



# Drop-in Weight Room Schedules

For ages 16+ years

Our weight rooms are equipped with cardio machines and strength equipment. Teens who are 13 to 15 years old may use the weight room if they are closely supervised by an adult 19 years or older OR if they complete one of our SCRD Weight Room Orientations. Call to register 604-885-6801 or register online [www.scrd.ca/recreation](http://www.scrd.ca/recreation)

Updated Jun 19

## Gibsons & Area Community Centre

Effective Jan 2 to June 30

	Mon <i>Closed</i> <i>July 1, Aug 5 &amp; Sep 2</i>	Tue	Wed	Thu	Fri	Sat	Sun
<b>Weight Room Hours</b>	6:00 am - 8:30 pm	6:00 am - 8:30 pm	6:00 am - 8:30 pm	6:00 am - 8:30 pm	6:00 am - 8:30 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Registered programs taking place in the weight room. Participants must pre-register before attending these programs.  The weight room may be busier during these times.	10:00 –11:00am <b>Adaptive Fitness</b>	9:45 - 10:45 am <b>Happy Hearts Maintenance</b>  11:00 -11:45 am <b>Happy Hearts Plus</b>  <i>May 28 to June 25</i> 1:15 – 2:15 pm <b>Happy Hearts Plus</b> 2:15 – 2:45 pm <b>Happy Hearts Maintenance</b>		9:45 - 10:45 am <b>Happy Hearts Maintenance</b>  11:00 -11:45 am <b>Happy Hearts Plus</b>  <i>May 30 to June 27</i> 1:15 – 2:15 pm <b>pmHappy Hearts Plus</b> 2:15 – 2:45 pm <b>pm Happy Hearts Maintenance</b>			

Admission to Weightrooms:

- 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)
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Updated Jun 19

## Gibsons & Area Community Centre

Effective Jul 2 to Sep 1

	Mon <i>Closed July 1, Aug 5 &amp; Sep 2</i>	Tue	Wed	Thu	Fri	Sat	Sun
<b>Weight Room Hours</b>	6:00 am - 8:30 pm	6:00 am - 8:30 pm	6:00 am - 8:30 pm	6:00 am - 8:30 pm	6:00 am - 8:30 pm <i>Fri Jul 12 Weight Room closes @6pm</i>	9:00 am - 5:00 pm <i>Sat Jul 13 Weight Room closed all day</i>	9:00 am - 5:00 pm <i>Sun Jul 14 Weight Room closed all day</i>
Registered programs taking place in the weight room. Participants must pre-register before attending these programs.  The weight room may be busier during these times.	10:00 –11:00am <b>Adaptive Fitness</b>	9:45 - 10:45 am <b>Happy Hearts Maintenance</b>  11:00 -11:45 am <b>Happy Hearts Plus</b>		9:45 - 10:45 am <b>Happy Hearts Maintenance</b>  11:00 -11:45 am <b>Happy Hearts Plus</b>			

Scroll down for **Pender** and **Sechelt** weight room schedules and Annual Pool Maintenance Closures.

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Updated Jun 19

## Pender Harbour Aquatic & Fitness Centre

Effective **May 14 to Jun 28.**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Weight Room Hours</b>	7:00am – 1:00pm	7:00am – 1:00pm 3:30pm – 7:00pm	7:00am – 1:00pm 3:30pm – 7:00pm	7:00am – 1:00pm 3:30pm – 7:00pm	7:00am – 1:00pm	<b>Closed</b>	<b>Closed</b>
Drop-in classes taking place during these times. The weight room may be busier during these times.		10:30am - 11:30am <b>MYPASS Land Meets Water</b>		8:45 – 9:45 am <b>MYPASS Mix It Up</b> 10:30 - 11:30 am <b>MYPASS Land Meets Water</b>			
Registered programs taking place in the weight room. Participants must pre-register before attending these programs	11:45 - 12:45 pm <b>*Iron Goddess: Women's Weight Training</b>						

Patrons are welcome to drop-in to the classes above if there is space available. Admission fee information below:  
 Weight room and MYPASS Drop-in Fitness admission is included with your valid MYPASS.  
 If paying admission upon arrival, please note weight room admission is different than MYPASS Fitness class admission. Please check [www.scrd.ca/drop-in-rates](http://www.scrd.ca/drop-in-rates).  
 \*Drop-in admission for Iron Goddess: Women's Weight Training is \$17, space permitting.

