



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: Jan 30

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

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

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



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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.

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