



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

Pender Harbour Aquatic & Fitness Centre

Effective Mar 31 to Apr 28 <i>Closed statutory holidays</i>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:30 - 9:00 am Everyone Welcome Swim	7:30am - 10:30am Everyone Welcome Swim	7:30 - 9:00 am Everyone Welcome Swim	7:30am - 10:30am Everyone Welcome Swim	7:30 - 9:00 am *Everyone Welcome Swim	CLOSED	10:00am - 4:00 pm *Everyone Welcome Swim
9:00 - 9:50 am *AQUAFIT		9:00 - 9:50 am *AQUAFIT		9:00 - 9:50 am *AQUAFIT		
10:00 - 10:45am *GENTLE WAVES 1 lane available	10:30am- 11:30am *MYPASS Land Meets Water	10:00am - 1:00 pm Everyone Welcome Swim	10:30am- 11:30am *MYPASS Land Meets Water	10:00am-1:00pm Everyone Welcome Swim		
10:45 - 1:00pm Everyone Welcome Swim	11:30am - 1:00pm Everyone Welcome Swim		11:30am - 1:00pm Everyone Welcome Swim			
	3:30-8:20 pm Everyone Welcome Swim	3:30-8:20 pm Everyone Welcome Swim	3:30 - 8:20 pm Everyone Welcome Swim			

*Hot tub and sauna are available during aquafit classes. One lane is available upon request during Gentle Waves. There are no lanes or public swim available during the Monday and Wednesday Aquafit programs.

Pender Harbour Aquatic & Fitness Centre

Effective Apr 29 to Jun 28 <i>Closed statutory holidays</i>						
Mon <i>Closed May 20</i>	Tue	Wed	Thu	Fri	Sat	Sun <i>Closed May 19</i>
7:00 - 9:00 am Everyone Welcome Swim	7:00am - 10:30am Everyone Welcome Swim	7:00 - 9:00 am Everyone Welcome Swim	7:00am - 10:30am Everyone Welcome Swim	7:00 - 9:00 am Everyone Welcome Swim	CLOSED	10:00am - 4:00 pm *Everyone Welcome Swim
9:00 - 9:50 am *AQUAFIT		9:00 - 9:50 am *AQUAFIT		9:00 - 9:50 am *AQUAFIT		
10:00 - 10:45am *GENTLE WAVES 1 lane available	10:30am- 11:30am *MYPASS Land Meets Water 2 lanes, hot tub, sauna available	10:00am - 1:00 pm Everyone Welcome Swim	10:30am- 11:30am 8MYPASS Land Meets Water 2 lanes, hot tub, sauna available	9:50am-1:00pm Everyone Welcome Swim		
	11:30am - 1:00pm Everyone Welcome Swim		11:30am - 1:00pm Everyone Welcome Swim			
10:45 - 1:00pm Everyone Welcome Swim	3:30-8:20 pm Everyone Welcome Swim	3:30-8:20 pm Everyone Welcome Swim	3:30 - 8:20 pm Everyone Welcome Swim			

* Hot tub and sauna are available during aquafit classes. One lane is available upon request during Gentle Waves.

Admission to Swims:

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

604-885-6801



Drop-in Swim and Aquatic Fitness Calendar

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 There are no lanes or public swim available during the 9:00-9:50am Aquafit programs.

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Pender Harbour Aquatic & Fitness Centre

Effective **Jun 29 to Jul 26** *Closed statutory holidays*

Mon <i>Closed July 1</i>	Tue	Wed	Thu	Fri	Sat	Sun
7:00 - 9:00 am Everyone Welcome Swim	7:00am - 10:00am Everyone Welcome Swim	7:00 - 9:00 am Everyone Welcome Swim	7:00am - 10:00am Everyone Welcome Swim	7:00 - 9:00 am Everyone Welcome Swim	CLOSED	CLOSED
9:00 - 9:50 am *AQUAFIT		9:00 - 9:50 am *AQUAFIT		9:00 - 9:50 am *AQUAFIT		
10:00 - 10:45am *GENTLE WAVES 1 lane available	*10:00am-11:00am *MYPASS Land Meets Water New Time	10:00am - 1:00 pm Everyone Welcome Swim	*10:00am-11:00am *MYPASS Land Meets Water New Time	10:00am-1:00pm Everyone Welcome Swim		
10:45 - 1:00pm Everyone Welcome Swim	11:00am - 1:00pm Everyone Welcome Swim		11:00am - 1:00pm Everyone Welcome Swim			

* Hot tub and sauna are available during aquafit classes. One lane is available upon request during Gentle Waves. There are no lanes or public swim available during the 9:00-9:50am Aquafit programs.

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.

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.

See below for Annual Pool Maintenance Closures

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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 July 29.

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

Pender Harbour Aquatic & Fitness Centre:

The facility will be CLOSED between July 27 and September 2, re-opening on September 3.

<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.

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

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