



# 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: Mar 21

Sechelt Aquatic Centre						
Effective January 2 to March 31						
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>		9:00 - 9:50 am <b>Aquafit</b>		9:00 - 9:50 am <b>Aquafit</b>		
		10:30-11:30 am <b>Swim Fit</b>				
*Pool side closes at 1:30pm						
<b>Pool will be cleared five (5) minutes before closing.</b>						

**Additional schedules below.**

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



# 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: Mar 21

Sechelt Aquatic Centre							
Effective April 1 to May 31							
<i>Annual Pool Maintenance Closure: June 1 to July 1</i>							
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<i>Closed April 21 &amp; May 19</i>				<i>Except April 18</i> <i>April 18 only:</i> <i>12:00pm - 4:00pm</i>			
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>		9:00 – 9:50 am <b>Aquafit</b>		9:00 – 9:50 am <b>Aquafit</b>			
		10:30–11:30 am <b>Swim Fit</b>					
*Pool side closes at 1:30pm. <i>Note: Swim lessons – Apr 1 – May 22 – Tuesday to Saturday</i>							
<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.

### 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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