



# Drop-in Weight Room Schedules

For ages 16+ years

Our weight rooms are equipped with cardio machines and strength equipment. Teens who are 13 to 15 years old may use the weight room if they are closely supervised by an adult 19 years or older OR if they complete one of our SCRD Weight Room Orientations. Call to register 604-885-6801 or register online [www.scrd.ca/recreation](http://www.scrd.ca/recreation)

Updated Mar 6

Gibsons & Area Community Centre							
Effective Jan 2 to Apr 30							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Weight Room Hours</b>	6:00 am - 8:30 pm <i>Closed April 1</i>	6:00 am - 8:30 pm	6:00 am - 8:30 pm	6:00 am - 8:30 pm	6:00 am - 8:30 pm <i>Except March 29</i> 3:30 - 5:30 pm <i>March 29 only</i>	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Registered programs taking place in the weight room. Participants must pre-register before attending these programs.  The weight room may be busier during these times.	10:00 –11:00am <b>Adaptive Fitness</b> <i>Except April 1</i>	9:45 - 10:45 am <b>Happy Hearts Maintenance</b>  11:00 -11:45 am <b>Happy Hearts Plus</b>		9:45 - 10:45 am <b>Happy Hearts Maintenance</b>  11:00 -11:45 am <b>Happy Hearts Plus</b>			

Scroll down for **Pender** and **Sechelt** weight room schedules.

Admission to Weightrooms:

- 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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Updated Mar 6

## Pender Harbour Aquatic & Fitness Centre

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

	Mon <i>Closed April 1</i>	Tue	Wed	Thu	Fri <i>Closed Mar 29</i>	Sat	Sun <i>Closed Mar 24 &amp; 31</i>
<b>Weight Room Hours</b>	7:30am – 2:00pm	7:30am – 2:00pm	7:30am – 2:00pm	7:30am – 2:00pm	7:30am – 2:00pm	<b>CLOSED</b>	<b>CLOSED</b>
Drop-in classes taking place during these times. The weight room may be busier during these times.	11:45 - 12:45 pm <b>Iron Goddess: Women's Weight Training</b>	10:30am - 11:30am <b>MYPASS Land Meets Water</b>	9:30 - 10:15 am <b>MYPASS Mat Pilates</b>	8:45 – 9:45 am <b>MYPASS Mix It Up</b>  10:30 - 11:30 am <b>MYPASS Land Meets Water</b>			

Patrons are welcome to drop-in to the classes above if there is space available. Admission fee information below:

Weight room and MYPASS Drop-in Fitness admission is included with your valid MYPASS.

If paying admission upon arrival, please note weight room admission is different than MYPASS Fitness class admission. Please check [www.scrd.ca/drop-in-rates](http://www.scrd.ca/drop-in-rates).

Drop-in admission for Iron Goddess: Women's Weight Training is \$17, space permitting.

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Updated Mar 6

## Pender Harbour Aquatic & Fitness Centre

Effective: **Mar 31 to Jun 30**. *Closed statutory holidays, Friday, Mar 29, Monday Apr 1 & May 20*

	Mon <i>Closed Apr 1 &amp; May 20</i>	Tue	Wed	Thu	Fri	Sat	Sun <i>Closed Mar 31</i>
<b>Weight Room Hours</b>	7:30am – 1:00pm	7:30am – 1:00pm 3:30pm – 8:20pm	7:30am – 1:00pm 3:30pm – 8:20pm	7:30am – 1:00pm 3:30pm – 8:20pm	7:30am – 1:00pm	<b>Closed</b>	10:00am – 4:00pm
Drop-in classes taking place during these times. The weight room may be busier during these times.	11:45 - 12:45 pm <b>Iron Goddess: Women's Weight Training</b>	10:30am - 11:30am <b>MYPASS Land Meets Water</b>		8:45 – 9:45 am <b>MYPASS Mix It Up</b>  10:30 - 11:30 am <b>MYPASS Land Meets Water</b>			

Patrons are welcome to drop-in to the classes above if there is space available. Admission fee information below:

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If paying admission upon arrival, please note weight room admission is different than MYPASS Fitness class admission. Please check [www.scrd.ca/drop-in-rates](http://www.scrd.ca/drop-in-rates).

Drop-in admission for Iron Goddess: Women's Weight Training is \$17, space permitting.

Scroll down for **Sechelt** weight room schedule.

Admission to Weightrooms:

- Included in your **MYPASS**
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Updated Mar 6

Sechelt Aquatic Centre							
Effective Jan 2 to Apr 30							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Weight Room Hours</b>	6:00 am – 9:00 pm Except April 1 12:00 pm – 4:00pm April 1 only	6:00 am – 9:00 pm	6:00 am – 9:00 pm	6:00 am – 9:00 pm	6:00 am – 9:00 pm Closed March 29	9:00 am – 6:00 pm	10:00 am – 4:30 pm
Registered programs taking place in the weight room. Participants must pre-register before attending these programs.  The weight room may be busier during these times.		1:00 -2:00 pm <b>Happy Hearts Plus</b>  2:15 - 3:15 pm <b>Happy Hearts Maintenance</b>		1:00 -2:00 pm <b>Happy Hearts Plus</b>  2:15 - 3:15 pm <b>Happy Hearts Maintenance</b>			

Admission to Weightrooms:

- 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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Updated Mar 6

## Weight Room Age Requirements

People 16+ years or older are welcome in the weight room.

Teens who are 13 to 15 years old may use the weight room if they are closely supervised by an adult 19 years or older OR if they complete one of our SCRD Weight Room Orientations.

## Weight Room Orientations

\$15

FREE for youth 18 years and under

FREE if you have a valid MYPASS (any age)

Orientations provide you with the basic knowledge needed to feel confident in the weight room. These sessions are conducted by a registered weight trainer in a small group setting.

Offered in the Gibsons & Area Community Centre and Sechelt Aquatic Centre

Registration opens 2 weeks before the orientation date.

Register:

- Online [www.scrd.ca/recreation](http://www.scrd.ca/recreation)
- By phone: 604-885-6801
- In person at Gibsons & Area Community Centre or Sechelt Aquatic Centre

Admission to Weightrooms:

- 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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