



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: Feb 20

Gibsons & District Aquatic Facility							
Effective January 2 <i>except statutory holidays.</i>							
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
6:30am – 4:30pm *Everyone Welcome Swim	6:30am – 9:00am *Everyone Welcome Swim	6:30am – 1:00pm *Everyone Welcome Swim	6:30am – 9:00am *Everyone Welcome Swim	6:30am – 1:00pm *Everyone Welcome Swim	CLOSED		
	9:00 – 9:50am **MYPASS AQUAFIT		9:00 – 9:50am **MYPASS AQUAFIT				
**4:30 – 6:00pm <i>Small pools and hot tub only</i>	10:00 – 1:00pm *Everyone Welcome Swim		10:00 – 1:00pm *Everyone Welcome Swim				11:00am – 3:00pm *Everyone Welcome Swim
6:00pm – 8:30pm *Everyone Welcome Swim <i>Note: only 1 lane available between 6:00 – 7:00 pm Feb 24, Mar 3, 10, 17, 24</i>							

Note: *Lane may be available upon request. **Small Pools and Hot Tub available. **Note: Swim lessons Mondays & Fridays – Jan 13 to March 10**

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
- www.scrd.ca/recreation 604-885-6801, PHAFC Direct Line 604-885-6867



Drop-in Swim and Aquatic Fitness Calendar

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Last updated: Feb 20

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		9:00 – 9:50 am *AQUAFIT		9:00 – 9:50 am *AQUAFIT		
10:00 am – 1:00 pm Everyone Welcome Swim	10:30am-11:30am *MYPASS Land Meets Water	10:00 am – 1:00 pm Everyone Welcome Swim	10:30am-11:30am *MYPASS Land Meets Water	10:00 am - 1:00pm 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 five (5) minutes before closing

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Last updated: Feb 20

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		9:00 – 9:50 am Aquafit		9:00 – 9:50 am Aquafit		
		10:30–11:30 am Swim Fit				
*Pool side closes at 1:30pm. . Note: Swim lessons – Jan 13 – March 10 – Tuesday to Saturday						
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.

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.

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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