



# 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

Gibsons & District Aquatic Facility							
Effective <b>January 2 to March 31</b> <i>except statutory holidays.</i>							
Mon	Tue	Wed	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>		9:00 – 9:50am <b>**MYPASS AQUAFIT</b>				
<b>**4:30 – 6:00pm</b> <i>Small pools and hot tub only</i>	10:00 – 1:00pm <b>*Everyone Welcome Swim</b>		10:00 – 1:00pm <b>*Everyone Welcome Swim</b>				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 Mar 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 Gibsons, Pender & Sechelt pools.

### 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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Schedules are subject to change without notice.

Last updated: Mar 21

Gibsons & District Aquatic Facility							
Effective <b>April 1 to June 30</b> <i>except statutory holidays.</i> <i>Annual Pool Maintenance Closure: July 2 to July 22</i>							
Mon	Tue	Wed	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>		9:00 – 9:50am <b>**MYPASS AQUAFIT</b>				
	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>							

Note: \*Lane may be available upon request. \*\*Small Pools and Hot Tub available. **Note: Swim lessons Mondays & Fridays – Apr 4 – May 30**

See below for additional schedules for Pender & Sechelt pools.

### Admission to Swims:

- Included in your **MYPASS**
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## Pender Harbour Aquatic & Fitness Centre

Effective **March 17 - 23** *Closed statutory holidays*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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>	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>		9:00 – 9:50 am <b>*AQUAFIT</b>		9:00 – 9:50 am <b>*AQUAFIT</b>		
10:00 am – 1:00 pm <b>Everyone Welcome Swim</b>	10:30 am- 11:30 am <b>*MYPASS Land Meets Water</b>	10:00 am – 1:00 pm <b>Everyone Welcome Swim</b>	10:30 am- 11:30 am <b>*MYPASS Land Meets Water</b>	10:00 am - 1:00 pm <b>Everyone Welcome Swim</b>		
	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.

**Pool will be cleared five (5) minutes before closing**

See below for additional schedules for Pender & Sechelt.

### Admission to Swims:

- Included in your **MYPASS**
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Schedules are subject to change without notice.

Last updated: Mar 21

Pender Harbour Aquatic & Fitness Centre						
Effective <b>March 24 - 30</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>		9:00 – 9:50 am <b>*AQUAFIT</b>		9:00 – 9:50 am <b>*AQUAFIT</b>		
10:00 am – 1:00 pm <b>Everyone Welcome Swim</b>	10:30am-11:30am <b>*MYPASS Land Meets Water</b>	10:00 am – 1:00 pm <b>Everyone Welcome Swim</b>	10:30am-11:30am <b>*MYPASS Land Meets Water</b>	10:00 am - 1:00pm <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>Pool will be cleared five (5) minutes before closing</b>						

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)
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Schedules are subject to change without notice.

Last updated: Mar 21

Pender Harbour Aquatic & Fitness Centre						
Effective <b>March 31 – June 30</b> <i>Closed statutory holidays</i>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Closed April 21 &amp; May 19</i>				<i>Closed April 18</i>		
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>		9:00 – 9:50 am <b>*AQUAFIT</b>		9:00 – 9:50 am <b>*AQUAFIT</b>		
10:00 am – 1:00 pm <b>Everyone Welcome Swim</b>	10:30am-11:30am <b>*MYPASS Land Meets Water</b>	10:00 am – 1:00 pm <b>Everyone Welcome Swim</b>	10:30am-11:30am <b>*MYPASS Land Meets Water</b>	10:00 am - 1:00pm <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>			
*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 – Mar 31 – May 30</b>						
<b>Pool will be cleared five (5) minutes before closing</b>						

See below for additional schedules for 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)
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Sechelt Aquatic Centre						
Effective <b>January 2 to March 31</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>		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>Note: Swim lessons - Jan 13 - March 10 - Tuesday to Saturday</b>						
<b>Pool will be cleared five (5) minutes before closing</b>						

Sechelt Aquatic Centre						
Effective <b>April 1 to May 31</b>						
<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 April 18 only: 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. <b>Note: Swim lessons - Apr 1 - May 22 - Tuesday to Saturday</b>						
<b>Pool will be cleared five (5) minutes before closing</b>						

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## **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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