



Drop-in Weight Room Schedules

For ages 16+ years

Our weight rooms are equipped with cardio machines and strength equipment. Sign up for a weight room orientation. See bottom of this schedule for details.

Updated Jul 23

Sechelt Aquatic Centre							
Effective Jul 2 to Sep 1, except for statutory holidays							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	**6:00am – 8:30 pm <i>Closed Aug 5 & 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. The weight room may be busier during these times		Happy Hearts Plus 1:00 pm – 2:00 pm Happy Hearts Maintenance* 2:15 pm - 3:15 pm		Happy Hearts Plus* 1:00 pm – 2:00 pm Happy Hearts Maintenance* 2:15 pm - 3:15 pm			
Pay drop-in admission at the facility: Adult \$7 / Senior \$6 / Teen \$5.25. Subject to change, visit: scred.ca/exercise-and-fitness for the most up to date schedule. *These programs occur in the weight room. The weight room may be busier during these times. **Pool side of the facility will be closing at 1:30 pm effective July 22.							

Weight Rooms

Our weight rooms are equipped with cardio machines and strength equipment. Weight rooms are available to 13+ years.*

*Those 13 – 15 years old who complete an orientation or are closely supervised by an adult 19+ are welcome in the weight rooms.

Weight Room Orientations

Not sure how to use the equipment? Sign Up for a Weight Room Orientation

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.

Weight Room Orientations are FREE for youth 18 and under and those who hold an active MYPASS. The non-member fee for an orientation is \$15.

Orientations are offered at both the Gibsons & Area Community Centre and the Sechelt Aquatic Centre.

You can view available orientations and register [Online Here](http://scred.ca/myrecreation), (scred.ca/myrecreation), over the phone (604-885-6801), or in person at GACC/SAC.



Drop-in Weight Room Schedules

For ages 16+ years

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:

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.