



# 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 SCR D Weight Room Orientations. Call to register 604-885-6801 or register online [www.scrd.ca/recreation](http://www.scrd.ca/recreation)

Updated Jan 2

| <b>Sechelt Aquatic Centre</b>   |                    |  |                   |  |                   |                   |                    |
|---|--------------------|--|-------------------|--|-------------------|-------------------|--------------------|
| Effective January 1   |                    |  |                   |  |                   |                   |                    |
|   | Mon                | Tue  | Wed               | Thu  | Fri               | Sat               | Sun                |
| <b>Weight Room Hours</b>  | *6:00 am – 9:00 pm | 6:00 am – 9:00 pm  | 6:00 am – 9:00 pm | 6:00 am – 9:00 pm  | 6:00 am – 9:00 pm | 9:00 am – 6:00 pm | 10:00 am – 4:30 pm |
| Registered programs taking place in the weight room. Participants must pre-register before attending these programs.<br><br>The weight room may be busier during these times. |                    | 1:00 -2:00 pm<br><b>Happy Hearts Plus</b><br><i>Starts Jan 7</i><br><br>2:15 - 3:15 pm<br><b>Happy Hearts Maintenance</b><br><i>Starts Jan 7</i> |                   | 1:00 -2:00 pm<br><b>Happy Hearts Plus</b><br><i>Starts Jan 9</i><br><br>2:15 - 3:15 pm<br><b>Happy Hearts Maintenance</b><br><i>Starts Jan 9</i> |                   |                   |                    |
| *Pool side of the facility closes at 1:30 pm.<br><b>Pool will be cleared five (5) minutes before closing.</b>   |                    |  |                   |  |                   |                   |                    |



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## Weight Rooms

Our weight rooms are equipped with cardio machines and strength equipment. Weight rooms are available to 13+ years.\*

\*Those 13 – 15 years old who complete an orientation or are closely supervised by an adult 19+ are welcome in the weight rooms.

## Weight Room Orientations

### Not sure how to use the equipment? Sign Up for a Weight Room Orientation

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.

Weight Room Orientations are FREE for youth 17 and under and those who hold an active MYPASS. The non-member fee for an orientation is \$15.

Orientations are offered at both the Gibsons & Area Community Centre and the Sechelt Aquatic Centre.

You can view available orientations and register [Online Here](#), ([scrud.ca/myrecreation](http://scrud.ca/myrecreation)), over the phone (604-885-6801), or in person at GACC/SAC.