

## Monday, July 1, 2024

---

### Lane Swim (13+)

Date and Time: Monday, July 1 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)

### Canada Day

Date and Time: Monday, July 1 8:30 am - 4:30 pm

Address: All Town Offices

### Closed

Date and Time: Monday, July 1 9:30 am - 8:00 pm

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

### Lane Swim (13+)

Date and Time: Monday, July 1 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 1 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)

## Leisure Swim - All Ages

Date and Time: Monday, July 1 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)

## Canada Day

Date and Time: Monday, July 1 6:00 pm - 10:00 pm

Address: Bradford & District Memorial Community Centre (125 Simcoe Road)

The Town of Bradford West Gwillimbury invites everyone to join in on the Canada Day celebrations on Saturday, July 1 at the Bradford & District Memorial Community Centre.

The festivities commence at 4:00pm, and includes entertainment, music, food, the official ceremonies, the presentation of the annual Civic Awards and closing with an amazing show of fireworks at 10

Date: July 1st

Time: 4pm-6pm

Location: Bradford & District Memorial Community Centre (125 Simcoe Road)

### Lane Swim (13+)

Date and Time: Monday, July 1 9:00 pm - 10:00 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)

## Tuesday, July 2, 2024

---

### Lane Swim (13+)

Date and Time: Tuesday, July 2 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: Tuesday, July 2 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 2 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.

## **Royal City Soccer Club - Day Camps**

Date and Time: Tuesday, July 2 8:30 am - 4:30 pm

Address: 100 Professor Day Drive, Bradford ON, L3Z 3B9

The Royal City Soccer Club, a registered non-profit community organization, is proud to host their 32nd annual grassroots summer day camps. The program is designed to promote personal development, team building and of course, FUN! Uniquely designed to offer a more soccer focused morning with a leisure swim with other organized activities in the afternoon. The program operates during all weeks in July and August for children aged 5 to 13. For more information or to register, visit [royalsoccer.com](http://royalsoccer.com) or call 1-800-427-0536.

## **Stretch (13+)**

Date and Time: Tuesday, July 2 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!

## Barre (13+)

Date and Time: Tuesday, July 2 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.

## Lane Swim (13+)

Date and Time: Tuesday, July 2 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)

## My Sister's Place Drop-in Outreach

Date and Time: Tuesday, July 2 1:00 pm - 4:00 pm

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

Location: Blair Room

Every month on the first Tuesday, an advocate from My Sister's Place will be at the Library to provide services on a drop-in basis.

Services can include crisis support; short-term individual counseling; safety planning; legal advocacy and support; housing advocacy and support; and community referrals and resources.

Upcoming Drop-Ins: July 2, August 6.

## Leisure Swim - All Ages

Date and Time: Tuesday, July 2 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 2 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 2 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 2 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 2 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 Duty 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.*

## Stretch (13+)

Date and Time: Tuesday, July 2 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

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

## Leisure Swim - All Ages

Date and Time: Tuesday, July 2 7:15 pm - 8:30 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)

## Wednesday, July 3, 2024

---

### Lane Swim (13+)

Date and Time: Wednesday, July 3 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 Shiny (18+)



Date and Time: Wednesday, July 3 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 3 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 3 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.

## Zumba (13+)

Date and Time: Wednesday, July 3 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 3 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: Wednesday, July 3 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)

## Leisure Swim - All Ages

Date and Time: Wednesday, July 3 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 3 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)

## Teen Volunteer Orientation ( Grades 9-12)

Date and Time: Wednesday, July 3 4:15 pm - 5:15 pm

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

Location: Jamal Pascal Room

We're looking for teens who are punctual, reliable, and good at communication to earn volunteer hours by assisting with Summer Programs. Volunteer experience like this looks great on a résumé.

Help us for one program, or for many programs. See the form for your options.

Please note: the signature of a parent or guardian is required.

