Drop-in Aquatic Fitness Schedules
For ages 13+ years

Drop-in fitness classes are a great way to get fit in a social and friendly environment. Instructors can teach to multiple levels and are happy to find modifications when necessary. Fitness schedules are subject to change without notice.

Updated Mar 17

Pender Harbour Aquatic & Fitness Centre
Effective Apr 1 – Jun 30 except for statutory holidays

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 – 9:50 am **Aquafit**		9:00 – 9:50 am **Aquafit**				
	10:30-11:30 am **Land Meets Water**		10:30-11:30 am **Land Meets Water**	10:00 – 10:45 am **Gentle Waves**		

Aquafit
Exercising in water provides a full body workout with a focus on core stability and strength, enhanced cardiovascular training, muscle strength and endurance and flexibility. The magic properties of water create an environment that is accommodating to any fitness level. You are welcome to stay in shallow/chest deep water if you would prefer.

Gentle Waves
This is a gentler paced water exercise program ideal for those with any joint issues or those who enjoy a slower paced activity.

Land Meets Water: Simply wanting a mid-day stretch, or just finished a workout and are looking for a cool down. Activation through resistance and immediate stretching creates thorough full body exercise. No impact stretching and movements with personalized instruction that will help you find your centre from the inside out.

Annual Pool Maintenance Closures
Aquatic centres require annual maintenance to extend the life of the facilities and to minimize unexpected closures. Maintenance closures are scheduled so that there is always at least one pool open and available on the Sunshine Coast. Learn more about pool maintenance closures www.scrd.ca/recreation-maintenance-closures.

Admission to Aquafit:
- Included in your **MYPASS**
- Pay drop-in admission at the facility Sunshine Coast Regional District Srecreation:
  www.scrd.ca/recreation   604-885-6801