



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 Nov 16

Sechelt Aquatic Centre							
Effective Sep 3 to Dec 31							
	Mon	Tue <i>Dec 24 & 31: 6:00am – 4:00pm</i>	Wed <i>Dec 25 - Closed</i>	Thu <i>Dec 26: 12:00 – 4:00pm</i>	Fri	Sat	Sun
Weight Room Hours	*6:00 am – 9:00 pm	6:00 am – 9:00 pm	6:00 am – 9:00 pm	6:00 am – 9:00 pm	6:00 am – 9:00 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 Happy Hearts Plus <i>Last class Dec 17</i> 2:15 - 3:15 pm Happy Hearts Maintenance <i>Last class Dec 17</i>		1:00 -2:00 pm Happy Hearts Plus <i>Last class Dec 19</i> 2:15 - 3:15 pm Happy Hearts Maintenance <i>Last class Dec 19</i>			
*Pool side of the facility closes at 1:30 pm.							



Drop-in Weight Room Schedules

For ages 16+ years

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 17 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](#), (scrd.ca/myrecreation), over the phone (604-885-6801), or in person at GACC/SAC.