



Drop-in Weight Room Schedules

For ages 16+ years

Our weight rooms are equipped with cardio machines and strength equipment.

Sign up for a weight room orientation.
See bottom of this schedule for details.

Updated Jan 21

Gibsons & Area Community Centre

Effective Jan 20 to Mar 31 except for statutory holidays (Mon Feb 21)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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 - 5:00 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.

Orientations are available at the Sechelt Weight Room Wednesdays 4:45-5:30pm.
Register [Online Here](#), Over the Phone (604-885-6801) or In-Person

Do you have questions about the weight room?

Ask our qualified weight room attendant available Wednesdays 4:00-4:45pm at the Sechelt Aquatic Centre.

- Masks are to be worn at all times, except when actively exercising. We strongly encourage people wear a mask even when exercising.
- Vaccination QR Codes are required to be scanned.
- Please physically distance yourself from others.

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