



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 2

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.

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.

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