



## REGISTER FOR FALL PROGRAMS

STARTING ON

**AUGUST 17, 6:00 AM**

**ONLINE at**  
[www.scrd.ca/myrecreation](http://www.scrd.ca/myrecreation)

**BY PHONE at**  
**604-885-6801**

### IN PERSON

Gibsons & Area Community Centre  
700 Park Road, Gibsons  
Sechelt Aquatic Centre  
5500 Shorncliffe Avenue, Sechelt

*Pender Harbour Aquatic & Fitness Centre is closed for annual maintenance and will re-open on September 6.*

### Withdrawal Policy

72 hours notice is required before the first class (or series of classes) in order to receive a full refund to your SCRCD recreation account.



### LOW INCOME AND ACCESSIBILITY RESOURCES

Being active is important for physical and mental health. The SCRCD offers options for individuals experiencing barriers to participating in recreation activities. Learn more about:

- Leisure Inclusion for Everyone (LIFE) for people living on a low income.
- Attendant Policy for those who require an attendant to participate in recreation programs.

Learn more at [www.scrd.ca/recreation-access](http://www.scrd.ca/recreation-access) or call 604-885-6801.

### We are hiring Lifeguards!

Visit [www.scrd.ca/aquatic-leadership](http://www.scrd.ca/aquatic-leadership) for more information.

# Have fun and be active with us!

## AQUATIC PROGRAMS

### Drop-in Aquatic Fitness Classes

Visit [www.scrd.ca/exercise-and-fitness](http://www.scrd.ca/exercise-and-fitness) for schedules.

### Aquatic Leadership Programs

We have the courses you need to become a Lifeguard!

### Bronze Star

**Sechelt Aquatic Centre**  
Fri 4:00 to 8:15 pm  
Oct 7 - 21 \$108 / 3 classes

### Bronze Medallion

**Sechelt Aquatic Centre**  
Fri 4:00 to 8:15 pm  
Oct 28 - Dec 2 \$224 / 5 classes

### AQUA Motion

**Gibsons & District Aquatic Facility**  
Wed 11:00 am to 11:45 am  
Sep 7 - 28 \$32 / 4 classes  
Oct 5 - 26 \$32 / 4 classes  
Nov 2 - 30 \$40 / 5 classes

**Sechelt Aquatic Centre**  
Tue & Thu 10:00 am to 10:45 am  
Sep 6 - 29 \$64 / 8 classes  
Oct 4 - 27 \$64 / 8 classes  
Nov 1 - 24 \$72 / 9 classes

### Aquatic Rejuvenation

**Pender Harbour Aquatic & Fitness Centre**  
Mon 10:00 am to 10:50 am  
Sep 12 - Oct 31 \$56 / 7 classes  
Nov 7 - Dec 19 \$56 / 7 classes

### Swim Lessons

Same lessons, same price, **NEW NAMES!**  
Before you register, please take time to get ready and find out the new names of the swim lessons you would like to book.  
**Sechelt Aquatic Centre**  
**Pender Harbour Aquatic & Fitness Centre**  
**Gibsons & District Aquatic Facility**  
Starts week of Oct 3  
8 classes  
No classes on statutory holidays.

### FREE TRY IT! Week

Sep 10 - 16

Want to try a class but not sure if it's for you? Come test out a number of FREE classes. Pre-registration is required.

For more information, please call 604-885-6801 or register online [www.scrd.ca/myrecreation](http://www.scrd.ca/myrecreation)

## ARENA PROGRAMS

### View Arena Schedules

Drop-in activities will start up again. Visit [www.scrd.ca/arena-programs](http://www.scrd.ca/arena-programs) for schedules.

### One Goal Mini Mite Hockey (Ages 3 to 4 years)

**Sunshine Coast Arena**  
Sat 9:00 am to 9:45 am  
Oct 1 - 29 \$60 / 6 classes  
Nov 12 - Dec 18 \$60 / 6 classes

### One Goal Hockey (Ages 5 to 6 years)

**Sunshine Coast Arena**  
Sat 9:45 am to 10:45 am  
Oct 1 - 29 \$60 / 6 classes  
Nov 12 - Dec 18 \$60 / 6 classes

### Adult Learn to Play Hockey (Ages 13+ years)

**Sunshine Coast Arena**  
Sun 3:45 pm to 5:00 pm  
Oct 2 - Dec 11 \$210 / 11 classes

The ice is available for rental.

