



Have fun and be active with us!

REGISTER NOW FOR SUMMER PROGRAMS

ONLINE at
www.scrd.ca/myrecreation

BY PHONE at
604-885-6801

IN PERSON
at the following
locations:

- Gibsons & Area Community Centre, 700 Park Road, Gibsons
- Pender Harbour Aquatic & Fitness Centre at 7:30 a.m., 13639 Sunshine Coast Highway, Madeira Park
- Sechelt Aquatic Centre, 5500 Shorncliffe Avenue, Sechelt

AQUATIC PROGRAMS

Drop-in Aquatic Fitness Classes

Visit 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
Tue, Wed, Thu 4:00 to 8:00 pm
Jul 5 to 7 \$108 / 3 sessions

Bronze Medallion

Sechelt Aquatic Centre
Mon - Thu 3:00 to 8:30 pm
Jul 11 to 14 \$224 / 4 sessions

Bronze Cross

Sechelt Aquatic Centre
Mon - Thu 3:00 to 8:30 pm
Jul 18 to 21 \$180 / 4 sessions

National Lifeguard

Sechelt Aquatic Centre
Mon, Wed, Fri 9:00 am to 5:30 pm
Aug 15, 17, 19, 22, 24, 26
\$550 / 6 sessions

Swim for Life & Lifesaving Instructor Combo Course

Sechelt Aquatic Centre
Tue, Thu, Sat 9:00 am to 5:30 pm
Aug 16, 18, 20, 23, 25 \$550 / 5 sessions

We are hiring Lifeguards!

Visit www.scrd.ca/aquatic-leadership for more information.

Swim Lessons

Sechelt Aquatic Centre Pender Harbour Aquatic & Fitness Centre

Mon to Thu
Session #1 Jul 4 to 14 8 classes
Session #2 Jul 18 to 28 8 classes

Gibsons & District Aquatic Facility

Tue to Fri
Session #1 Aug 2 to 12 8 classes
Session #2 Aug 16 to 26 8 classes

ARENA PROGRAMS

Dry floor season is here!

View [Arena Schedules](#)
Drop-in activities will start up again. Visit www.scrd.ca/arena-programs for schedules.

Orientation Learn to play Pickleball

Come and learn how to play the fastest growing sport in North America! Come see why it's so much fun. Choose a date between May 31 and Jul 6.

\$20 / 1 class
Gibsons & Area Community Centre
Wed 12:45 to 1:45 pm
Sunshine Coast Arena
Tue or Thu or Sat 12:45 to 1:45 pm

Ball Hockey Skills Camp

For 6 to 8 year olds
Gibsons & Area Community Centre
Mon to Fri 1:30 to 2:45 pm
Jul 11 to 15 \$60 / week

Sunshine Coast Arena

Mon to Fri 1:30 to 2:45 pm
Jul 4 to 8 \$60 / week

Multisport Camp

For 7 to 12 year olds
Gibsons & Area Community Centre
Mon to Fri 9:00 am to 12:00 pm
Jul 11 to 15 \$185 / week

The dry floor is also available for rental.
Learn how by visiting www.scrd.ca/arena.

Celebrate your child's birthday with an active birthday party!
For kids aged 6 to 12 years old.

- Pool parties
- Roller skating parties
- Sport parties



Register by phone 604-885-6801 or online www.scrd.ca/myrecreation.

EXERCISE AND FITNESS

Nia with Jan

Sechelt Aquatic Centre
Tue or Thu 9:00 to 10:00 am
Jul 5 - 21 \$40 / 3 sessions
Jul 26 - Aug 11 \$40 / 3 sessions

What is Fascia and the Importance of Movement as We Age

Sechelt Aquatic Centre
Mon 10:00 am to 12:30 pm
Jul 18 \$50 / 1 session

Hatha/Flow Yoga

Gibsons & Area Community Centre
Mon 7:00 to 8:15 pm
Jun 13 - Jul 25 \$66 / 6 sessions

Yoga & Movement for the Mature Adult

Gibsons & Area Community Centre
Wed 3:45 to 5:00 pm
Jul 6 - Aug 10 \$102 / 6 classes

Tai Chi

Gibsons & Area Community Centre
Fri 10:00 to 11:00 am
Jul 8 - Aug 26 \$48 / 8 classes

Adapted Fitness Circuit Summer 2022

Drop-in for adults
This adapted circuit training program is for those with developmental disabilities and is led by a certified fitness leader. Please call ahead to learn about intake process.

Gibsons & Area Community Centre
Mon 10:00 to 11:00 am
Ongoing Free

Adapted Music Exploration

Gibsons & Area Community Centre
Wed 10:30 am to noon
Ongoing Free

SCCSS Bellies and Babies

Gibsons & Area Community Centre
Mon 11:00 am to 1:00 pm
Ongoing Free
No class Jul 25 to Aug 8.

