



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 Oct 24

Pender Harbour Aquatic & Fitness Centre							
Effective Oct 6 to Dec 20							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	7:00am – 1:00pm <i>Nov 11 - Closed</i>	7:00am – 1:00pm 3:30 – 8:00pm <i>Dec 24 - Closed</i>	7:00am – 1:00pm 3:30 – 8:00pm <i>Oct 24 - Facility closure @ 6:00 pm Dec 25 - Closed</i>	7:00am – 1:00pm 3:30 – 8:00pm <i>Oct 31 - Facility closure @ 1:00 pm Dec 26 - Closed</i>	7:00am – 1:00pm <i>until Nov 8 Closed Fridays effective Nov 15</i>	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		8:45 – 9:45 am MYPASS Mix It Up 10:30 - 11:30am MYPASS Land Meets Water			
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						
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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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