Learn how by visiting [www.scrd.ca/arena](http://www.scrd.ca/arena).

## EXERCISE AND WELLNESS

### Better Balance

**Pender Harbour Aquatic & Fitness Centre**  
Thu 11:30 am to 12:30 pm  
Sep 15 - Oct 6 \$36 / 4 classes  
Oct 13 - Nov 3 \$36 / 4 classes  
Nov 10 - Dec 1 \$36 / 4 classes

### Essentrics

**Sechelt Aquatic Centre**  
Tue 10:30 am to 11:30 am  
Nov 1 - Dec 6 \$72 / 6 classes

### Flamenco Dance

**Gibsons & Area Community Centre**  
Wed 7:00 pm to 8:15 pm  
Oct 19 - Nov 16 \$75 / 5 classes

### Hatha/Flow Yoga

**Gibsons & Area Community Centre**  
Mon 7:00 to 8:15 pm  
Sep 12 - Oct 24 \$55 / 5 sessions  
Nov 7 - Dec 12 \$66 / 6 sessions

### How to Train Fascia as We Age

**Sechelt Aquatic Centre**  
Sun Nov 6 10:30 am to 1:00 pm \$50

### Line Dancing

**Sechelt Aquatic Centre**  
Tue 7:00 pm to 8:15 pm  
Oct 4 - Nov 8 \$69 / 6 classes

### Nia

**Sechelt Aquatic Centre**  
Tue or Thu 9:00 to 10:00 am  
Sep 20 - Oct 27 \$79 / 6 sessions  
Nov 1 - Dec 8 \$79 / 6 sessions  
Dec 13 - 29 \$40 / 3 sessions

### Qi Gong

**Gibsons & Area Community Centre**  
Fri 9:00 am to 10:00 am  
Sep 23 - Nov 4 \$36 / 6 classes  
Nov 18 - Dec 16 \$30 / 5 classes

### Steady Feet

**Gibsons & Area Community Centre**  
Mon & Wed 10:30 am to 11:30 am  
Sep 12 - Oct 24 \$100 / 10 classes  
Nov 21 - Dec 21 \$100 / 10 classes

**Sechelt Aquatic Centre**  
Tue & Fri 9:30 am to 10:30 am  
Sep 20 - Oct 25 \$100 / 10 classes  
Nov 1 - Dec 6 \$100 / 10 classes

### Stress Management Workshop

**Gibsons & Area Community Centre**  
Sat 2:00 pm to 4:00 pm  
Nov 26 \$40 / class

**Sechelt Aquatic Centre**  
Sat 10:00 am to 12:00 pm  
Nov 26 \$40 / class

### Tai Chi

**Gibsons & Area Community Centre**  
Fri 10:15 am to 11:15 am  
Sep 23 - Nov 4 \$36 / 6 classes  
Nov 18 - Dec 16 \$30 / 5 classes

### Total Body & Core

**Pender Harbour Aquatic & Fitness Centre**  
Tue & Thu 12:45 pm to 2:00 pm  
Sep 20 - Oct 27 \$240 / 12 classes  
Nov 1 - Dec 8 \$240 / 12 classes

### Yoga & Movement for Mature Adults

**Gibsons & Area Community Centre**  
Wed 3:45 to 5:00 pm  
Nov 9 - Dec 14 \$102 / 6 classes

**Sechelt Aquatic Centre**  
Sep 21 - Oct 26 \$102 / 6 classes

### Zumba Complete

**Sechelt Aquatic Centre**  
Fri 11:00 am to 11:45 am  
Oct 7 - Nov 4 \$55 / 5 classes  
Nov 18 - Dec 16 \$55 / 5 classes

