



# 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: OCT 24

Pender Harbour Aquatic & Fitness Centre						
Effective <b>Oct 6 to Nov 14</b> . <i>Closed statutory holidays</i>						
Mon <i>Nov 11 - Closed</i>	Tue	Wed <i>Oct 24 - Facility closure @ 6:00 pm</i>	Thu <i>Oct 31 - Facility closure @ 1:00 pm</i>	Fri <i>until Nov 8</i>	Sat	Sun <i>Nov 24 - Closed</i>
7:00 - 9:00 am <b>Everyone Welcome Swim</b>	7:00 am - 10:30 am <b>Everyone Welcome Swim</b>	7:00 - 9:00 am <b>Everyone Welcome Swim</b>	7:00am - 10:30am <b>Everyone Welcome Swim</b>	7:00 - 9:00 am <b>Everyone Welcome Swim</b>	<b>CLOSED</b>	10:00 am - 4:00 pm <b>Everyone Welcome Swim</b> <i>½ pool available 10:30 am - 12:30 pm. No lane swim available</i>
9:00 - 9:50 am <b>*AQUAFIT</b>		9:00 - 9:50 am <b>*AQUAFIT</b>		9:00 - 9:50 am <b>*AQUAFIT</b>		
10:00 am - 1:00pm <b>Everyone Welcome Swim</b>	*10:30am-11:30am <b>*MYPASS Land Meets Water</b> <i>New Time</i>	10:00 am - 1:00 pm <b>Everyone Welcome Swim</b>	*10:30am-11:30am <b>*MYPASS Land Meets Water</b> <i>New Time</i>	10:00 am - 1:00 pm <b>Everyone Welcome Swim</b>		
	11:30am - 1:00pm <b>Everyone Welcome Swim</b>		11:30am - 1:00pm <b>Everyone Welcome Swim</b>			
	3:30pm - 5:00pm <b>Everyone Welcome Swim</b> <i>½ pool available. No lane swim available</i>		3:30pm - 8:00pm** <b>Everyone Welcome Swim</b>			

\*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](http://www.scrd.ca/drop-in-rates)
- [www.scrd.ca/recreation](http://www.scrd.ca/recreation) 604-885-6801, PHAFC Direct line:604-885-6867



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## Pender Harbour Aquatic & Fitness Centre

Effective **Nov 15 to Dec 20**. *Closed statutory holidays*

Mon <i>Nov 11 - Closed</i>	Tue	Wed <i>Oct 24 - Facility closure @ 6:00 pm</i>	Thu <i>Oct 31 - Facility closure @ 1:00 pm</i>	Fri	Sat	Sun <i>Nov 24 - Closed</i>
7:00 - 9:00 am <b>Everyone Welcome Swim</b>	7:00 am - 10:30 am <b>Everyone Welcome Swim</b>	7:00 - 9:00 am <b>Everyone Welcome Swim</b>	7:00am - 10:30am <b>Everyone Welcome Swim</b>	<b>CLOSED</b>	<b>CLOSED</b>	10:00 am - 4:00 pm <b>Everyone Welcome Swim</b> <i>½ pool available            10:30 am - 12:30 pm.            No lane swim available</i>
9:00 - 9:50 am <b>*AQUAFIT</b>		9:00 - 9:50 am <b>*AQUAFIT</b>				
10:00 am - 1:00pm <b>Everyone Welcome Swim</b>	*10:30am-11:30am <b>*MYPASS Land Meets Water</b> <i>New Time</i> 11:30am - 1:00pm <b>Everyone Welcome Swim</b>	10:00 am - 1:00 pm <b>Everyone Welcome Swim</b>	*10:30am-11:30am <b>*MYPASS Land Meets Water</b> <i>New Time</i> 11:30am - 1:00pm <b>Everyone Welcome Swim</b>			
	3:30pm - 5:00pm <b>Everyone Welcome Swim</b> <i>½ pool available. No lane swim available</i>	3:30pm - 8:00pm** <b>Everyone Welcome Swim</b>	3:30pm - 8:00pm** <b>Everyone Welcome Swim</b>			

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## 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.

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