



# 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 4

## Pender Harbour Aquatic & Fitness Centre

Effective **Mar 31 to Jun 30** *Closed statutory holidays*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:30 - 9:00 am <b>*Everyone Welcome Swim</b>	7:30am - 1:00pm <b>*Everyone Welcome Swim</b>	7:30 - 9:00 am <b>*Everyone Welcome Swim</b>	7:30am - 1:00pm <b>*Everyone Welcome Swim</b>	7:30 - 9:00 am <b>*Everyone Welcome Swim</b>	<b>CLOSED</b>	10:00am - 4:00 pm <b>*Everyone Welcome Swim</b>
9:00 - 9:50 am <b>AQUAFIT</b>		9:00 - 9:50 am <b>AQUAFIT</b>		9:00 - 9:50 am <b>AQUAFIT</b>		
10:00 - 10:45am <b>GENTLE WAVES</b> 1 lane available		10:00am - 1:00 pm <b>*Everyone Welcome Swim</b>		9:50am-1:00pm <b>Everyone Welcome Swim</b>		
10:45 - 1:00pm <b>*Everyone Welcome Swim</b>	3:30-8:20 pm <b>Everyone Welcome Swim</b>	3:30-8:20 pm <b>Everyone Welcome Swim</b>	3:30 - 8:20 pm <b>Everyone Welcome Swim</b>			

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.

### 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.

### 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. These closures are typically scheduled to take place in the spring and summer.

#### 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)

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