## ARTS & CULTURE

### Rock Painting & Tea

**Gibsons & Area Community Centre**  
Thu Oct 20 6:00 pm to 8:00 pm \$25

### Fundamentals of Photography

**Gibsons & Area Community Centre**  
Wed 6:00 pm - 8:00 pm  
Sep 21 & 28 \$95 / 2 classes

## COMMUNITY PARTNERSHIPS

### Adapted Fitness Circuit

**Gibsons & Area Community Centre**  
Mon 10:00 to 11:00 am  
Sep 12 - Dec 19 Free

### Adapted Music Exploration

**Gibsons & Area Community Centre**  
Wed 10:30 am to noon  
Sep 7 - Dec 21 Free

### Happy Hearts Maintenance

**Gibsons & Area Community Centre**  
Tue & Thu 9:45 to 10:45 am  
Oct 4 - Dec 22 \$234 / 24 sessions

**Sechelt Aquatic Centre**  
Tue & Thu 2:15 to 3:15 pm  
Oct 4 - Dec 22 \$234 / 24 sessions

### SCSS Bellies and Babies

**Gibsons & Area Community Centre**  
Mon 11:00 am to 1:00 pm  
Sep 12 - Dec 12 Free

### SCSS Parent and Tot Drop In

**Gibsons & Area Community Centre**  
Wed to Sat 9:30 to 11:30 am  
Sep 21 - Dec 17 Free

### YMCA Youth Centre

For youth ages 12-18. Come drop-in!  
**Gibsons & Area Community Centre**  
Mon to Fri 3:00 to 7:00 pm  
Sep 1 - Dec 23 Free  
Not open on statutory holidays.

## KIDS

### Junior Squash Program (Ages 8 to 17)

**Gibsons & Area Community Centre**  
Wed  
Beginner: 4:00 pm to 5:00 pm  
Intermediate: 5:00 to 6:00 pm  
Oct 12 - Dec 14 \$70 / 10 classes

### Preschool Tumble Tots (Ages 3 to 5)

**Pender Harbour Aquatic & Fitness Centre**  
Wed 11:45 pm to 12:15 pm  
Oct 5 - Nov 23 \$60 / 8 classes

### Mrs. Sharma's Sunday Art Class

**Gibsons & Area Community Centre**  
Ages 5 to 6 years 9:00 am to 11:15 am  
Ages 7 to 9 years 11:30 am to 1:30 pm  
Ages 10 to 12 years 1:45 pm to 3:45 pm  
Oct 16 Piet Mondrian Inspired Painted Vases  
Oct 30 Nature Themed Art  
Nov 13 Tye Dye  
Nov 27 Whacky Wood & Mixed Media Art  
\$15 per class, or \$50 if you register for all 4.



Celebrate your child's birthday with a pool or skate birthday party!  
(Ages 6 to 12)  
Pre-registration is required.

# DID YOU KNOW?

## WE HAVE THE SPACE YOU ARE LOOKING FOR!

We have rentable spaces: Arenas, Fields, Halls, Multipurpose Rooms, and Pools available for rental.

## MYPASS IS YOUR PASSPORT TO A HEALTHY AND ACTIVE LIFESTYLE

MYPASS includes unlimited admission to MYPASS drop-in activities at all five recreation facilities.

Adult (19 to 59 years): \$51.25 / month  
Senior (60+ years): \$43.75 / month  
Child and Teen (18 years and under) \$99 / year\*

\*\$39 / year if a parent in the same household has a valid MYPASS at time of purchase.

## MYPASS DROP-IN ACTIVITIES

Check out our website for all of the up to date offerings. [www.scrd.ca/recreational-activities](http://www.scrd.ca/recreational-activities)  
View Drop-in Fees and MYPASS Information [www.scrd.ca/recreation-fees-passes](http://www.scrd.ca/recreation-fees-passes)

## WE ARE RECRUITING!

Do you, or someone you know, have a program idea that you would like to share with Sunshine Coast residents?  
We are looking for registered fitness leaders and experienced leaders of children's programs.

## Connect with Us!

[www.scrd.ca/myrecreation](http://www.scrd.ca/myrecreation)

**604-885-6801**

- New! Let's Talk Recreation: [www.letstalk.scrd.ca/myrecreation](http://www.letstalk.scrd.ca/myrecreation)
- Subscribe to our monthly e-newsletter: [www.scrd.ca/Newsletter-Signup](http://www.scrd.ca/Newsletter-Signup)
- Email us! [recinfo@scrd.ca](mailto:recinfo@scrd.ca)