



# 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

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

Admission to Swims:

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



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Last updated: Jan 7

Pender Harbour Aquatic & Fitness Centre						
Effective <b>January 6</b> <i>Closed statutory holidays</i>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00 – 9:00 am <b>Everyone Welcome Swim</b>	7:00 am – 1:00pm <b>Everyone Welcome Swim</b>	7:00 – 9:00 am <b>Everyone Welcome Swim</b>	7:00am – 1:00pm <b>Everyone Welcome Swim</b>	7:00 – 9:00 am <b>Everyone Welcome Swim</b>	<b>CLOSED</b>	<b>CLOSED</b>
9:00 – 9:50 am <b>*AQUAFIT</b> <i>Starts Jan 6</i>		9:00 – 9:50 am <b>*AQUAFIT</b> <i>Starts Jan 8</i>		9:00 – 9:50 am <b>*AQUAFIT</b> <i>Starts Jan 3</i>		
10:00 am – 1:00 pm <b>Everyone Welcome Swim</b>	10:30am-11:30am <b>*MYPASS Land Meets Water</b> <i>Starts Jan 7</i>	10:00 am – 1:00 pm <b>Everyone Welcome Swim</b>	10:30am-11:30am <b>*MYPASS Land Meets Water</b> <i>Starts Jan 9</i>	10:00 am - 1:00pm pm <b>Everyone Welcome Swim</b>		
	3:30pm – 8:00pm <b>Everyone Welcome Swim</b> <i>**½ pool available 3:30pm – 5:00pm. No lane swim available</i>	3:30pm - 8:00pm <b>Everyone Welcome Swim</b>	3:30pm - 8:00pm <b>Everyone Welcome Swim</b>	3:30pm - 8:00pm <b>Everyone Welcome Swim</b>		
*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. <b>**Swim lessons – Jan 13 – March 10</b>						
<b>Pool will be cleared five (5) minutes before closing</b>						

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

## 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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