



Drop-in Weight Room Schedule

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 SCR D Weight Room Orientations. Call to register 604-885-6801 or register online www.scrd.ca/recreation.

Last updated Nov 16

Pender Harbour Aquatic & Fitness Centre							
Effective Oct 6 to Dec 15							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	7:00am – 1:00pm	7:00am – 1:00pm 3:30 – 8:00pm	7:00am – 1:00pm 3:30 – 8:00pm	7:00am – 1:00pm 3:30 – 8:00pm	Closed	Closed	10:00am – 4:00pm <i>Nov 24 - Closed</i>
Drop-in classes taking place during these times. The weight room may be busier during these times.		10:30 - 11:30am MYPASS Land Meets Water <i>Last class Dec 17</i>		8:45 – 9:45 am MYPASS Mix It Up <i>Last class Dec 19</i> 10:30 - 11:30am MYPASS Land Meets Water <i>Last class Dec 19</i>			
Registered programs taking place in the weight room. Participants must pre-register before attending these programs	11:45 - 12:45 pm *Iron Goddess: Women's Weight Training <i>Last class Dec 16</i>						
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 . *Drop-in admission for Iron Goddess: Women's Weight Training is \$17, space permitting.							



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Pender Harbour Aquatic & Fitness Centre							
Effective Dec 16 to Dec 22							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	7:00am – 1:00pm	7:00am – 1:00pm 3:30 – 8:00pm <i>Dec 24 - Closed</i>	7:00am – 1:00pm 3:30 – 8:00pm <i>Dec 25 - Closed</i>	7:00am – 1:00pm 3:30 – 8:00pm <i>Dec 26 - Closed</i>	Closed	Closed	8:00am – 3:00pm
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Last updated Nov 16

Pender Harbour Aquatic & Fitness Centre							
Effective Dec 23 to Dec 29							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	8:00am – 3:00pm	CLOSED	CLOSED	CLOSED	8:00am – 3:00pm	8:00am – 3:00pm	8:00am – 3:00pm
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Weight Room Orientations

\$15

FREE for youth 17 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.

If you are interested in a Pender Harbour specific weight room orientation, please contact stephen.armitage@scrd.ca or khoya.craig@scrd.ca

To register for an orientation at the Gibsons & Area Community Centre or the Sechelt Aquatic Centre:

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