

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 <u>www.scrd.ca/recreation</u>

Updated Mar 25

Gibsons & Area Community Centre

Effective January 2 to March 31

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	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	10:00 –11:00 am Adaptive Fitness Circuit	9:45 - 10:45 am Happy Hearts Maintenance 11:00 -11:45am		9:45 - 10:45 am Happy Hearts Maintenance 11:00 -11:45am			
must pre- register before attending these programs.		Happy Hearts Plus		Happy Hearts Plus			
The weight room may be busier during these times.							

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

- Included in your **MYPASS**
- Pay drop-in admission at the facility: Visit <u>www.scrd.ca/drop-in-rates</u>
- <u>www.scrd.ca/recreation</u> 604-885-6801



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Updated Mar 25

Gibsons & Area Community Centre

Effective April 1 to May 31 except statutory holidays

	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
	Closed April 21 &				Closed April 18				
	May 19								
Weight Room	6:00 am -	6:00 am -	6:00 am -	6:00 am -	6:00 am -	9:00 am –	9:00 am -		
Hours	8:30pm	8:30pm	8:30pm	8:30pm	8:30pm	5:00pm	5:00pm		
Registered	10:00 –11:00 am	9:45 - 10:45 am		9:45 - 10:45 am					
programs taking	Adaptive	Happy Hearts		Happy Hearts					
place in the	Fitness Circuit	Maintenance		Maintenance					
weight room.									
Participants		11:00 -11:45am		11:00 -11:45am					
must pre-		Happy Hearts		Happy Hearts					
register before		Plus		Plus					
attending these									
programs.									
The weight room									
may be busier									
during these									
times.									

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

604-885-6801

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Updated Mar 25

Pender Harbour Aquatic & Fitness Centre

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	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	Closed	Closed
Drop-in classes taking place during these times. The weight room may be busier during these times.		10:30 - 11:30am MYPASS Land Meets Water		9:00 – 9:50 am MYPASS Mix It Up 10:30 - 11:30am MYPASS Land Meets Water			
Registered programs taking place in the weight room. Participants must pre- register before attending these programs	12:00pm-1:00pm *Iron Goddess: Women's Weight Training (55+)						

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 <u>www.scrd.ca/drop-in-</u> <u>rates</u>. *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.

- Included in your **MYPASS**
- Pay drop-in admission at the facility: Visit <u>www.scrd.ca/drop-in-rates</u>
- <u>www.scrd.ca/recreation</u> 604-885-6801



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Updated Mar 25

Pender Harbour Aquatic & Fitness Centre Effective April 1 to May 31 except statutory holidays Mon Thu Fri Tue Wed Sat Sun Closed April 21 & Closed April 18 May 19 Weight Room 7:00am – 1:00 pm 7:00am - 1:00 pm 7:00am - 1:00 pm 7:00am - 1:00 pm 7:00am – 1:00 pm Closed Closed 3:30 – 8:00 pm 3:30 – 8:00 pm Hours 3:30 - 8:00 pm Drop-in classes 10:30 - 11:30am 9:00 – 9:50 am taking place MYPASS Land MYPASS during these Meets Water Mix It Up times. The weight room 10:30 - 11:30am may be busier MYPASS Land during these Meets Water times. Registered 12:00pm-1:00pm programs taking *Iron Goddess: Women's Weight place in the weight room. Training (55+) Participants must preregister before attending these programs

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 <u>www.scrd.ca/drop-in-</u> <u>rates</u>. *Drop-in admission for Iron Goddess: Women's Weight Training is \$17, space permitting.

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

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Updated Mar 25

Effective January 2 to March 31									
	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
Weight Room	*6:00 am –	6:00 am –	6:00 am –	6:00 am –	6:00 am –	9:00 am –	10:00 am –		
Hours	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm	6:00 pm	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		1:00 -2:00 pm Happy Hearts Plus 2:15 - 3:15 pm Happy Hearts Maintenance		1:00 -2:00 pm Happy Hearts Plus 2:15 - 3:15 pm Happy Hearts Maintenance					
times.									

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

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Updated Mar 25

Sechelt Aquatic Centre

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room	*6:00 am –	6:00 am –	6:00 am –	6:00 am –	6:00 am –	9:00 am –	10:00 am ·
Hours	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm <i>except</i> April 18	6:00 pm	4:30 pm
	Closed April 21 & May 19				April 18 only: 12:00 – 4:00pm		
Registered programs taking place in the weight room. Participants must pre-register before attending these		1:00 -2:00 pm Happy Hearts Plus		1:00 -2:00 pm Happy Hearts Plus			
programs. The weight room may be busier during these times.		2:15 - 3:15 pm Happy Hearts Maintenance		2:15 - 3:15 pm Happy Hearts Maintenance			

Scroll down for additional schedules: Sechelt weight room schedules.

- Included in your **MYPASS**
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- <u>www.scrd.ca/recreation</u> 604-885-6801



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Updated Mar 25

Effective June 1	to July 1						
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room	*6:00 am –	6:00 am –	6:00 am –	6:00 am –	6:00 am –	9:00 am –	10:00 am –
Hours	9:00 pm	9:00 pm Closed July 1	9:00 pm	9:00 pm	9:00 pm	6:00 pm	4:30 pm Closed June 15, 22, 29
Registered programs taking place in the		1:00 -2:00 pm		1:00 -2:00 pm			
weight room.		Happy Hearts		Happy Hearts			
Participants must		Plus		Plus			
pre-register before							
attending these programs.		0.45 0.45		0.45 0.45			
programs.		2:15 - 3:15 pm		2:15 - 3:15 pm			
The weight room		Happy Hearts		Happy Hearts			
may be busier		Maintenance		Maintenance			
during these							
times.							

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.

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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 <u>www.scrd.ca/recreation</u>
- By phone: 604-885-6801
- In person at Gibsons & Area Community Centre or Sechelt Aquatic Centre

- Included in your **MYPASS**
- Pay drop-in admission at the facility: Visit <u>www.scrd.ca/drop-in-rates</u>
- <u>www.scrd.ca/recreation</u> 604-885-6801