



# Drop-in Weight Room Schedules

## For ages 16+ years

Our weight rooms are equipped with cardio machines and strength equipment. Sign up for a weight room orientation.  
See bottom of this schedule for details.

Updated Mar 6

### Sechelt Aquatic Centre

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Weight Room Hours</b>	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. The weight room may be busier during these times		<b>Happy Hearts Plus*</b> 1:00 pm – 2:00 pm  <b>Happy Hearts Maintenance*</b> 2:15 pm - 3:15 pm		<b>Happy Hearts Plus*</b> 1:00 pm – 2:00 pm  <b>Happy Hearts Maintenance*</b> 2:15 pm - 3:15 pm			

Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25.**

Subject to change, visit: [scrd.ca/exercise-and-fitness](http://scrd.ca/exercise-and-fitness) for the most up to date schedule.

**\*These programs occur in the weight room. The weight room may be busier during these times.**

## Weight Rooms

Our weight rooms are equipped with cardio machines and strength equipment. Weight rooms are available to 13+ years.\*

\*Those 13 – 15 years old who complete an orientation or are closely supervised by an adult 19+ are welcome in the weight rooms.

## Weight Room Orientations

### Not sure how to use the equipment? Sign Up for a Weight Room Orientation

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.

Weight Room Orientations are FREE for youth 18 and under and those who hold an active MYPASS. The non-member fee for an orientation is \$15.

Orientations are offered at both the Gibsons & Area Community Centre and the Sechelt Aquatic Centre.

You can view available orientations and register [Online Here](http://scrd.ca/myrecreation), ([scrd.ca/myrecreation](http://scrd.ca/myrecreation)), over the phone (604-885-6801), or in person at GACC/SAC.