Household (Up to 5 People) - \$12.00

Fees are subject to change without notice. All monthly membership prices +HST  
BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Water Safety Storytime (Ages 5-10)

Date and Time: Friday, July 26 11:45 am - 12:15 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

Location: Zima Room

Join us with the experts from the BWG Leisure Centre to learn about water safety and drowning prevention. For ages 5-10.

## Leisure Swim - All Ages

Date and Time: Friday, July 26 2:15 pm - 4:00 pm

Address: BWG Leisure Center

Lap, Leisure, Relax Pool & Waterslide.

Fees:

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

Fees are subject to change without notice. All monthly membership prices +HST  
BWG Admission Policy: [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Parent & Tot Swim (0-6 years old)

Date and Time: Friday, July 26 4:00 pm - 4:45 pm

Address: BWG Leisure Center

Leisure & Relax Pool

**Fees:**

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Closed

Date and Time: Friday, July 26 4:30 pm - 8:00 pm

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

## Family Sports

Date and Time: Friday, July 26 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Family Sports includes a child/youth accompanied by a parent/guardian to a maximum of 5 children. Drop-in fees listed below. Wristbands required.

### Fees:

Child (0-12) - \$3.50

Youth (13-17)/ Student (ID required) - \$3.75

Adult (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

## Public Skating (All Ages)

Date and Time: Friday, July 26 6:30 pm - 8:00 pm

Address: BWG Leisure Centre

Leisure skating is provided for the enjoyment of all. Admittance is limited to those participating. All patrons who participate in the leisure skating program are to respect the following rules:

- For the safety of your child, children 6 and under must be accompanied by a parent or guardian, 16 years or older, on the ice, and children ages 7 to 9 must be accompanied by a parent or guardian, 16 years or older, at the ice level (around the boards/glass inside the arena).
- The Ontario Recreation Facilities Association and the Town of Bradford West Gwillimbury recommend wearing helmet and glove protection while on the ice surface. Helmets are strongly recommended, especially for young children
- Skating aids, sticks, pucks, balls, sleds, chairs or strollers **are not** permitted on the ice surface
- Participants are not allowed on the ice until the ice resurfacer door is closed

- Only persons wearing skates or using a wheelchair/sledge 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, and carrying children are 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
- Horseplay including play fighting or deliberate interference with other skaters will result in immediate dismissal
- 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

Maximum program capacity is 160 participants.

	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 (18-59 yrs)	\$4.50	\$35.75
Senior (60+ yrs)	\$3.75	\$29.75
Household (up to 5 people)	\$9.75	N/A
Adult Shinny	\$5.50	N/A
Parent & Child Shinny	\$5.50	N/A
Stick & Puck	\$5.50	N/A

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 ice surface and/or the facility. Designated skate change area in effect.

## Saturday, July 27, 2024

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### Parent & Child Shinny (9 y/o and Younger)

Date and Time: Saturday, July 27 7:15 am - 8:15 am

Address: BWG Leisure Centre

Parent & Child Shinny is an informal fun game of hockey! Parents are invited to bring their children to the Parent & Child Shinny program restricted to only parents/guardians and their children. Children participating in this program must be **9 years of age or under**.

Parent/guardian participation is required on the ice. Parent/guardian must be 16 years or older. Only persons wearing skates/sledge are permitted on the ice surface. The program ratio is one parent/guardian to a maximum of five children (1:5). Slap shots are not permitted. Skating aids, sleds, training equipment, pylons, balls, chairs or strollers **are not** permitted on the ice surface. CSA approved helmets are mandatory for all participants during all shinny programs. This program is not designed to host hockey teams. The ice is to be equally shared with ever

yone. Personal/group training sessions **are not** permitted during recreational skating times.

Maximum program capacity is 30 participants.

	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 (18-59 yrs)	\$4.50	\$35.75
Senior (60+ yrs)	\$3.75	\$29.75
Household (up to 5 people)	\$9.75	N/A
Adult Shinny	\$5.50	N/A
Parent & Child Shinny	\$5.50	N/A
Stick & Puck	\$5.50	N/A

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 ice surface and/or the facility. Designated skate change area in effect.

## Lane Swim (13+)

Date and Time: Saturday, July 27 7:30 am - 8:00 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

### Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Lane Swim (13+) - 4 Lanes Only

Date and Time: Saturday, July 27 8:00 am - 8:45 am

Address: BWG Leisure Center

Lap & Relax Pools Only.

### Fees:

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## **Aquafit (pre-booking required) 13+**

Date and Time: Saturday, July 27 8:00 am - 8:45 am

Address: BWG Leisure Centre

Low impact Aerobics class that works on cardio and muscle conditioning with both deep and shallow water options.

## **Bootcamp (13+)**

Date and Time: Saturday, July 27 8:15 am - 9:00 am

Address: BWG Leisure Centre

This is the perfect workout where both your instructors and fellow participants motivate and challenge you to reach your highest potential.

## **Bradford Farmers Market**

Date and Time: Saturday, July 27 9:00 am - 1:00 pm

Address: BWG Library - 425 Holland St W, Bradford, ON L3Z 0J2

The Bradford Farmers Market will run from **May 18th until October 12th** this 2024 season.

For more information, and to learn more about the Market visit [www.bradfordfarmersmarket.ca](http://www.bradfordfarmersmarket.ca).

**Contact information:** [bradfordontariofarmersmarket@gmail.com](mailto:bradfordontariofarmersmarket@gmail.com)

## **BollyX (13+)**

Date and Time: Saturday, July 27 9:15 am - 10:00 am

Address: BWG Leisure Centre

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



e and coordination and brings an overall sense of joy and well being. Let's dance until you glitter...Bollywood style.

## Parent & Tot Gym (0-5 years)

Date and Time: Saturday, July 27 9:30 am - 11:30 am

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### **Fees:**

Child (0-12) - \$3.50

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

## Yoga (13+)

Date and Time: Saturday, July 27 10:15 am - 11:15 am

Address: 471 West Park

Restore balance to the body. This class incorporates breathing, postures and relaxation techniques. All levels welcome.

## Pop-Up Kids (Ages 2-10yrs)

Date and Time: Saturday, July 27 10:30 am - 11:30 am

Address: BWG Library at 425 Holland St W, Bradford, ON L3Z 0J2

### **Kids Area**

Join Gail for stories and fun. Ages 2 and up

## Lane Swim (13+)

Date and Time: Saturday, July 27 11:30 am - 1:15 pm

Address: BWG Leisure Center

Lap & Relax Pools Only.

### **Fees:**

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Adult Pick-Up Basketball (18+)

Date and Time: Saturday, July 27 12:30 pm - 2:30 pm

Address: BWG Leisure Centre

5on5 full court, 30 participants. Drop-in fees listed below. Wristbands required.

### Fees:

Youth/ Student (13-24) - \$3.75

Adult - (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

## Leisure Swim - All Ages

Date and Time: Saturday, July 27 1:30 pm - 3:00 pm

Address: BWG Leisure Center

Lap, Leisure, Relax Pool & Waterslide.

### Fees:

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Youth/ Student (13-24) - \$4.50

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

## Parent & Tot Swim (0-6 years old)

Date and Time: Saturday, July 27 3:00 pm - 4:00 pm

Address: BWG Leisure Center

Leisure & Relax Pool

### **Fees:**

Toddler (0-3) - FREE

Child (4-12) - \$4.00

Adult - (18-59) - \$5.25

Senior (60+) - \$4.50

Household (Up to 5 People) - \$12.00

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

**BWG Admission Policy:** [www.townofbwg.com/admissionpolicy](http://www.townofbwg.com/admissionpolicy)

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