Application forms are available at the Library, or are downloadable. Drop your completed application off at the Service Desk, or email it to [ecampbell@bradford.library.on.ca](mailto:ecampbell@bradford.library.on.ca)

[Information form](#)

[Application form](#)

**Volunteers must attend** one of our two training sessions on either **Wednesday, June 26 at 4:15 p.m., or Wednesday, July 3 at 4:15 p.m.**

## **African Experience Festival**

Date and Time: Wednesday, July 3 5:00 pm - 8:00 pm

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

Location: Zima Room

Come by the African Experience Festival Kick-Off event which will include a fashion show as well as guest speakers discussing African film, culture, and community. **Doors open at 5 p.m.** in the Zima Room. The fashion show begins at **6 p.m.**

This free and family-friendly three-day event is taking place between July 3 – 6 in the Zima Room at the BWG Public Library and Cultural Centre. Come and celebrate Black and African culture through fashion, food, storytelling, and more!

## **Youth Volleyball (Grades 9-12)**

Date and Time: Wednesday, July 3 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### **Fees:**

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

## **MetCon (13+)**

Date and Time: Wednesday, July 3 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!

## Yoga (13+)

Date and Time: Wednesday, July 3 7:00 pm - 7:45 pm

Address: 471 West Park

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

## Adult Volleyball (18+)

Date and Time: Wednesday, July 3 7:30 pm - 9:30 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### Fees:

Student (ID required) - \$3.75

Adult (18-59) - \$4.50

Senior (60+) - \$3.75

Household (Up to 5 People) - \$9.75

## Thursday, July 4, 2024

---

## Lane Swim (13+)

Date and Time: Thursday, July 4 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 4 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 4 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 4 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 4 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

## **Parent & Tot Skate (6 y/o and Younger)**

Date and Time: Thursday, July 4 10:00 am - 11:00 am

Address: BWG Leisure Centre

Parents are invited to bring their pre-schoolers to the Parent & Tot Skate program restricted to only parents/guardians and their children. Children participating must be **6 years of age or under**.

Parent/guardian participation is required on the ice. Only persons wearing skates and/or usage of a wheelchair/s

ledge are permitted on the ice surface. 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 & Tot 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.

## Fit Bodies (13+)

Date and Time: Thursday, July 4 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.

## Lane Swim (13+)

Date and Time: Thursday, July 4 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 4 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 4 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.

## Kids Movie: Paws of Fury - The Legend of Hank



Date and Time: Thursday, July 4 1:30 pm

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

Location: Zima Room

The story of Hank, a loveable dog who aspires to become a samurai. Featuring Michael Cera, Samuel L Jackson , Ricky Gervais, Michelle Yeoh, Mel Brooks. Loosely based on the movie *Blazing Saddles*. PG. 97 minutes.

## Leisure Swim - All Ages

Date and Time: Thursday, July 4 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 4 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 4 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### Fees:

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

## African Experience Festival

Date and Time: Thursday, July 4 5:30 pm - 8:00 pm

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

Location: Zima Room

Join us with the family as we celebrate Black and African storytelling with an author and Afro-Caribbean Storyteller! The event begins at **5:30 p.m.** in the Zima Room.

This free and family-friendly three-day event is taking place between July 3 – 6 in the Zima Room at the BWG Public Library and Cultural Centre. Come and celebrate Black and African culture through fashion, food, storytelling and more!

## Friday, July 5, 2024

---

### Silver Swim - 50+

Date and Time: Friday, July 5 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 5 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 5 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 5 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 5 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 5 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 5 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)

## Leisure Swim - All Ages

Date and Time: Friday, July 5 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 5 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)

## Family Sports

Date and Time: Friday, July 5 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 5 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 6, 2024

---

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

Date and Time: Saturday, July 6 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 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.

## Lane Swim (13+)

Date and Time: Saturday, July 6 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)

## Aquafit (pre-booking required) 13+

Date and Time: Saturday, July 6 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.

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

Date and Time: Saturday, July 6 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)

## Bootcamp (13+)

Date and Time: Saturday, July 6 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 6 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 6 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 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 6 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 6 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.

