



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 Sep 12

Gibsons & Area Community Centre							
Effective Sep 3 to Dec 31							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<i>Sep 30 - Closed</i> <i>Oct 14: 10:00am - 4:00pm</i> <i>Nov 11: 12:00 - 4:00pm</i>	<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	9:45 - 10:45 am Happy Hearts Maintenance 11:00 - 11:45am Happy Hearts Plus		9:45 - 10:45 am Happy Hearts Maintenance 11:00 - 11:45am Happy Hearts Plus			

Scroll down for additional schedules: **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
- www.scrd.ca/recreation 604-885-6801



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Updated Sep 12

Pender Harbour Aquatic & Fitness

Effective **Sep 3 to Oct 5**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	7:00am – 1:00pm <i>Sep 30, Oct 14 & Nov 11 - Closed</i>	7:00am – 1:00pm 3:30 – 8:00pm <i>Dec 24 - Closed</i>	7:00am – 1:00pm <i>Dec 25 - Closed</i>	7:00am – 1:00pm 3:30 – 8:00pm <i>Dec 26 - Closed</i>	7:00am – 1:00pm	Closed	Closed
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	9:30 – 10:15 am MYPASS Mat Pilates	8:45 – 9:45 am MYPASS Mix It Up 10:30 - 11:30am MYPASS Land Meets Water			
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						

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.

Scroll down for additional schedules.

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Updated Sep 12

Pender Harbour Aquatic & Fitness Centre							
Effective Oct 6 to Dec 20							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	7:00am – 1:00pm <i>Oct 14 & Nov 11 - Closed</i>	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>	7:00am – 1:00pm	Closed	10:00am – 4:00pm
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		8:45 – 9:45 am MYPASS Mix It Up 10:30 - 11:30am MYPASS Land Meets Water			
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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. *Drop-in admission for Iron Goddess: Women's Weight Training is \$17, space permitting.

Admission to Weightrooms:

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Updated Sep 12

Sechelt Aquatic Centre

Effective **Sep 3 to Dec 31**

	Mon <i>Sep 30 - Closed</i>	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
	<i>Oct 14: 12:00 - 4:00pm Nov 11: 12:00 - 4:00pm</i>						
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 2:15 - 3:15 pm Happy Hearts Maintenance		1:00 -2:00 pm Happy Hearts Plus 2:15 - 3:15 pm Happy Hearts Maintenance			
*Pool side of the facility closes at 1:30 pm.							

Admission to Weightrooms:

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Updated Sep 12

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

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