

MYPASS Membership

Valid at all 5 Recreation facilities.

Includes MYPASS Drop In Fitness (Aquafit and Dry Land), Public Skate, Public Swim, Weight room, Raquetball and Squash courts.

Adult(19-59)	\$51.25 per month (min. 3 month commitment) 10 Visit \$63.00 Drop In \$7.00
Senior (60+)	\$43.75 per month (min. 3 month commitment) 10 Visit \$54.00 Drop In \$6.00
Child/Youth (18 yrs and younger)	\$99/*39 for 12 months 10 Visit \$47.25 (youth) Drop In \$5.25 (13-18yrs) 10 Visit \$38.25 (child) Drop In \$4.25 (1-12yrs)

*If parent/guardian in same household has a valid MYPASS

Pender Harbour Swim and Gym Membership

Valid only at the Pender Harbour Aquatic and Fitness Centre.

Includes swimming and gym use, **does not include** MYPASS drop in fitness.

Adult (19-59)	\$41.70/month (min. 3 month commitment) 10 Visit \$49.50 Drop In \$5.50
Senior (60+)	\$37.90/month (min. 3 month commitment) 10 visit \$45.00 Drop In \$5.00
Child (1-12)	10 visit \$33.75 Drop In \$3.75
Youth (13-18)	10 visit \$40.50 Drop In \$4.50
Family (up to 6 family Members, min. 1 adult, max 2)	10 visit \$90.00 Drop In \$10.00
Parent and Preschooler	10 visit \$58.50 Drop In \$6.50

Low Cost Activities \$2 Toonie Tuesday 5-8:30pm \$5 Family Sunday 1-4pm



Pender Harbour Aquatic and Fitness Centre



13639 Sunshine Coast Highway, Madeira Park, BC
Located on the lower level of the PH Secondary School.

For more information:

Phone: 604-885-6866 Email: phaquatic@scrd.ca

For all Registered Programs:

Fall/Winter Recreation Guide

www.scrd.ca/recreation

Facility Schedule: Effective
September 11 – December 22, 2017



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The facility features a 20- metre lap pool, hot tub, sauna, gym and weight room.

Facility closures: Monday October 9, Evening of Tuesday October 31, Saturday November 11 and December 23-26.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Facility opens at 1pm	7:30-9am Lengths	7:30-1pm Lengths & Public	7:30-9am Lengths	7:30-1pm Lengths & Public	7:30-9am Lengths	Facility opens at 10am
	*9-9:50am Aquafit		*9-9:50am Aquafit		*9-9:50am Aquafit	10am-1pm Everyone Welcome Lengths & Public
	10-10:45am Gentle Waves 1 lane available Lengths		10-10:45am Aquafit Shallow 1 lane available		10-10:45am Gentle Waves 1 lane available Lengths	
	11am-1pm Lengths & Public		11am-1pm Lengths & Public		11am-1pm Lengths & Public	
1-4pm Everyone Welcome Lengths & Public	1-5pm Closed	1-5pm Closed	1-5pm Closed	1-5pm Closed	1-5pm Closed	Facility closed at 1pm
Facility closed at 4pm	5-8:30pm Lengths & Public	5-8:30pm Lengths & Public	5-8:30pm Lengths & Public	5-8:30pm Lengths & Public	5-8:30pm Lengths & Public	

*There are no lanes or public swim available during the Monday, Wednesday or Friday morning 9am Aquafit program.

Weight Room Hours: Monday – Friday 7:30am-1:00pm and 5:00pm-8:30 pm Saturday 10:00am-1:00 pm Sunday 1:00 pm -4:00 pm

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dry Land/Gym Fitness		7:30-8:15am HIIT	9:15-10:45 am Hatha Yoga	7:30-8:15am HIIT	9:15-10:45am Hatha Yoga
		9:30-10:30am Total Body & Core	September 20- December 6	9:30-10:30am Total Body & Core	October 6- December 8
	5:30-6:30pm Boot Camp <small>(Class will be at PHSS gym)</small>		5:30-6:30pm Boot Camp <small>(Class will be at PHSS gym)</small>		
	6:30-7:15 pm Walk 15 <small>(Class will be at MPES gym)</small>			6:30-7:15 pm Walk 15 <small>(Class will be at MPES gym)</small>	
Aquafit/Pool Fitness	9-9:50am Aquafit		9-9:50am Aquafit		9-9:50am Aquafit
	10-10:45am Gentle Waves		10-10:45am Aquafit Shallow	6:30-7:15 pm H2O Turbo Boot Camp/Deep Water Running	10-10:45am Gentle Waves