



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 7

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	10:30 am - 11:30 am *MYPASS Land Meets Water <i>Starts Jan 7</i>	10:00 am – 1:00 pm Everyone Welcome Swim	10:30 am - 11:30 am *MYPASS Land Meets Water <i>Starts Jan 9</i>	10:00 am - 1:00 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 5 minutes before closing

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



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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.

Land Meets Water

30 minutes of mild stretching, flexibility, range of motion, balance, postural and muscular exercises are performed on land (on mats) with music followed by 30 minutes of exercise in water with music. Low impact movement with endurance, strength, cardiovascular and flexibility components. An ideal class for older adults.

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