



Weight Room Information

The weight room may be busier during these times. We encourage all participants to work in with one another.

Updated Sep 13

Weight Room Sechelt Aquatic Centre

Effective Sep 3 to Dec 23, 2019 except statutory holidays.

For ages 16 years.

MONDAY 6:00 am – 9:00 pm	TUESDAY 6:00 am – 9:00 pm	WEDNESDAY 6:00 am – 9:00 pm	THURSDAY 6:00 am – 9:00 pm	FRIDAY 6:00 am – 9:00 pm	SATURDAY 9:00 am – 6:00 pm	SUNDAY 10:00 am – 4:30 pm
			Weight Room Orientation 11:30 am - 12:15 pm			
Toonie Time 12:30 pm - 2:00 pm Drop-in for \$2	Toonie Time 12:30 pm - 2:00 pm Drop-in for \$2	Toonie Time 12:30 pm - 2:00 pm Drop-in for \$2	Toonie Time 12:30 pm - 2:00 pm Drop-in for \$2	Toonie Time 12:30 pm - 2:00 pm Drop-in for \$2		
			Weight Room Attendant 12:30 pm - 2:00 pm			
	Happy Hearts 1:15 pm - 2:00 pm and 2:30 pm - 3:00 pm		Happy Hearts 1:15 pm - 2:00 pm and 2:30 pm - 3:00 pm			
Weight Room Attendant 4:00 pm - 5:15 pm		Weight Room Attendant 4:00 pm - 5:15 pm				
Weight Room Orientation 5:15 pm - 6:00 pm		Weight Room Orientation 5:15 pm - 6:00 pm	Toonie Time 7:00 pm – 9:00 pm Drop-in for \$2	Toonie Time 7:00 pm - 9:00 pm Drop-in for \$2		

Subject to change, visit: www.scrd/drop-in for the most up to date schedule.