## African Experience Festival

Date and Time: Saturday, July 6 11:00 am

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

Location: **Café Area**

Olundara Foundation is working with the Bradford Farmer's Market to have a few Black-led Pop-Ups in the outdoor market as well as inside the Library Café! The event begins at **9 a.m. at the Bradford Farmer's Market and 11 a.m. inside the Library Café.**

This free and family-friendly three-day event is taking place between July 3 – 6 in the Zima Room at the BWG Public Library and Cultural Centre. Come and celebrate Black and African culture through fashion, food, storytelling, and more!

## Lane Swim (13+)

Date and Time: Saturday, July 6 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 6 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 6 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 6 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)

## Sunday, July 7, 2024

---

### Lane Swim (13+)

Date and Time: Sunday, July 7 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)

## Cycle (pre-booking required) 13+

Date and Time: Sunday, July 7 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 7 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 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

## Yin Yoga (13+)

Date and Time: Sunday, July 7 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 Shiny (9 y/o and Younger)

Date and Time: Sunday, July 7 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 7 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 7 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 7 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 7 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 7 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 8, 2024

---

### Lane Swim (13+)

Date and Time: Monday, July 8 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 8 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 (Ages 2-3yrs)

Date and Time: Monday, July 8 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 8 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 (Ages3-6yrs)**

Date and Time: Monday, July 8 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 8 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 8 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 8 12:00 pm - 1:30 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 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 8 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 8 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 8 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### Fees:

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

## Bootcamp (13+)

Date and Time: Monday, July 8 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 each your highest potential.

## Decorative Mending ( Part 1)

Date and Time: Monday, July 8 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.

## HOT Summer Reads

Date and Time: Monday, July 8 6:30 pm - 7:30 pm

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

Location: Board Room

Is it me or is it the book!? Reading a hot and spicy book that you would like to share? Are you looking for a recommendation on a book that will kick start your summer lovin'? Join us for some book talk about a romance book that you have read and enjoyed. See if someone can recommend a spicy book for you to read during this hot summer!

## BollyX (13+)

Date and Time: Monday, July 8 7:00 pm - 7:45 pm

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

## Tuesday, July 9, 2024

---

### Lane Swim (13+)

Date and Time: Tuesday, July 9 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: Tuesday, July 9 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 9 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 9 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 9 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 9 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 9 11:30 am - 12:30 pm

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

Location: Zima Room

Especially for kids **aged 9 - 12**. Stay tuned for more information.

## Lane Swim (13+)

Date and Time: Tuesday, July 9 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)

## Leisure Swim - All Ages

Date and Time: Tuesday, July 9 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 9 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 9 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 9 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 9 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 Duty 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 (Ages 1-5yrs)

Date and Time: Tuesday, July 9 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!

## Stretch (13+)

Date and Time: Tuesday, July 9 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

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

## Wednesday, July 10, 2024

---

### Lane Swim (13+)

Date and Time: Wednesday, July 10 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 10 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 10 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 10 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

Date and Time: Wednesday, July 10 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 10 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 10 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: Wednesday, July 10 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)

## Manga Club (Ages 8-11)

Date and Time: Wednesday, July 10 1:30 pm - 2:30 pm

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

Location: Jamal Pascal Room

Come and share your passion for Manga! Which series do you like best? Join us for drawing, crafts, and fun. **Ages 8-11.**

## Leisure Swim - All Ages

Date and Time: Wednesday, July 10 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 10 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 10 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### Fees:

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

## MetCon (13+)

Date and Time: Wednesday, July 10 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!

## In-person Prenatal Classes

Date and Time: Wednesday, July 10 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.

## Cancer Screening for a Good Life

Date and Time: Wednesday, July 10 6:30 pm - 7:30 pm

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

Location: Jamal Pascal Room

Cancer screening and early detection can help you live a good life!

Shoshana from the Central Regional Cancer Program will tell you how. This presentation highlights Ontario's three free provincial screening programs related to breast, cervical, and colon cancer. It will also review ways to reduce your overall risk of cancer through various prevention strategies.

