

Children under 7 years must be within arm's reach of an adult. Schedules are subject to change without notice.

Last updated: Dec 17

Mon	<b>Tue</b> Dec 24 & 31: 6:30am - 1:00pm 6:30am -	Wed Dec 25- Closed	Thu	Fri	<b>6</b> · ·	
	6:20am		Dec 26 - Closed	r i i	Sat	Sun
	9:00am		6:30am - 9:00am			
6:30am –	*Everyone		*Everyone			
4:30pm	Welcome Swim		Welcome Swim			
*Everyone Welcome Swim	9:00 – 9:50am **MYPASS AQUAFIT	6:30am – 1:00pm <b>*Everyone</b>	9:00 – 9:50am **MYPASS AQUAFIT	6:30am - 1:00pm <b>*Everyone</b>		 11:00am –
-	10:00 -	Welcome	10:00 -	Welcome		3:00pm
**4:30 -	1:00pm	Swim	1:00pm	Swim		*Everyone
6:00pm	*Everyone		*Everyone			Welcome
Small pools	Welcome		Welcome			Swim
and hot tub	Swim		Swim		CLOSED	
only						
6:00pm –						
8:30pm						
*Everyone						
Welcome						
Swim						
Note: only 1						
lane available						
between 6:00 –						
7:00 pm						
Nov 18, 25, Dec 2, 9 & 16						

### Additional schedules below.

- Included in your MYPASS
- Pay drop-in admission at the facility: Visit <u>www.scrd.ca/drop-in-rates</u>
- www.scrd.ca/recreation\_604-885-6801, PHAFC Direct Line 604-885-6867



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## Gibsons & District Aquatic Facility

Effective Dec 23 to Jan 1, except statutory holidays.

<b>Mon</b> Dec 23	<b>Tue</b> Dec 24 6:30am – 1:00pm	Wed Dec 25 - Closed	<b>Thu</b> Dec 26 - Closed	<b>Fri</b> Dec 27	<b>Sat</b> Dec 28	<b>Sun</b> Dec 29
6:30am – 8:30pm <b>*Everyone</b> Welcome Swim	6:30am - 1:00pm *Everyone Welcome Swim	Closed	Closed	6:30am - 1:00pm <b>*Everyone</b> Welcome Swim	Closed	11:00am – 3:00pm <b>*Everyone</b> Welcome Swim
<b>Mon</b> Dec 30	<b>Tue</b> Dec 31: 6:30am – 1:00pm	Wed Jan 1 - Closed				
6:30am – 4:30pm *Everyone Welcome Swim	6:30am - 1:00pm <b>*Everyone</b> Welcome Swim					
6:00pm – 8:30pm *Everyone Welcome Swim		Closed				

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## Gibsons & District Aquatic Facility

Effective January 2 except statutory holidays.

Mon	Tue	Wed Jan 1- Closed	Thu	Fri	Sat	Sun
	6:30am -		6:30am -			
	9:00am		9:00am			
6:30am –	*Everyone		*Everyone			
	Welcome		Welcome			
4:30pm	Swim		Swim			
*Everyone Welcome	9:00 – 9:50am	6:30am –	9:00 – 9:50am	6:30am –		
Swim	**MYPASS	1:00pm	**MYPASS	1:00pm		
300111	AQUAFIT	*Everyone	AQUAFIT	*Everyone		11:00am –
	Starts Jan 7	Welcome	Starts Jan 2	Welcome		3:00pm
	10:00 –	Swim	10:00 -	Swim		*Everyone
**4:30 -	1:00pm		1:00pm			Welcome
6:00pm	*Everyone		*Everyone			Swim
Small pools	Welcome		Welcome			
and hot tub	Swim		Swim		CLOSED	
only					CLOSED	
6:00pm –						
8:30pm						
*Everyone						
Welcome						
Swim						
Note: only 1						
ane available						
etween 6:00 –						
7:00 pm						
an 13, 20, 27,						
Feb 3,10, 17,						
24, Mar 3, 10,						
17, 24						

