



Weight Room Schedules

Gibsons & Area Community Centre

Effective January 2 to Mar 31, except statutory holidays

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|---------------------------------------|-------------------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| Weight Room Hours | 6:00 am - 8:30 pm | 6:00 am - 8:30 pm | 6:00 am - 8:30 pm | 6:00 am - 8:30 pm | 6:00 am - 8:30 pm | 9:00 am - 5:30 pm | 9:00 am - 5:30 pm |
| Weight Room Attendant Present | 12:30 pm - 2:00 pm <i>Lisa</i> | 4:00 pm - 5:15 pm <i>Melanie</i> | | | | | |
| Weight Room Orientations* | 11:30 am - 12:15 pm <i>Jacquie</i> | 6:45 pm - 7:30 pm <i>Melanie</i> | | | | | |

*Pre-registration is required. Call 604-885-6868 press 0 to register

Pender Harbour Aquatic and Fitness Centre

Effective January 2 to Mar 31, except statutory holidays

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------|--|--|--|--|--|--------------------|-------------------|
| Weight Room Hours | 7:00 am - 1:00 pm 5:00 pm - 8:30 pm | 7:00 am - 1:00 pm 5:00 pm - 8:30 pm | 7:00 am - 1:00 pm 5:00 pm - 8:30 pm | 7:00 am - 1:00 pm 5:00 pm - 8:30 pm | 7:00 am - 1:00 pm 5:00 pm - 8:30 pm | 10:00 am - 1:00 pm | 1:00 pm - 4:00 pm |

Weight Room Orientation by appointment. Call 604-885-6866 to register

Sechelt Aquatic Centre

Effective January 2 to Mar 31, except statutory holidays

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|-------------------------------------|-----------------|-----------------------------------|---------------------------------------|-----------------|-----------------|--------------------|
| Weight Room Hours | 6:00am - 9:00pm | 6:00am - 9:00pm | 6:00am - 9:00pm | 6:00 am - 9:00 pm | 6:00am - 9:00pm | 9:00am - 6:00pm | 10:00 am - 4:30 pm |
| Weight Room Attendant Present | 4:00 pm - 5:15 pm <i>Johanna</i> | | 4:00 pm - 5:15 pm <i>Zella</i> | 12:30pm - 12:15pm <i>Johanna</i> | | | |
| Weight Room Orientations* | 5:15 pm - 6:00 pm <i>Johanna</i> | | 5:15 pm - 6:00 pm <i>Zella</i> | 11:30 am - 12:15 pm <i>Johanna</i> | | | |

*Pre-registration is required. Call 604-885-6868 press 0 to register

Descriptions on the next page

Admission to Weightrooms (for Pender Harbour visit www.scrd.ca/drop-in-rates for drop-in fees)

- Included in your **MYPASS**
- Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25**

Sunshine Coast Regional District Recreation www.scrd.ca/recreation

604-885-6801



Weight Room Schedules

Weight Rooms

Our weight rooms are equipped with cardio machines and strength equipment. Weight rooms are available to 13+ years.*

**Not sure how to use the equipment?
We have some options!**

Weight Room Attendants

During specific times, weight room attendants will be available to answer questions about equipment or fitness. Check schedules on the previous page and drop-in during a time when there is a weight room attendant present.

Sign Up for a Weight Room Orientation

Orientations provide you with the basic knowledge needed to feel confident in the weight room. These sessions are conducted by a registered weight trainer in a small group setting. Register in person or by phoning 604-885-6801. Please note: 24 hour notice is required to register or withdraw from orientations.

*Those 13 – 15 year olds who complete an orientation or are closely supervised by an adult are welcome in the weight rooms.

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- Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25**

Sunshine Coast Regional District Recreation www.scrd.ca/recreation

604-885-6801