## Thursday, July 11, 2024

---

### Lane Swim (13+)

Date and Time: Thursday, July 11 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 11 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 11 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 11 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 11 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

## **Parent & Tot Skate (6 y/o and Younger)**

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

Address: BWG Leisure Centre

Parents are invited to bring their pre-schoolers to the Parent & Tot Skate program restricted to only parents/guardians and their children. Children participating must be **6 years of age or under**.

Parent/guardian participation is required on the ice. Only persons wearing skates and/or usage of a wheelchair/sledge are permitted on the ice surface. 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 & Tot 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.

## Fit Bodies (13+)

Date and Time: Thursday, July 11 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 11 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 11 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 11 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!

## Homeschool Hangout ( All Ages)

Date and Time: Thursday, July 11 1:00 pm - 2:00 pm

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

Location: Zima Room

Join other homeschool friends for a fun social hour led by Library staff!

## Adult Skate (18+)

Date and Time: Thursday, July 11 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 11 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 11 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 11 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### Fees:

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

## Friday, July 12, 2024

---

### Silver Swim - 50+

Date and Time: Friday, July 12 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 12 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 12 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 12 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 12 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 12 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 12 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)

## Leisure Swim - All Ages

Date and Time: Friday, July 12 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 12 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)

## Family Sports

Date and Time: Friday, July 12 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 12 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 13, 2024

---

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

Date and Time: Saturday, July 13 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 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.

## Lane Swim (13+)

Date and Time: Saturday, July 13 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)

## Aquafit (pre-booking required) 13+

Date and Time: Saturday, July 13 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.

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



Date and Time: Saturday, July 13 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)

## Bootcamp (13+)

Date and Time: Saturday, July 13 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 each your highest potential.

## Bradford Farmers Market Strawberry Festival

Date and Time: Saturday, July 13 9:00 am - 1:00 pm

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

Join the Bradford Farmers Market for their Strawberry festival sponsored by Eric Andrews of the Cooperators.

**The event will feature:**

- Musician Russ Clayton
- Ilia Massalkine Photography Booth - 1 free digital professional photo

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 13 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 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 13 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 13 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 13 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 13 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 13 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 13 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 13 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)

## Sunday, July 14, 2024

---

## Lane Swim (13+)

Date and Time: Sunday, July 14 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*

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

Date and Time: Sunday, July 14 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 14 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 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

## **Yin Yoga (13+)**

Date and Time: Sunday, July 14 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 14 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 14 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 14 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 14 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 14 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 14 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 15, 2024**

---

### **Lane Swim (13+)**

Date and Time: Monday, July 15 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 15 9:15 am - 10:15 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 (Ages 2-3yrs)**

Date and Time: Monday, July 15 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 15 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 (Ages 3-6yrs)

Date and Time: Monday, July 15 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 15 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 15 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 15 12:00 pm - 1:30 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 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 15 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 15 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.

## BWG Summer Pride Pop Up

Date and Time: Monday, July 15 4:00 pm - 6:00 pm

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

Location: Zima Room

A free all-ages space for 2SLGBTQ+ community members to meet, make crafts, hang out, and connect!

## Youth Basketball (Grades 9-12)

Date and Time: Monday, July 15 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 15 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 15 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 2)

Date and Time: Monday, July 15 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 16, 2024

---

## Lane Swim (13+)

Date and Time: Tuesday, July 16 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: Tuesday, July 16 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 16 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 16 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 16 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 16 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 16 11:30 am - 12:30 pm

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

Location: Zima Room

Especially for kids **aged 9 - 12**. Stay tuned for more information.

## Lane Swim (13+)

Date and Time: Tuesday, July 16 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)

## Leisure Swim - All Ages

Date and Time: Tuesday, July 16 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 16 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 16 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 16 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 16 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 Duty 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 (Ages 1-5yrs)

Date and Time: Tuesday, July 16 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!

## Stretch (13+)

Date and Time: Tuesday, July 16 7:00 pm - 7:45 pm

Address: BWG Leisure Centre

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

## Wednesday, July 17, 2024

---

### Lane Swim (13+)

Date and Time: Wednesday, July 17 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 17 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 17 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 17 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.