### See below for additional schedules for Pender & Sechelt.

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Pender	Harbour	Aquatic &	& Fitness	Centre					
Effective <b>Dec 16 to Dec 22.</b> Closed statutory holidays									
Mon	Tue	Wed	Thu	Fri	Sat	Sun			
7:00 - 8:55 am	7:00 – 8:55 am	7:00 - 8:55 am	7:00 - 8:55 am						
Everyone	Everyone	Everyone	Everyone						
Welcome	Welcome	Welcome	Welcome						
Swim	Swim	Swim	Swim			8:00 am –			
						2:55 pm			
				CLOSED	CLOSED	Everyone			
	3:30pm –	3:30pm -	3:30pm -			Welcome			
	7:55pm	7:55pm	7:55pm			Swim			
	Everyone	Everyone	Everyone						
	Welcome	Welcome	Welcome						
	Swim	Swim	Swim						

Pender	Pender Harbour Aquatic & Fitness Centre									
Effective <b>Dec 23 to Dec 29.</b> Closed statutory holidays										
Mon	Tue	Wed	Thu	Fri	Sat	Sun				
8:00 am –				8:00 am –	8:00 am –	8:00 am –				
2:55 pm				2:55 pm	2:55 pm	2:55 pm				
Everyone	CLOSED	CLOSED	CLOSED	Everyone	Everyone	Everyone				
Welcome				Welcome	Welcome	Welcome				
Swim				Swim	Swim	Swim				

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Effective Dec 30 to Jan 5. Closed statutory holidays								
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
8:00 am -	8:00 am -		8:00 am –	8:00 am –	8:00 am –			
2:55 pm	12:55 pm		2:55 pm	9:00 am	2:55 pm			
Everyone	Everyone		Everyone	Everyone	Everyone			
Welcome	Welcome		Welcome	Welcome	Welcome			
Swim	Swim		Swim	Swim	Swim			
		CLOSED		9:00 – 9:50 am		CLOSED		
		CLOSED		*AQUAFIT				
				Starts Jan 3				
				10:00 am –		-		
				2:55 pm				
				Everyone				
				Welcome				
				Swim				

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### Pender Harbour Aquatic & Fitness Centre

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00 – 9:00 am	7:00 am –	7:00 – 9:00 am	7:00am –	7:00 – 9:00 am		
Everyone	1:00pm	Everyone	1:00pm	Everyone		
Welcome	Everyone	Welcome	Everyone	Welcome		
Swim	Welcome	Swim	Welcome	Swim		
	Swim		Swim			
9:00 – 9:50 am		9:00 – 9:50 am		9:00 – 9:50 am		
*AQUAFIT		*AQUAFIT		*AQUAFIT		
Starts Jan 6		Starts Jan 8		Starts Jan 3		
10:00 am –	10:30am-	10:00 am –	10:30am-	10:00 am -		
1:00 pm	11:30am	1:00 pm	11:30am	1:00pm pm		
Everyone	*MYPASS	Everyone	*MYPASS	Everyone		
Welcome	Land Meets	Welcome	Land Meets	Welcome		
Swim	Water Starts Jan 7	Swim	Water Starts Jan 9	Swim	CLOSED	CLOSED
	Starts Jun 7		Starts Juli 9			
	3:30pm –	3:30pm -	3:30pm -	3:30pm -		
	8:00pm	8:00pm	8:00pm	8:00pm		
	Everyone	Everyone	Everyone	Everyone		
	Welcome	Welcome	Welcome	Welcome		
	Swim	Swim	Swim	Swim		
	**½ pool					
	available					
	3:30pm –					
	5:00pm.					
	No lane swim					
	available					
*Hot tub and saur	a are available duri	ng aguafit classes. T	There are no lanes	or public swim availa	ble during the 9:0	0 – 9:50am
	**Swim lessons – J	• ·			sie during the 9.0	5 5.50411

