



# 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 19

## Gibsons & District Aquatic Facility

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

Mon <i>Closed April 1</i>	Tue	Wed	Thu	Fri <i>Closed March 29</i>	Sat	Sun
6:30am – 4:30pm <b>*Everyone Welcome Swim</b>	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>	CLOSED	10:00am – 5:00pm <b>*Everyone Welcome Swim</b>
	9:00 – 9:50am <b>***MYPASS AQUAFIT</b>		9:00 – 9:50am <b>***MYPASS AQUAFIT</b>			
	10:00am – 1:00pm <b>*Everyone Welcome Swim</b>		10:00am – 1:00pm <b>*Everyone Welcome Swim</b>			
4:30 – 6:00pm Hot Tub & Small Pools only						
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.

Scroll down for schedules for **Pender** and **Sechelt** Pools.

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.

### 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)
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604-885-6801



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## Pender Harbour Aquatic & Fitness Centre

Effective **Mar 18 to Mar 30** Closed statutory holidays, *Friday, Mar 29 & Monday Apr 1.*

Mon <i>Closed Apr 1</i>	Tue	Wed	Thu	Fri <i>Closed Mar 29</i>	Sat	Sun <i>Closed Mar 24 &amp; 31</i>
7:30 - 9:00 am <b>*Everyone Welcome Swim</b>	7:30am - 2:00pm <b>*Everyone Welcome Swim</b>	7:30 - 9:00 am <b>*Everyone Welcome Swim</b>	7:30am - 2:00pm <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 - 2:00 pm <b>*Everyone Welcome Swim</b>		9:50am-2:00pm <b>Everyone Welcome Swim</b>		
10:45 - 2:00pm <b>*Everyone Welcome Swim</b>						

## Pender Harbour Aquatic & Fitness Centre

Effective **Mar 31 to Jun 30** Closed statutory holidays, *Friday, Mar 29 & Monday Apr 1.*

Mon <i>Closed Apr 1</i>	Tue	Wed	Thu	Fri	Sat	Sun <i>Closed Mar 31</i>
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.

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## Sechelt Aquatic Centre

Effective **Jan 2 to Apr 6** except on statutory holidays.

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

## Sechelt Aquatic Centre

Effective **Apr 7 to May 25** except on statutory holidays.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Closed May 20</i>						
6:00 am – 1:30 pm <b>Everyone Welcome Swim</b>	6:00 am – 9:00 pm <b>Everyone Welcome Swim</b>	6:00 am – 9:00 pm <b>Everyone Welcome Swim</b>	6:00 am – 9:00 pm <b>Everyone Welcome Swim</b>	6:00 am – 9:00 pm <b>Everyone Welcome Swim</b>	9:00 am – 6:00 pm <b>Everyone Welcome Swim</b>	
						10:00am – 4:30 pm <b>Everyone Welcome Swim</b>
<b>Aquatic Fitness</b>						
		9:00 – 9:50 am <b>Aquafit</b>		9:00 – 9:50 am <b>Aquafit</b>		
10:30–11:30 am <b>Swim Fit</b>		10:30–11:30 am <b>Swim Fit</b>				

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## 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.

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