### Sing with Russ (1-5yrs)

Date and Time: Wednesday, July 17 10:00 am - 11:00 am

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

Location: Zima Room

Sing along to some classic children's songs and learn some new ones. Great time for the whole family.

### Zumba (13+)

Date and Time: Wednesday, July 17 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 17 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: Wednesday, July 17 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)

## Parent and Child Journaling (Ages 7-12yrs)

Date and Time: Wednesday, July 17 1:30 pm - 2:30 pm

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

Location: Jamal Pascal Room

Do you and your child love writing and creating? Join Andréa to create your own journals or a shared journal to collect thoughts, feelings or stories.

For children **ages 7-12**. Children 11 and under must be accompanied by an adult.

## Leisure Swim - All Ages

Date and Time: Wednesday, July 17 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 17 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 17 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

### Fees:

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

## MetCon (13+)

Date and Time: Wednesday, July 17 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!

## In-person Prenatal Classes

Date and Time: Wednesday, July 17 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.

## Historical Fiction Book Club

Date and Time: Wednesday, July 17 6:30 pm - 7:30 pm

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

Location: Board Room

New members are always welcome.

## Thursday, July 18, 2024

---

## Movie Matinée (My Big Fat Greek Wedding 3)

Date and Time: Thursday, July 18 1:30 am

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

Location: Board Rood

Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists, and turns. Opa!

Starring Nia Vardalos, John Corbett, and Andrea Martin.

## Lane Swim (13+)

Date and Time: Thursday, July 18 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 18 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 18 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 18 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 18 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

## Parent & Tot Skate (6 y/o and Younger)

Date and Time: Thursday, July 18 10:00 am - 11:00 am

Address: BWG Leisure Centre

Parents are invited to bring their pre-schoolers to the Parent & Tot Skate program restricted to only parents/guardians and their children. Children participating must be **6 years of age or under**.

Parent/guardian participation is required on the ice. Only persons wearing skates and/or usage of a wheelchair/sledge are permitted on the ice surface. 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 & Tot 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.

## Fit Bodies (13+)

Date and Time: Thursday, July 18 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 18 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 18 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 18 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 18 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 18 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 18 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)

## Circuit (13+)

Date and Time: Thursday, July 18 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.

## Friday, July 19, 2024

---

### Silver Swim - 50+

Date and Time: Friday, July 19 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 19 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 19 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 19 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 19 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 19 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 19 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)

## Leisure Swim - All Ages

Date and Time: Friday, July 19 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 19 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 19 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 19 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 fe

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

## Public Skating (All Ages)

Date and Time: Friday, July 19 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 20, 2024

---

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

Date and Time: Saturday, July 20 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 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.

### Lane Swim (13+)

Date and Time: Saturday, July 20 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)

## Silver Swim - 50+

Date and Time: Saturday, July 20 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)

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

Date and Time: Saturday, July 20 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)

## Bootcamp (13+)

Date and Time: Saturday, July 20 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 each your highest potential.

## Bradford Farmers Market

Date and Time: Saturday, July 20 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 20 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 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 20 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 20 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.

**Lane Swim (13+)**

Date and Time: Saturday, July 20 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 20 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 20 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 20 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*

## Sunday, July 21, 2024

---

### 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 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

## 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

---

## 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 (Ages2-3yrs)

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 (Ages3-6yrs)

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 12:00 pm - 1:30 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 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 t

imes.

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.*

## 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.

## Sourdough for Beginners

Date and Time: Monday, July 22 6:30 pm - 7:30 pm

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

Getting started with sourdough can be daunting. Come together with other beginners as we create a sourdough starter. You'll leave with a jar of new starter, and some useful resources for growing, maintaining, and baking with your starter.

## Tuesday, July 23, 2024

---

### 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*

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

### 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

Especially for kids **aged 9 - 12**. Stay tuned for more information.