Scroll down for **Pender and Sechelt** weight room schedules and **Annual Pool Maintenance Closures**.

Admission to Weightrooms:

- 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)
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Updated Jun 19

**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/>

Effective **Jun 29 to Jul 26**. *Closed statutory holidays*

	Mon <i>Closed July 1</i>	Tue	Wed	Thu	Fri	Sat	Sun
<b>Weight Room Hours</b>	7:00am – 1:00pm	7:00am – 1:00pm	7:00am – 1:00pm	7:00am – 1:00pm	7:00am – 1:00pm	<b>Closed</b>	<b>Closed</b>
Drop-in classes taking place during these times. The weight room may be busier during these times.		*10:00 - 11:00 am <b>MYPASS Land Meets Water</b> <i>*New Time</i>		8:45 – 9:45 am <b>MYPASS Mix It Up</b>  *10:00 - 11:00 am <b>MYPASS Land Meets Water</b> <i>*New Time</i>			
Registered programs taking place in the weight room. Participants must pre-register before attending these programs	11:45 - 12:45 pm <b>*Iron Goddess: Women's Weight Training</b>						

Patrons are welcome to drop-in to the classes above if there is space available. Admission fee information below:

Weight room and MYPASS Drop-in Fitness admission is included with your valid MYPASS.

If paying admission upon arrival, please note weight room admission is different than MYPASS Fitness class admission. Please check [www.scrd.ca/drop-in-rates](http://www.scrd.ca/drop-in-rates).

\*Drop-in admission for Iron Goddess: Women's Weight Training is \$17, space permitting.

Scroll down for **Sechelt** weight room schedules and **Annual Pool Maintenance Closures**.

Admission to Weightrooms:

- 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)
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Updated Jun 19

**Sechelt Aquatic Centre** - The entire facility will be **CLOSED** starting May 26 to July 1, re-opening on July 2. This year, the long-awaited replacement of the fire suppression sprinklers at Sechelt Aquatic Centre will be completed. To get this important work done, the entire facility, including the weight room and fitness studio will be closed. <https://www.scrd.ca/sechelt-pool/>

Effective Jul 2 to Sep 1, except for statutory holidays. (Closed Jul 1, Aug 5 & Sep 2)							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Weight Room Hours</b>	*6:00 am – 8:30 pm <i>Closed Jul 1, Aug 5 &amp; Sep 2</i>	6:00 am – 8:30 pm	6:00 am – 8:30 pm	6:00 am – 8:30 pm	6:00 am – 8:30 pm	9:00 am – 6:00 pm	10:00 am – 4:30 pm
Registered programs taking place in the weight room. Participants must pre-register before attending these programs.  The weight room may be busier during these times.		1:00 -2:00 pm <b>Happy Hearts Plus</b>  2:15 - 3:15 pm <b>Happy Hearts Maintenance</b>		1:00 -2:00 pm <b>Happy Hearts Plus</b>  2:15 - 3:15 pm <b>Happy Hearts Maintenance</b>			
*Pool side of the facility will be closing at 1:30 pm effective July 22.							

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Updated Jun 19

## Weight Room Age Requirements

People 16+ years or older are welcome in the weight room.

Teens who are 13 to 15 years old may use the weight room if they are closely supervised by an adult 19 years or older OR if they complete one of our SCRD Weight Room Orientations.

## Weight Room Orientations

\$15

FREE for youth 18 years and under

FREE if you have a valid MYPASS (any age)

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.

Offered in the Gibsons & Area Community Centre and Sechelt Aquatic Centre

Register:

- Online [www.scrd.ca/recreation](http://www.scrd.ca/recreation)
- By phone: 604-885-6801
- In person at Gibsons & Area Community Centre or Sechelt Aquatic Centre

See below for Annual Pool Maintenance Closures

Admission to Weightrooms:

- Included in your **MYPASS**
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Updated Jun 19

## 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 SCRD 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:

### Sechelt Aquatic Centre:

The entire facility will be CLOSED starting May 26 to July 1, re-opening on July 2.

This year, the long-awaited replacement of the fire suppression sprinklers at Sechelt Aquatic Centre will be completed.

To get this important work done, the entire facility, including the weight room and fitness studio will be closed.

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

### Gibsons Pool:

The facility will be CLOSED between July 1 and 21, re-opening on July 22.

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

### 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](mailto:recreation@scrd.ca).

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

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