



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

Updated Nov 16

| Gibsons & Area Community Centre | | | | | | | |
|---|---|---|------------------------|---|------------------|------------------|------------------|
| Effective Sep 3 to Dec 31 | | | | | | | |
| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| | | <i>Dec 24 & 31: 6:00am - 4:00pm</i> | <i>Dec 25 - Closed</i> | <i>Dec 26: 12:00 - 4:00pm</i> | | | |
| Weight Room Hours | 6:00 am - 8:30pm | 6:00 am - 8:30pm | 6:00 am - 8:30pm | 6:00 am - 8:30pm | 6:00 am - 8:30pm | 9:00 am - 5:00pm | 9:00 am - 5:00pm |
| 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 - 11:00 am Adaptive Fitness Circuit <i>Last class Dec 23</i> | 9:45 - 10:45 am Happy Hearts Maintenance <i>Last class Dec 17</i> 11:00 - 11:45am Happy Hearts Plus <i>Last class Dec 17</i> | | 9:45 - 10:45 am Happy Hearts Maintenance <i>Last class Dec 19</i> 11:00 - 11:45am Happy Hearts Plus <i>Last class Dec 19</i> | | | |

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

Scroll down for additional schedules.

Admission to Weightrooms:

- 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



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Updated Nov 16

Pender Harbour Aquatic & Fitness Centre

Effective **Oct 6 to Dec 15**

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|----------------------------------|--|---------------|---------------|--|
| Weight Room Hours | 7:00am – 1:00pm | 7:00am – 1:00pm 3:30 – 8:00pm | 7:00am – 1:00pm 3:30 – 8:00pm | 7:00am – 1:00pm 3:30 – 8:00pm | Closed | Closed | 10:00am – 4:00pm <i>Nov 24 - Closed</i> |
| Drop-in classes taking place during these times. The weight room may be busier during these times. | | 10:30 - 11:30am MYPASS Land Meets Water <i>Last class Dec 17</i> | | 8:45 – 9:45 am MYPASS Mix It Up <i>Last class Dec 19</i> 10:30 - 11:30am MYPASS Land Meets Water <i>Last class Dec 19</i> | | | |
| Registered programs taking place in the weight room. Participants must pre-register before attending these programs | 11:45 - 12:45 pm *Iron Goddess: Women's Weight Training <i>Last class Dec 16</i> | | | | | | |

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

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Updated Nov 16

Pender Harbour Aquatic & Fitness Centre

Effective **Dec 16 to Dec 22**

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|--|--|---------------|---------------|-----------------|
| Weight Room Hours | 7:00am – 1:00pm | 7:00am – 1:00pm 3:30 – 8:00pm <i>Dec 24 - Closed</i> | 7:00am – 1:00pm 3:30 – 8:00pm <i>Dec 25 - Closed</i> | 7:00am – 1:00pm 3:30 – 8:00pm <i>Dec 26 - Closed</i> | Closed | Closed | 8:00am – 3:00pm |
| Drop-in classes taking place during these times. The weight room may be busier during these times. | | 10:30 - 11:30am MYPASS Land Meets Water <i>Last class Dec 17</i> | | 8:45 – 9:45 am MYPASS Mix It Up <i>Last class Dec 19</i> 10:30 - 11:30am MYPASS Land Meets Water <i>Last class Dec 19</i> | | | |
| Registered programs taking place in the weight room. Participants must pre-register before attending these programs | 11:45 - 12:45 pm *Iron Goddess: Women's Weight Training <i>Last class Dec 16</i> | | | | | | |

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Updated Nov 16

Pender Harbour Aquatic & Fitness Centre

Effective Dec 23 to Dec 29

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|-----------------|---------------|---------------|---------------|-----------------|-----------------|-----------------|
| Weight Room Hours | 8:00am – 3:00pm | CLOSED | CLOSED | CLOSED | 8:00am – 3:00pm | 8:00am – 3:00pm | 8:00am – 3:00pm |
| Drop-in classes taking place during these times. The weight room may be busier during these times. | | | | | | | |
| Registered programs taking place in the weight room. Participants must pre-register before attending these programs | | | | | | | |

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

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Updated Nov 16

Sechelt Aquatic Centre

Effective **Sep 3 to Dec 31**

| | Mon | Tue <i>Dec 24 & 31: 6:00am - 4:00pm</i> | Wed <i>Dec 25 - Closed</i> | Thu <i>Dec 26: 12:00 - 4:00pm</i> | Fri | Sat | Sun |
|---|--------------------|--|-------------------------------|--|-------------------|-------------------|--------------------|
| Weight Room Hours | *6:00 am – 9:00 pm | 6:00 am – 9:00 pm | 6:00 am – 9:00 pm | 6:00 am – 9:00 pm | 6:00 am – 9:00 pm | 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 Happy Hearts Plus <i>Last class Dec 17</i> 2:15 - 3:15 pm Happy Hearts Maintenance <i>Last class Dec 17</i> | | 1:00 -2:00 pm Happy Hearts Plus <i>Last class Dec 19</i> 2:15 - 3:15 pm Happy Hearts Maintenance <i>Last class Dec 19</i> | | | |

*Pool side of the facility closes at 1:30 pm.

Admission to Weightrooms:

- Included in your **MYPASS**
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- www.scrd.ca/recreation 604-885-6801



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Updated Nov 16

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 17 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

Register:

- Online 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
- www.scrd.ca/recreation 604-885-6801