



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: Nov 16

Pender Harbour Aquatic & Fitness Centre						
Effective Nov 8 to Dec 15 . <i>Closed statutory holidays</i>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun <i>Nov 24 - Closed</i>
7:00 - 9:00 am Everyone Welcome Swim	7:00 am - 10:30 am Everyone Welcome Swim	7:00 - 9:00 am Everyone Welcome Swim	7:00am - 10:30am Everyone Welcome Swim	CLOSED	CLOSED	10:00 am - 4:00 pm Everyone Welcome Swim <i>½ pool available</i> <i>10:30 am - 12:30 pm.</i> <i>No lane swim available</i>
9:00 - 9:50 am *AQUAFIT		9:00 - 9:50 am *AQUAFIT				
10:00 am - 1:00pm Everyone Welcome Swim	*10:30am-11:30am *MYPASS Land Meets Water <i>New Time</i>	10:00 am - 1:00 pm Everyone Welcome Swim	*10:30am-11:30am *MYPASS Land Meets Water <i>New Time</i>			
	11:30am - 1:00pm Everyone Welcome Swim		11:30am - 1:00pm Everyone Welcome Swim			
	3:30pm - 5:00pm Everyone Welcome Swim <i>½ pool available.</i> <i>No lane swim available</i>	3:30pm - 8:00pm** Everyone Welcome Swim	3:30pm - 8:00pm** Everyone Welcome Swim			
*Hot tub and sauna are available during aquafit classes. There are no lanes or public swim available during the 9:00 - 9:50am Aquafit programs. ** Time change in facility closures.						

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, PHAFC Direct line:604-885-6867



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: Nov 16

Pender Harbour Aquatic & Fitness Centre						
Effective Dec 16 to Dec 22. <i>Closed statutory holidays</i>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00 - 9:00 am Everyone Welcome Swim	7:00 - 9:00 am Everyone Welcome Swim	7:00 - 9:00 am Everyone Welcome Swim	7:00 - 9:00 am Everyone Welcome Swim	CLOSED	CLOSED	8:00 am – 3:00 pm Everyone Welcome Swim
	3:30pm - 8:00pm Everyone Welcome Swim	3:30pm - 8:00pm Everyone Welcome Swim	3:30pm - 8:00pm Everyone Welcome Swim			

Pender Harbour Aquatic & Fitness Centre						
Effective Dec 23 to Dec 29. <i>Closed statutory holidays</i>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00 am - 3:00 pm Everyone Welcome Swim	CLOSED	CLOSED	CLOSED	8:00 am – 3:00 pm Everyone Welcome Swim	8:00 am – 3:00 pm Everyone Welcome Swim	8:00 am – 3:00 pm Everyone Welcome Swim

Additional schedules below

Admission to Swims:

- Included in your **MYPASS**
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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: Nov 16

Pender Harbour Aquatic & Fitness Centre						
Effective Dec 30 to Jan 5 . <i>Closed statutory holidays</i>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00 am - 3:00 pm Everyone Welcome Swim	8:00 am - 1:00 pm Everyone Welcome Swim	CLOSED	8:00 am - 3:00 pm Everyone Welcome Swim	8:00 am - 9:00 am Everyone Welcome Swim	8:00 am - 3:00 pm Everyone Welcome Swim	CLOSED
				9:00 - 9:50 am *AQUAFIT		
				10:00 am - 3:00 pm Everyone Welcome Swim		

*Hot tub and sauna are available during aquafit classes. There are no lanes or public swim available during the 9:00 - 9:50am Aquafit programs.

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.

Land Meets Water

30 minutes of mild stretching, flexibility, range of motion, balance, postural and muscular exercises are performed on land (on mats) with music followed by 30 minutes of exercise in water with music. Low impact movement with endurance, strength, cardiovascular and flexibility components. An ideal class for older adults.

Admission to Swims:

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- www.scrd.ca/recreation 604-885-6801, PHAFC Direct line:604-885-6867