



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 Sep 23

Sechelt Aquatic Centre							
Effective Sep 1 to Dec 22, except for statutory holidays.							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6:00 am – 9:00 pm	6:00 am – 9:00 pm	6:00 am – 9:00 pm	6:00 am – 9:00 pm	6:00 am – 9:00 pm	9:00 am – 6:00 pm	10:00 am – 4:30 pm
		Happy Hearts Plus* 1:00 pm – 2:00 pm		Happy Hearts Plus* 1:00 pm – 2:00 pm			
		Happy Hearts Maintenance* 2:15 pm - 3:15 pm		Happy Hearts Maintenance* 2:15 pm - 3:15 pm			

Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25.**
 Subject to change, visit: scrd.ca/exercise-and-fitness for the most up to date schedule.
***These programs occur in the weight room. 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.