



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: Jul 23

Sechelt Aquatic Centre						
Effective Jul 22 to Sep 1 <i>except on statutory holidays.</i>						
Mon <i>Closed Aug 5</i>	Tue	Wed	Thu	Fri	Sat	Sun
6:00 am - 1:30 pm Everyone Welcome Swim	6:00 am - 8:30 pm Everyone Welcome Swim	6:00 am - 8:30 pm Everyone Welcome Swim	6:00 am - 8:30 pm Everyone Welcome Swim	6:00 am - 8:30 pm Everyone Welcome Swim	9:00 am – 6:00 pm Everyone Welcome Swim	10:00am – 4:30 pm Everyone Welcome Swim
Aquatic Fitness						
10:30–11:30 am Swim Fit		9:00 – 9:50 am Aquafit		9:00 – 9:50 am Aquafit		
		10:30–11:30 am Swim Fit				

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.

Gentle Waves

This is a gentler paced water exercise program ideal for those with any joint issues or those who enjoy a slower paced activity.

Swim Fit

For ages 19+ years

Stroke drills and swim workouts for all fitness levels are provided during this length swim to help improve and develop your swimming endurance. This self-led program allows you to progress at your own rate while increasing your cardiovascular capacity.

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



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: Jul 23

Annual Pool Maintenance Closures for 2024

Pools require annual maintenance to extend the life of the facilities and to minimize unexpected closures. We schedule planned, temporary closures of the pools and wet areas to complete this work each year. The annual maintenance closures at SCR D pools are scheduled so that only one pool is closed while the other two pools are open and available.

Monthly Passes During Pool Maintenance Closures

Plan ahead! Passes are not refundable.

There will be two pools and at least two weight rooms open during scheduled maintenance closures so you can keep using your MYPASS for swimming and fitness classes.

However, if you only use it at one specific facility, keep the following dates in mind:

Pender Harbour Aquatic & Fitness Centre:

The facility will be CLOSED between July 27 and September 2, re-opening on September 3.

<https://www.scrd.ca/pender-pool/>

Do you have automatic renewal set up for your MYPASS?

If you would like to stop your automatic renewals, please email recreation@scrd.ca.

We will stop your scheduled monthly payments. At any time, you can contact us to set them up again.

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