



Weight Room Schedules

16 + years

Note: Youth 13-15 years may use the weight room after they complete an orientation **or** under close adult supervision.

Our weight rooms are equipped with cardio machines and strength equipment. **Orientations** provide you with the basic knowledge needed to feel confident in the weight room. They are conducted by a registered weight trainer in a small group setting. Register in person, minimum 24 hour notice is required to register or withdraw from orientations.

Weight Room Attendants are also registered weight trainers available during the scheduled times to answer your fitness or equipment questions.

Updated Aug 28

Weight Room Gibsons & Area Community Centre

Effective Sep 5 to Dec 20 except statutory holidays.

Toonie Time – Mon to Fri – 12:30 to 2:00 pm

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	6:00 am - 8:30 pm	6:00 am - 8:30 pm	6:00 am - 8:30 pm	6:00 am - 8:30 pm	6:00 am - 8:30 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm
Weight Room Orientations*	11:30 am – 12:15 pm Jacquie			11:45 am – 12:30 pm Lisa			

*Pre-registration is required. Call 604-885-6868 press 0 to register.

Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25.**

Weight Room Pender Harbour Aquatic and Fitness Centre

Effective Sep 8 to Dec 21 except statutory holidays. For ages 16 years.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	7:30 am – 1:00 pm	7:30 am – 1:00 pm	7:30 am – 1:00 pm	7:30 am – 1:00 pm	7:30 am – 1:00 pm	10:00 am – 1:00 pm	1:00 pm – 4:00 pm
	5:00 pm – 8:30 pm	5:00 pm – 8:30 pm	5:00 pm – 8:30 pm	5:00 pm – 8:30 pm	5:00 pm – 8:30 pm		

Weight Room Orientation by appointment. Call 604-885-6866 to register

Pay drop-in admission at the facility: **Adult \$5.50 / Senior \$5 / Teen \$4.50**

Sechelt Aquatic Centre schedule on the next page.

Admission to Weightrooms:

- 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



Weight Room Schedules

Weight Room Sechelt Aquatic Centre

Effective Sep 4 to Dec 20 except statutory holidays.

Toonie Time – Mon to Fri – 12:30 to 2:00 pm, 7:00 to 9:00 pm Thu & Fri.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	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
Weight Room Attendant Present	4:00 pm – 5:15 pm Lori		4:00 pm – 5:15 pm Zella	12:30 pm – 2:00 pm Johanna			
Weight Room Orientations*	5:15 pm – 6:00 pm Lori		5:15 pm – 6:00 pm Zella	11:30 am – 12:15 pm Johanna			

*Pre-registration is required. Call 604-885-6865 press 0 to register.

Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25**

Admission to Weightrooms:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: Visit www.scrd.ca/drop-in-rates
- www.scrd.ca/recreation