



Drop-in Swim and Aquatic Fitness Calendar

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

Last updated: Dec 17

Gibsons & District Aquatic Facility						
Effective Sep 3 to Dec 22 , except statutory holidays.						
Mon	Tue <i>Dec 24 & 31:</i> 6:30am – 1:00pm	Wed <i>Dec 25- Closed</i>	Thu <i>Dec 26 - Closed</i>	Fri	Sat	Sun
6:30am – 4:30pm *Everyone Welcome Swim	6:30am – 9:00am *Everyone Welcome Swim	6:30am – 1:00pm *Everyone Welcome Swim	6:30am – 9:00am *Everyone Welcome Swim	6:30am – 1:00pm *Everyone Welcome Swim	CLOSED	
	9:00 – 9:50am **MYPASS AQUAFIT		9:00 – 9:50am **MYPASS AQUAFIT			
**4:30 – 6:00pm <i>Small pools and hot tub only</i>	10:00 – 1:00pm *Everyone Welcome Swim		10:00 – 1:00pm *Everyone Welcome Swim			11:00am – 3:00pm *Everyone Welcome Swim
6:00pm – 8:30pm *Everyone Welcome Swim <i>Note: only 1 lane available between 6:00 – 7:00 pm Nov 18, 25, Dec 2, 9 & 16</i>						

Additional schedules below.

Admission to Swims:

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



Drop-in Swim and Aquatic Fitness Calendar

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Last updated: Dec 17

Gibsons & District Aquatic Facility						
Effective Dec 23 to Jan 1, except statutory holidays.						
Mon Dec 23	Tue Dec 24 6:30am - 1:00pm	Wed Dec 25 - Closed	Thu Dec 26 - Closed	Fri Dec 27	Sat Dec 28	Sun Dec 29
6:30am - 8:30pm *Everyone Welcome Swim	6:30am - 1:00pm *Everyone Welcome Swim	Closed	Closed	6:30am - 1:00pm *Everyone Welcome Swim	Closed	11:00am - 3:00pm *Everyone Welcome Swim
Mon Dec 30	Tue Dec 31: 6:30am - 1:00pm	Wed Jan 1 - Closed	Closed			
6:30am - 4:30pm *Everyone Welcome Swim	6:30am - 1:00pm *Everyone Welcome Swim					
6:00pm - 8:30pm *Everyone Welcome Swim						
Note: *Lane may be available upon request. **Small Pools and Hot Tub available						

Additional schedules below

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Last updated: Dec 17

Gibsons & District Aquatic Facility						
Effective January 2 <i>except statutory holidays.</i>						
Mon	Tue	Wed <i>Jan 1- Closed</i>	Thu	Fri	Sat	Sun
6:30am – 4:30pm *Everyone Welcome Swim	6:30am – 9:00am *Everyone Welcome Swim	6:30am – 1:00pm *Everyone Welcome Swim	6:30am – 9:00am *Everyone Welcome Swim	6:30am – 1:00pm *Everyone Welcome Swim	CLOSED	
	9:00 – 9:50am **MYPASS AQUAFIT <i>Starts Jan 7</i>		9:00 – 9:50am **MYPASS AQUAFIT <i>Starts Jan 2</i>			
**4:30 – 6:00pm <i>Small pools and hot tub only</i>	10:00 – 1:00pm *Everyone Welcome Swim	10:00 – 1:00pm *Everyone Welcome Swim	11:00am – 3:00pm *Everyone Welcome Swim			
6:00pm – 8:30pm *Everyone Welcome Swim <i>Note: only 1 lane available between 6:00 – 7:00 pm</i> <i>Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 3, 10, 17, 24</i>						

Note: *Lane may be available upon request. **Small Pools and Hot Tub available.

See below for additional schedules for Pender & Sechelt.

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Last updated: Dec 17

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

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

See below for additional schedules for Pender & Sechelt.

