



# Drop-in Weight Room Schedule

**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 SCR D Weight Room Orientations. Call to register 604-885-6801 or register online [www.scrd.ca/recreation](http://www.scrd.ca/recreation).

*Last updated Apr 4*

Pender Harbour Aquatic & Fitness Centre							
Effective to <b>Mar 31 to Jun 30</b> . <i>Closed statutory holidays, Monday May 20</i>							
	Mon <i>Closed May 20</i>	Tue	Wed	Thu	Fri	Sat	Sun
<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: 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 <a href="http://www.scrd.ca/drop-in-rates">www.scrd.ca/drop-in-rates</a> . Drop-in admission for Iron Goddess: Women's Weight Training is \$17, space permitting.							



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## 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.

If you are interested in a Pender Harbour specific weight room orientation, please contact [stephen.armitage@scrd.ca](mailto:stephen.armitage@scrd.ca) or [khoya.craig@scrd.ca](mailto:khoya.craig@scrd.ca)

To register for an orientation at the Gibsons & Area Community Centre or the Sechelt Aquatic Centre:

- 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

Registration opens 2 weeks before the orientation date.