



# Drop-in Swim and Aquatic Fitness Calendar

Children under 7 years must be within arm's reach of an adult.  
Schedules are subject to change without notice.

Last updated: Apr 25

Gibsons & District Aquatic Facility						
Effective to <b>Jan 2 to May 24</b> , <i>except statutory holidays</i> .						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	6:30am - 9:00am <b>*Everyone Welcome Swim</b>	6:30am - 1:00pm <b>*Everyone Welcome Swim</b>	6:30am - 9:00am <b>*Everyone Welcome Swim</b>	6:30am - 1:00pm <b>*Everyone Welcome Swim</b>	<b>CLOSED</b>	10:00am – 4:30pm <b>*Everyone Welcome Swim</b>
6:30am – 4:30pm <b>*Everyone Welcome Swim</b>	9:00 – 9:50am <b>***MYPASS AQUAFIT</b>		9:00 – 9:50am <b>***MYPASS AQUAFIT</b>			
4:30 – 6:00pm Hot Tub & Small Pools only	10:00am – 1:00pm <b>*Everyone Welcome Swim</b>		10:00am – 1:00pm <b>*Everyone Welcome Swim</b>			
6:00 – 8:30pm <b>**Everyone Welcome Swim</b>						

\*Lane may be available upon request.

\*\*Jan 8 to Mar 11 between 6:00 – 7:00 pm, only one lane and small pools are available.

\*\*\*Although the main pool is not available during Aquafit classes, the hot tub and small pools are available.

## Everyone Welcome Swim

Fun for all ages! At least one lane is available for length swimming during this time. Other water features may be available. Children under 7 years must be within arm's reach of someone 16+ years.

## Aquatic Fitness Drop-in

### Aquafit

#### For ages 13+ years

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.

#### Admission to Swims:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: Visit [www.scrd.ca/drop-in-rates](http://www.scrd.ca/drop-in-rates)
- [www.scrd.ca/recreation](http://www.scrd.ca/recreation)

604-885-6801



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## 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.

## Swim Fit

### For ages 19+ years

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 for 2024

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

We schedule planned, temporary closures of the pools and wet areas to complete this work each year.

The annual maintenance closures at SCRD pools are scheduled so that only one pool is closed while the other two pools are open and available.

## Monthly Passes During Pool Maintenance Closures

Plan ahead! Passes are not refundable.

There will be two pools and at least two weight rooms open during scheduled maintenance closures so you can keep using your MYPASS for swimming and fitness classes.

However, if you only use it at one specific facility, keep the following dates in mind:

### Sechelt Aquatic Centre:

The entire facility will be CLOSED starting May 26 to July 1, re-opening on July 2.

This year, the long-awaited replacement of the fire suppression sprinklers at Sechelt Aquatic Centre will be completed.

To get this important work done, the entire facility, including the weight room and fitness studio will be closed.

<https://www.scrd.ca/sechelt-pool/>

### Gibsons Pool:

The facility will be CLOSED between July 1 and 28, re-opening on June 29.

<https://www.scrd.ca/gibsons-pool/>

### Pender Harbour Aquatic & Fitness Centre:

Start date expected to be late July/early August to September 2, re-opening on September 3.

The precise start date of the closure will be confirmed by the end of April.

Once the start date is confirmed, we will update the public.

<https://www.scrd.ca/pender-pool/>

## Do you have automatic renewal set up for your MYPASS?

If you would like to stop your automatic renewals, please email [recreation@scrd.ca](mailto:recreation@scrd.ca).

We will stop your scheduled monthly payments. At any time, you can contact us to set them up again.

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