SCCSS Parent and Tot Drop In

Gibsons & Area Community Centre
Wed to Sat 9:30 to 11:30 am
Starting Jul 13 Free

Happy Hearts Maintenance

Gibsons & Area Community Centre
Tue & Thu 9:45 to 10:45 am
Jul 5 to Sep 29 \$234 / 24 sessions

Sechelt Aquatic Centre

Tue & Thu 2:15 to 3:15 pm
Jul 5 to Sept 29 \$234 / 24 sessions

YMCA Youth Centre

For youth ages 12-18. Come drop-in and hang out or access our design studio which includes a colour and 3D printer, a vinyl cutter, a serger, recording studio, and more!

Gibsons & Area Community Centre
Mon to Fri 3:00 to 7:00 pm
Ongoing Free
Not open on statutory holidays.

MYPASS DROP-IN ACTIVITIES

MYPASS drop in fitness classes have recently restarted. Check out our website for all of the up to date offerings.

www.scrd.ca/exercise-and-fitness

Summer Drop-in Fitness Classes

Gibsons & Area Community Centre Core
Tue & Thu 8:00 to 8:45 am
Jul 5 - Aug 18

Spin & Strength
Wed 8:00 to 9:00 am
Jul 6 - Aug 17

Express Refit
Wed 9:15 to 10:00 am
Jul 6 - Aug 31

Sechelt Aquatic Centre

HIFT*
Thu 6:45 to 7:45 pm
Jul 7 -Aug 25
**High Intensity Functional Training*

Core
Mon & Thu 10:15 to 11:00 am
Jul 4 - 28

Spin & Strength
Tue & Thu 6:45 to 7:45 am
Jul 5 - 28

Express Refit
Tue 11:00 to 11:45 am
Jul 5 - 26

Stretch & Strength
Tue 10:00 to 11:00 am
Aug 2 - 16

Weight Room Orientations

Sechelt Aquatic Centre
Thu 4:45 to 5:30 pm
Jul 7 to Aug 25 \$15 or FREE with your MYPASS

Drop-in activities are a great, social way to fit more activity in your day. We offer drop-in:

- Aquatic Fitness (13+ years)
- Skating (all ages)
- Courts (Squash and Racquetball) (8+ years)
- Fitness* (13+ years)
- Swim (all ages)
- Weight Room (16+ years*)

Admission is included with your MYPASS, or pay drop-in admission.

View Drop-in Schedules

Drop-in Schedules are subject to changes from time to time.

- By facility: www.scrd.ca/recreation-facilities-schedules
- By activity: www.scrd.ca/recreational-activities
- Pick up a schedule at the facility.
- Call us 604-885-6801.

View Drop-in Fees and MYPASS Information

www.scrd.ca/recreation-fees-passes

DID YOU KNOW?

WE HAVE THE SPACE YOU ARE LOOKING FOR!

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

Learn more at www.scrd.ca/rentable-spaces or call 604-885-6801.

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.

Learn more at www.scrd.ca/recreation-passes or call 604-885-6801.

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.

Consider becoming a contract instructor. Learn more at: www.scrd.ca/become-an-instructor or call 604-885-6801.

WE OPERATE FIVE RECREATION FACILITIES

From Pender Harbour to Gibsons . . . find out more: www.scrd.ca/recreation-facilities-schedules

Connect with Us!

- New! Let's Talk Recreation: www.letstalk.scrd.ca/myrecreation
- email us recinfo@scrd.ca
- Subscribe to our monthly e-newsletter: www.scrd.ca/Newsletter-Signup

IT'S NEVER TOO LATE!

It's never too late to be active and getting started is easier than you might think. We are pleased to offer a variety of drop-in and registered activities this summer.

COVID-19 Restrictions have been lifted. Visit www.scrd.ca/recreation-restart before you visit the recreation facilities for up-to-date information.

Annual Pool Maintenance Closures

Pools require annual maintenance to extend the life of the facilities and to minimize unexpected closures.

Sechelt Aquatic Centre

- Pool will be closed May 28 to June 26.
- Weight room will be open until June 20, then closed June 21 - 15 and will re-open on June 26.

Gibsons & District Aquatic Facility

- Facility is closed July 1 to August 1.

Pender Harbour Aquatic & Fitness Centre

- Facility is closed July 30 to September 5.

Withdrawal Policy

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

Have Your Say on Recreation!

Take our survey.

Help us understand what kinds of recreational activities you prefer and what helps and prevents you from participating in recreation activities. www.scrd.ca/myrecreation Survey is open to June 23.



LOW INCOME AND ACCESSIBILITY RESOURCES

Being active is important for physical and mental health. The SCRD 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.

www.scrd.ca/recreation-access or call 604-885-6801.