



# 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: Mar 6

## Sechelt Aquatic Centre

Effective Jan 2 to Apr 30 *except on statutory holidays.*

Mon	Tue	Wed	Thu	Fri <i>Closed March 29</i>	Sat	Sun
6:00 am – 1:30 pm Everyone Welcome Swim <i>Except April 1</i> 12:00 pm – 4:00 pm Everyone Welcome Swim <i>April 1 only</i>	6:00 am – 9:00 pm Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	9:00 am – 6:00 pm Everyone Welcome Swim	Pool Side Closed Weight Room is open 10:00 am – 4:30 pm
Aquatic Fitness						
		9:00 – 9:50 am Aquafit		9:00 – 9:50 am Aquafit <i>Except March 29</i>		
10:30–11:30 am Swim Fit <i>Except April 1</i>		10:30–11:30 am Swim Fit				

### 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.

#### 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

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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