



Drop-in Weight Room Schedules

For 16+ years

Note: Youth 13-15 years may use the weight room after they complete an orientation **or** under close adult supervision. Our weight rooms are equipped with cardio machines and strength equipment. **Orientations** provide you with the basic knowledge needed to feel confident in the weight room.

Gibsons & Area Community Centre

Effective Sep 7 to Dec 31. Closed Sep 30.

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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| Weight Room Hours | 6:00 am - 8:00 pm | 6:00 am - 8:00 pm | 6:00 am - 8:00 pm | 6:00 am - 8:00 pm | 6:00 am - 8:00 pm | 9:00 am - 5:00 pm | 9:00 am - 5:00 pm |
| Pay drop-in admission at the facility: Adult \$7 / Senior \$6 / Teen \$5.25. | | | | | | | |

Weight Rooms

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

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

Not sure how to use the equipment? 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.

At this time, please email Recreation Program Coordinator, chelsea.fortin@scrd.ca or phone 604-885-6801 ext. 6616 to schedule an orientation until regular scheduled weight room orientations return. Thank you for your patience and understanding.

Admission to Weightrooms:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: Visit www.scrd.ca/drop-in-rates
- www.scrd.ca/recreation

604-885-6801