

# Weight Room Schedule

Effective: December 23 – January 5 2025

	MON 23	TUES 24	WEDS 25	THURS 26	FRI 27	SAT 28	SUN 29
Weight Room Hours	5:30am-10pm	5:30am-3pm	Facility Closed	10am-4pm	5:30am-10pm	6am-8:30pm*	7am-8:30pm*
					*Showers will not be available outside of pool hours		
Attendant on Duty	9-11am 4-10pm	9-11am		11am-1pm	8-10am 4-10pm	11am-1pm	11am-1pm

  

	MON 30	TUES 31	WEDS 1	THURS 2	FRI 3	SAT 4	SUN 5
Weight Room Hours	5:30am-10pm	5:30am-3pm	10am-4pm	5:30am-10pm	5:30am-10pm	6am-8:30pm*	7am-3pm*
					*Showers will not be available outside of pool hours		
Attendant on Duty	9-11am 4-10pm	9-11am	11am-1pm	8-10am 4-10pm	8-10am 4-10pm	11am-1pm	11am-1pm

Weight Room Orientations

- Our weight room is only available for use by persons 16 years and older or teens 13-15 years after completing a weight room orientation. An orientation is designed to familiarize you with our facility, the basics of strength training, and personal safety around equipment. Orientations are by registration only.
- Orientations cost \$15 (plus GST) for adults and are free for teens 13-15yrs and adults 60+. Call 250-475-7630 to register or visit [saanich.ca/register](http://saanich.ca/register).

Personal Training Sessions

Our instructors will design a training program specific to your needs or revamp an existing program. If you feel stuck in a rut, or need some motivation to stick to your program, this is the service for you. Visit our [Personal Training](#) page or visit our reception desk for more information about packages offered. Call reception at 250-475-7630 to set up an appointment.

Weight Room Guidelines

- Our weight room is not available to users under the age of 13 years. Participants ages 13-15yrs may only attend after completing a Saanich or regional orientation and must present their orientation card or sticker as proof of completion.
- 30 minute maximum on all cardio equipment.
- Clean equipment (pins, seat, handles etc.) after use. Spray paper towel with disinfectant and wipe equipment.
- Appropriate footwear required for personal safety (E.g., closed toed, closed heel shoes)
- Our weight room is a scent free zone. Please refrain from using any type of scent when visiting.



PARKS, RECREATION & COMMUNITY SERVICES