



# Drop-in Weight Room Schedules

For ages 16+ years

Our weight rooms are equipped with cardio machines and strength equipment. Teens who are 13 to 15 years old may use the weight room if they are closely supervised by an adult 19 years or older OR if they complete one of our SCRD Weight Room Orientations. Call to register 604-885-6801 or register online [www.scrd.ca/recreation](http://www.scrd.ca/recreation)

Updated Jan 2

## Gibsons & Area Community Centre

Effective: **January 2**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
			<i>Jan 1: 12:00 - 4:00pm</i>				
<b>Weight Room Hours</b>	6:00 am - 8:30pm	6:00 am - 8:30pm	6:00 am - 8:30pm	6:00 am - 8:30pm	6:00 am - 8:30pm	9:00 am - 5:00pm	9:00 am - 5:00pm
Registered programs taking place in the weight room. Participants must pre-register before attending these programs.  The weight room may be busier during these times.	10:00 - 11:00 am <b>Adaptive Fitness</b> <i>Starts Jan 6</i>	9:45 - 10:45 am <b>Happy Hearts Maintenance</b> <i>Starts Jan 7</i>  11:00 - 11:45am <b>Happy Hearts Plus</b> <i>Starts Jan 7</i>		9:45 - 10:45 am <b>Happy Hearts Maintenance</b> <i>Starts Jan 9</i>  11:00 - 11:45am <b>Happy Hearts Plus</b> <i>Starts Jan 9</i>			

Admission to Weightrooms:

- 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



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## Weight Room Age Requirements

People 16+ years or older are welcome in the weight room.

Teens who are 13 to 15 years old may use the weight room if they are closely supervised by an adult 19 years or older OR if they complete one of our SCRD Weight Room Orientations.

## Weight Room Orientations

\$15

FREE for youth 17 years and under

FREE if you have a valid MYPASS (any age)

Orientations provide you with the basic knowledge needed to feel confident in the weight room. These sessions are conducted by a registered weight trainer in a small group setting.

Offered in the Gibsons & Area Community Centre and Sechelt Aquatic Centre

Registration opens 2 weeks before the orientation date.

Register:

- Online [www.scrd.ca/recreation](http://www.scrd.ca/recreation)
- By phone: 604-885-6801
- In person at Gibsons & Area Community Centre or Sechelt Aquatic Centre

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- Pay drop-in admission at the facility: Visit [www.scrd.ca/drop-in-rates](http://www.scrd.ca/drop-in-rates)
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