## 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

## 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 Duty 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 (Ages 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**

---

## 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

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

---

### 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**

---

### **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/gaurdian 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

---

### 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 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.

## 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)

## 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.

## Silver Swim - 50+

Date and Time: Saturday, July 27 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)

## 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)

## 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 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*

## Sunday, July 28, 2024

---

### Lane Swim (13+)

Date and Time: Sunday, July 28 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 28 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 28 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 28 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 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

## Yin Yoga (13+)

Date and Time: Sunday, July 28 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 28 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 28 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 28 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 28 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 28 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 28 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 29, 2024

---

## Lane Swim (13+)

Date and Time: Monday, July 29 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 29 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 (Ages 2-3yrs)

Date and Time: Monday, July 29 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 29 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 (Ages 3-6yrs)

Date and Time: Monday, July 29 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 29 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 29 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 29 12:00 pm - 1:30 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 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 t

imes.

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 29 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 29 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.

## Parent and Child Journaling (Ages 7-12yrs)

Date and Time: Monday, July 29 4:30 pm - 5:30 pm

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

Location: Jamal Pascal Room

Do you and your child love writing and creating? Join Andréa to create your own journals or a shared journal to collect thoughts, feelings or stories.

For children **ages 7-12**. Children 11 and under must be accompanied by an adult.

## Youth Basketball (Grades 9-12)

Date and Time: Monday, July 29 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 29 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 29 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 each your highest potential.

## Self-Care Toolkit

Date and Time: Monday, July 29 6:30 pm - 7:30 pm

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

Location: Jamal Pascall Room

Are you looking to prioritize your well-being, find joy in life, and effectively manage stress? Join our Self-Care Toolkit Series at the Library, where you'll embark on a transformative journey towards a happier and more balanced life.

## Tuesday, July 30, 2024

---

### Lane Swim (13+)

Date and Time: Tuesday, July 30 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: Tuesday, July 30 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.

ions.

## Circuit (13+)

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

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

Location: Zima Room

Especially for kids **aged 9 - 12**. Stay tuned for more information.

## Lane Swim (13+)

Date and Time: Tuesday, July 30 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)

## Leisure Swim - All Ages

Date and Time: Tuesday, July 30 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 30 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)

## **Co-Create Art (Ages 7-12)**

Date and Time: Tuesday, July 30 4:30 pm - 5:30 pm

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

Location: Jamal Pascal Room

Kids and parents, get ready for the ultimate challenge!

You'll create one masterpiece but in two parts. For kids **ages 7-12**.

Please note: Capacities are limited.

## **Youth Basketball (Grades 9-12)**

Date and Time: Tuesday, July 30 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 30 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 30 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 Duty 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 (Ages 1-5yrs)

Date and Time: Tuesday, July 30 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 31, 2024

---

### Lane Swim (13+)

Date and Time: Wednesday, July 31 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 31 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 31 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 31 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.

## **Zumba (13+)**

Date and Time: Wednesday, July 31 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 31 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: Wednesday, July 31 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)

## Manga Club (Ages 8-11)

Date and Time: Wednesday, July 31 1:30 pm - 2:30 pm

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

Location: Jamal Pascal Room

Come and share your passion for Manga! Which series do you like best? Join us for drawing, crafts, and fun. **Ages 8-11.**

## Leisure Swim - All Ages

Date and Time: Wednesday, July 31 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 31 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 31 5:00 pm - 7:00 pm

Address: BWG Leisure Centre

Drop-in fees listed below. Wristbands required.

**Fees:**

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

## MetCon (13+)

Date and Time: Wednesday, July 31 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!

## In-person Prenatal Classes

Date and Time: Wednesday, July 31 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 Simc

oe Muskoka District Health Unit.

## **Adult Book Club**

Date and Time: Wednesday, July 31 6:30 pm - 7:30 pm

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

Location: Board Room

New members are always welcome.

## **Yoga (13+)**

Date and Time: Wednesday, July 31 7:00 pm - 7:45 pm

Address: 471 West Park

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

<https://calendar.townofbwg.com>