



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 22

Sechelt Aquatic Centre

Effective to Apr 1 to May 26 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 Swim Fit		10:30–11:30 am Swim Fit				

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.

Swim Fit

Stroke drills and swim workouts for all fitness levels are provided during this length swim to help improve and develop your swimming endurance. This **self-led** program allows you to progress at your own rate while increasing your cardiovascular capacity.

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 Recreation:
www.scrd.ca/recreation 604-885-6801