

# SCHOOL VISIT PROGRAM

## AGES 3 YRS AND UP

[www.bgcgym.com](http://www.bgcgym.com)



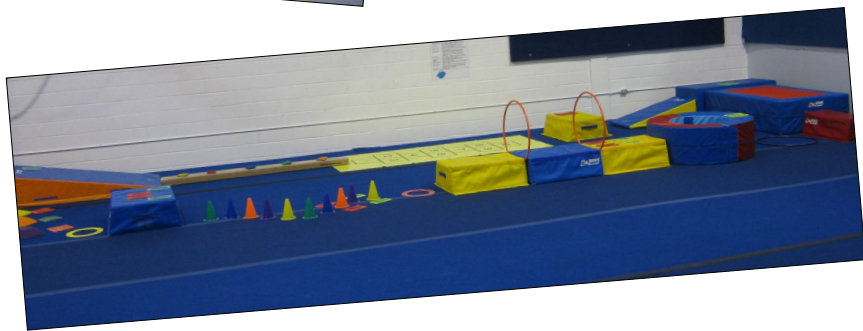
Physical education is an essential part of any school program to encourage a lifetime of healthy living.

At BGC we will provide your students an active, fun-filled, educational experience through our certified staff and a variety of circuit activities that will improve overall fitness, self esteem, and social skills!

Instructional activities are designed to meet the Ontario Ministry of Education Curriculum Expectations.



**Visit Ratio 8:1**  
**Visit Duration: 1 HR Visit Fee: \$8.00 per participant**  
**Session Packages Available**



For bookings contact: Dawn Izzard  
[dizzard@bgcgym.com](mailto:dizzard@bgcgym.com)

Maple Centre  
710 Maple Ave.  
Burlington, ON  
905-637-5774

Mainway Centre  
4373 Mainway  
Burlington, ON  
905-335-1765