



# 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 Mar 25

Gibsons & Area Community Centre							
Effective <b>January 2 to March 31</b>							
	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<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 Circuit</b>	9:45 - 10:45 am <b>Happy Hearts Maintenance</b>  11:00 -11:45am <b>Happy Hearts Plus</b>		9:45 - 10:45 am <b>Happy Hearts Maintenance</b>  11:00 -11:45am <b>Happy Hearts Plus</b>			

Scroll down for additional schedules: **Gibsons, Pender** and **Sechelt** weight room schedules.

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)
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Updated Mar 25

## Gibsons & Area Community Centre

Effective **April 1 to May 31** *except statutory holidays*

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
	<i>Closed April 21 &amp; May 19</i>				<i>Closed April 18</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
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Scroll down for additional schedules: **Pender** and **Sechelt** weight room schedules.

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Updated Mar 25

Pender Harbour Aquatic & Fitness Centre							
Effective March 24 to March 31							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Weight Room Hours</b>	7:00am – 1:00 pm	7:00am – 1:00 pm 3:30 – 8:00 pm	7:00am – 1:00 pm	7:00am – 1:00 pm	7:00am – 1:00 pm	<b>Closed</b>	<b>Closed</b>
Drop-in classes taking place during these times. The weight room may be busier during these times.		10:30 - 11:30am <b>MYPASS Land Meets Water</b>		9:00 – 9:50 am <b>MYPASS Mix It Up</b>  10:30 - 11:30am <b>MYPASS Land Meets Water</b>			
Registered programs taking place in the weight room. Participants must pre-register before attending these programs	12:00pm-1:00pm <b>*Iron Goddess: Women’s Weight Training (55+)</b>						
Patrons are welcome to drop-in to the classes above if there is space available. Admission fee information below: Weight room and MYPASS Drop-in Fitness admission is included with your valid MYPASS. If paying admission upon arrival, please note weight room admission is different than MYPASS Fitness class admission. Please check <a href="http://www.scrd.ca/drop-in-rates">www.scrd.ca/drop-in-rates</a> . *Drop-in admission for Iron Goddess: Women’s Weight Training is \$17, space permitting.							

Scroll down for additional schedules: **Pender** and **Sechelt** weight room schedules.

Admission to Weightrooms:

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Updated Mar 25

Pender Harbour Aquatic & Fitness Centre							
Effective <b>April 1 to May 31</b> <i>except statutory holidays</i>							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<i>Closed April 21 &amp; May 19</i>				<i>Closed April 18</i>		
<b>Weight Room Hours</b>	7:00am – 1:00 pm	7:00am – 1:00 pm 3:30 – 8:00 pm	7:00am – 1:00 pm 3:30 – 8:00 pm	7:00am – 1:00 pm 3:30 – 8:00 pm	7:00am – 1:00 pm	<b>Closed</b>	<b>Closed</b>
Drop-in classes taking place during these times. The weight room may be busier during these times.		10:30 - 11:30am <b>MYPASS Land Meets Water</b>		9:00 – 9:50 am <b>MYPASS Mix It Up</b>  10:30 - 11:30am <b>MYPASS Land Meets Water</b>			
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Scroll down for additional schedules: **Sechelt** weight room schedules.

Admission to Weighrooms:

- Included in your **MYPASS**
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Updated Mar 25

## Sechelt Aquatic Centre

Effective **January 2 to March 31**

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<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.  The weight room may be busier during these times.		1:00 -2:00 pm <b>Happy Hearts Plus</b>  2:15 - 3:15 pm <b>Happy Hearts Maintenance</b>		1:00 -2:00 pm <b>Happy Hearts Plus</b>  2:15 - 3:15 pm <b>Happy Hearts Maintenance</b>			

\*Pool side of the facility closes at 1:30 pm.

Scroll down for additional schedules: **Sechelt** weight room schedules.

Admission to Weightrooms:

- Included in your **MYPASS**
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Updated Mar 25

Sechelt Aquatic Centre							
Effective April 1 to May 31							
	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 <i>except April 18</i>	9:00 am – 6:00 pm	10:00 am – 4:30 pm
	<i>Closed April 21 &amp; May 19</i>				<i>April 18 only: 12:00 – 4:00pm</i>		
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.		1:00 -2:00 pm <b>Happy Hearts Plus</b>  2:15 - 3:15 pm <b>Happy Hearts Maintenance</b>		1:00 -2:00 pm <b>Happy Hearts Plus</b>  2:15 - 3:15 pm <b>Happy Hearts Maintenance</b>			
*Pool side of the facility closes at 1:30 pm.							

Scroll down for additional schedules: **Sechelt** weight room schedules.

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)
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Updated Mar 25

## Sechelt Aquatic Centre

Effective June 1 to July 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 <i>Closed July 1</i>	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 <i>Closed June 15, 22, 29</i>
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.		1:00 -2:00 pm <b>Happy Hearts Plus</b>  2:15 - 3:15 pm <b>Happy Hearts Maintenance</b>		1:00 -2:00 pm <b>Happy Hearts Plus</b>  2:15 - 3:15 pm <b>Happy Hearts Maintenance</b>			

**Pool side of the facility is closed for Annual Maintenance**

## 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.

Admission to Weightrooms:

- Included in your **MYPASS**
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Updated Mar 25

## 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

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

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)
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