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Pender Harbour Aquatic & Fitness Centre						
Effective Dec 30 to Jan 5 . <i>Closed statutory holidays</i>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00 am - 2:55 pm Everyone Welcome Swim	8:00 am - 12:55 pm Everyone Welcome Swim	CLOSED	8:00 am - 2:55 pm Everyone Welcome Swim	8:00 am - 9:00 am Everyone Welcome Swim	8:00 am - 2:55 pm Everyone Welcome Swim	CLOSED
				9:00 - 9:50 am *AQUAFIT <i>Starts Jan 3</i>		
				10:00 am - 2:55 pm Everyone Welcome Swim		
*Hot tub and sauna are available during aquafit classes. There are no lanes or public swim available during the 9:00 - 9:50am Aquafit programs						

See below for additional schedules for Pender & Sechelt.

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Pender Harbour Aquatic & Fitness Centre

Effective **January 6** *Closed statutory holidays*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00 – 9:00 am Everyone Welcome Swim	7:00 am – 1:00pm Everyone Welcome Swim	7:00 – 9:00 am Everyone Welcome Swim	7:00am – 1:00pm Everyone Welcome Swim	7:00 – 9:00 am Everyone Welcome Swim	CLOSED	CLOSED
9:00 – 9:50 am *AQUAFIT <i>Starts Jan 6</i>		9:00 – 9:50 am *AQUAFIT <i>Starts Jan 8</i>		9:00 – 9:50 am *AQUAFIT <i>Starts Jan 3</i>		
10:00 am – 1:00 pm Everyone Welcome Swim	10:30am-11:30am *MYPASS Land Meets Water <i>Starts Jan 7</i>	10:00 am – 1:00 pm Everyone Welcome Swim	10:30am-11:30am *MYPASS Land Meets Water <i>Starts Jan 9</i>	10:00 am - 1:00pm pm Everyone Welcome Swim		
	3:30pm – 8:00pm Everyone Welcome Swim <i>**½ pool available 3:30pm – 5:00pm. No lane swim available</i>	3:30pm - 8:00pm Everyone Welcome Swim	3:30pm - 8:00pm Everyone Welcome Swim	3:30pm - 8:00pm Everyone Welcome Swim		

*Hot tub and sauna are available during aquafit classes. There are no lanes or public swim available during the 9:00 – 9:50am Aquafit programs. ****Swim lessons – Jan 13 – March 10**

Pool will be cleared five (5) minutes before closing

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Sechelt Aquatic Centre						
Effective Sep 3 to Dec 22						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<i>Dec 24 & 31: 6:00am – 4:00pm</i>	<i>Dec 25 - Closed</i>	<i>Dec 26: 12:00 – 4:00pm</i>			
6:00 am – 1:30pm* Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	9:00 am – 6:00 pm Everyone Welcome Swim	10:00am – 4:30 pm Everyone Welcome Swim
Aquatic Fitness						
10:30–11:30 am Swim Fit		9:00 – 9:50 am Aquafit		9:00 – 9:50 am Aquafit		
		10:30–11:30 am Swim Fit				

*Pool side closes at 1:30pm

Sechelt Aquatic Centre						
Effective Dec 23 to Jan 1 <i>except statutory holidays.</i>						
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* Everyone Welcome Swim	6:00 am – 4:00 pm Everyone Welcome Swim	Closed	12:00 pm – 4:00 pm Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	9:00 am – 6:00 pm Everyone Welcome Swim	10:00am – 4:30 pm Everyone Welcome Swim
Dec 30	Dec 31		Jan 1			
6:00 am – 1:30pm* Everyone Welcome Swim	6:00 am – 4:00 pm Everyone Welcome Swim	12:00 pm – 4:00 pm Everyone Welcome Swim				

*Pool side closes at 1:30pm

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Last updated: Dec 17

Sechelt Aquatic Centre						
Effective January 2						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 am – 1:30pm* Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	6:00 am – 9:00 pm Everyone Welcome Swim	9:00 am – 6:00 pm Everyone Welcome Swim	10:00am – 4:30 pm Everyone Welcome Swim
Aquatic Fitness						
10:30–11:30 am Swim Fit <i>Starts Jan 6</i>		9:00 – 9:50 am Aquafit <i>Starts Jan 8</i>		9:00 – 9:50 am Aquafit <i>Starts Jan 3</i>		
		10:30–11:30 am Swim Fit <i>Starts Jan 8</i>				
*Pool side closes at 1:30pm						
Pool will be cleared five (5) minutes 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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