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### Sechelt Aquatic Centre

Effective Sep 3	to Dec 22					
Mon	<b>Tue</b> Dec 24 & 31:	Wed Dec 25 - Closed	<b>Thu</b> Dec 26: 12:00 –	Fri	Sat	Sun
	6:00am – 4:00pm		4:00pm			
6:00 am –	6:00 am –	6:00 am -	6:00 am -	6:00 am -		
1:30pm*	9:00 pm	9:00 pm	9:00 pm	9:00 pm		
Everyone	Everyone	Everyone	Everyone	Everyone		10:00am – 4:30
Welcome	Welcome	Welcome	Welcome	Welcome	9:00 am – 6:00	
Swim	Swim	Swim	Swim	Swim	pm =	pm Francisco de la
		Aquatic Fitness			Everyone	Everyone Welcome
10:30–11:30 am		9:00 – 9:50 am		9:00 – 9:50 am	Welcome	
Swim Fit		Aquafit		Aquafit	Swim	Swim
		10:30–11:30 am				
		Swim Fit				
*Pool side close	s at 1:30pm			1	1	

Sechelt Ac	quatic Centr	re la				
Effective <b>Dec 2</b>	<b>3 to Jan 1</b> except	statutory holidays	•			
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29
6:00 am – 1:30pm* <b>Everyone</b> Welcome Swim	6:00 am – 4:00 pm <b>Everyone</b> Welcome Swim	Closed	12:00 pm - 4:00 pm Everyone Welcome Swim	6:00 am - 9:00 pm <b>Everyone</b> Welcome Swim	9:00 am – 6:00 pm <b>Everyone</b> Welcome Swim	10:00am – 4:30 pm Everyone Welcome Swim
Mon	Tue	Wed				
Dec 30	Dec 31	Jan 1				
6:00 am –	6:00 am –	12:00 pm -				
1:30pm*	4:00 pm	4:00 pm				
Everyone	Everyone	Everyone				
Welcome	Welcome	Welcome				
Swim	Swim	Swim				
*Pool side close	s at 1:30pm					

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Sechelt Aq	uatic Cent	re				
Effective <b>Janua</b>	ry 2					
Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 am –	6:00 am –	6:00 am -	6:00 am -	6:00 am -		
1:30pm*	9:00 pm	9:00 pm	9:00 pm	9:00 pm		
Everyone	Everyone	Everyone	Everyone	Everyone		
Welcome	Welcome	Welcome	Welcome	Welcome	9:00 am –	10:00am –
Swim	Swim	Swim	Swim	Swim	6:00 pm	4:30 pm
		Aquatic Fitness			Everyone	Everyone
10:30–11:30 am		9:00 – 9:50 am		9:00 – 9:50 am	Welcome	Welcome
Swim Fit		Aquafit		Aquafit	Swim	Swim
Starts Jan 6		Starts Jan 8		Starts Jan 3		
		10:30–11:30 am				
		Swim Fit				
		Starts Jan 8				
*Pool side closes a	t 1:30pm	·		· · ·		
Pool will be cleare	ed five (5) minutes	s before closing				

### **Everyone Welcome Swim**

Fun for all ages! At least one lane is available for length swimming during this time. Other water features may be available. Children under 7 years must be within arm's reach of someone 16+ years.

### **Aquatic Fitness Drop-in**

### Aquafit

#### For ages 13+ years

Exercising in water provides a full body workout with a focus on core stability and strength, enhanced cardiovascular training, muscle strength and endurance and flexibility. The magic properties of water create an environment that is accommodating to any fitness level. You are welcome to stay in shallow/chest deep water if you would prefer.

#### **Gentle Waves**

This is a gentler paced water exercise program ideal for those with any joint issues or those who enjoy a slower paced activity.

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### Swim Fit

#### For ages 19+ years

Stroke drills and swim workouts for all fitness levels are provided during this length swim to help improve and develop your swimming endurance. This self-led program allows you to progress at your own rate while increasing your cardiovascular capacity.

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