



Drop-in Swim and Aquatic Fitness Calendar

Children under 7 years must be within arm's reach of an adult.
Schedules are subject to change without notice.

Last updated: Sep 25

Gibsons & District Aquatic Facility						
Effective Sep 3 to Dec 24 , <i>except statutory holidays.</i>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Sep 30, Oct 14 & Nov 11 - Closed</i>	<i>Dec 24 & 31: 6:30am - 1:00pm</i>	<i>Dec 25- Closed</i>	<i>Dec 26 - Closed</i>			
6:30am - 4:30pm *Everyone Welcome Swim	6:30am - 9:00am *Everyone Welcome Swim		6:30am - 9:00am *Everyone Welcome Swim		CLOSED	
	9:00 - 9:50am **MYPASS AQUAFIT	6:30am - 1:00pm *Everyone Welcome Swim	9:00 - 9:50am **MYPASS AQUAFIT	6:30am - 1:00pm *Everyone Welcome Swim		11:00am - 3:00pm *Everyone Welcome Swim
**4:30 - 6:00pm <i>Small pools and hot tub only</i>	10:00 - 1:00pm *Everyone Welcome Swim		10:00 - 1:00pm *Everyone Welcome Swim			
6:00pm - 8:30pm *Everyone Welcome Swim						

Note:*Lane may be available upon request. **Small Pools and Hot Tub available.

Everyone Welcome Swim

Fun for all ages! At least one lane is available for length swimming during this time. Other water features may be available. Children under 7 years must be within arm's reach of someone 16+ years.

Aquatic Fitness Drop-in

Aquafit

For ages 13+ years

Exercising in water provides a full body workout with a focus on core stability and strength, enhanced cardiovascular training, muscle strength and endurance and flexibility. The magic properties of water create an environment that is accommodating to any fitness level. You are welcome to stay in shallow/chest deep water if you would prefer.

Admission to Swims:

- 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