



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: Apr 11

Gibsons & District Aquatic Facility						
Effective April 1 to June 30 except statutory holidays. <i>Annual Pool Maintenance Closure: July 2 to July 22</i>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Closed April 21</i>				<i>Closed April 18</i>		<i>Closed April 13</i>
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						

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**
- 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: Apr 11

Pender Harbour Aquatic & Fitness Centre						
Effective March 31 - June 30 <i>Closed statutory holidays</i>						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>Closed April 21 & May 19</i>				<i>Closed April 18</i>		
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 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 <i>Except Apr 23</i>	3:30pm - 8:00pm Everyone Welcome Swim			
		3:30pm – 7:15pm Everyone Welcome Swim <i>Apr 23 only</i>				
<p>*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 – Mar 31 – May 30</p>						
<p>Pool will be cleared five (5) minutes before closing</p>						

See below for additional schedules for Sechelt.

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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>April 21 only: 12:00pm – 4:00pm Closed May 19</i>				<i>Except April 18 April 18 only: Closed</i>		
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 – 5:00 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. <i>Note: Swim lessons – Apr 1 – May 22 – Tuesday to Saturday</i>						
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

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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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