



Weight Room Information

Updated Sept 29

Weight Room Pender Harbour Aquatic & Fitness Centre							
Effective Oct 3 to Nov 28 except for statutory holidays.							
Weight Room Hours	MONDAY 7:30am – 1:00pm 3:30pm – 6:30pm	TUESDAY 7:30am – 1:00pm 3:30 – 8:30pm	WEDNESDAY 7:30am – 1:00pm 3:30 – 8:30pm	THURSDAY 7:30am – 1:00pm 3:30pm – 6:30pm	FRIDAY 7:30am – 1:00pm	SATURDAY CLOSED	SUNDAY 1:00pm–4:00pm
MYPASS Classes	***Closed at 5:00pm October 31.	Land Meets Water 10:30am - 11:30am Mat Pilates 6:00 – 7:00 pm	Tumble Tots* 11:45 – 12:15 pm Oct 5 to Nov 23	Land Meets Water 10:30am - 11:30am			
Registered Programs*	Better Balance* 11:30 – 12:30 pm		Bootcamp 6:00 – 7:00 pm				

Pay drop-in admission at the facility: **Adult** \$5.50 / **Senior** \$5 / **Teen** \$4.50.
 Subject to change, visit: scrd.ca/exercise-and-fitness for the most up to date schedule.
 *MYPASS and Registered programs use the fitness studio beside the weight room area. The weight room may be busier during these times.

Weight Rooms

Our weight rooms are equipped with cardio machines and strength equipment. Weight rooms are available to 13+ years.*
 *Those 13 – 15 years old who complete an orientation or are closely supervised by an adult 19+ are welcome in the weight rooms.

Weight Room Orientations

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.

Weight Room Orientations are FREE for youth 18 and under and those who hold an active MYPASS. The non-member fee for an orientation is \$15.

Orientations are offered at both the Gibsons & Area Community Centre and the Sechelt Aquatic Centre. Each orientation opens for registration two weeks before its start date.

You can view available orientations and register [Online Here](http://scrd.ca/myrecreation), (scrd.ca/myrecreation), over the phone (604-885-6801), or in person at GACC/SAC.