

# Weight Room Schedule

*Effective: September 3 - 15, 2024*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	6am-4pm	7am-4pm
Attendant on Duty	9-10:15am 4-10pm	9-11am 4-10pm	9-11am 4-10pm	9-11am 4-10pm	8-10am 4-10pm	11am-1pm	11am-1pm
Orientations (by appointment only)		5:30-6:30pm	5:30-7pm	Regional 7:30-9pm	Older Adult 8:30-9:30am		11:30am-12:30pm
Classes in the Weight Room (Shared Space)	Circuit – Small Group 10:15- 11:15am Fit & Improved (x3) 6:30-9:50pm	Weight Training – Small Group 11am-12pm	Circuit – Small Group 10:15-11:15am Fit & Improved (x3) 6:30-9:50pm	Weight Training – Small Group 11am-12pm	Weight Training – Small Group 11am-12pm		

**Weight Room Orientations**

- Our weight room is 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 appointment only.
- Orientations cost \$15 (plus GST) for adults and are free for teens 13-15yrs and adults 60+.
- Call 250-475-7630 to book an appointment.

**Personal Training Sessions**

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 an orientation and must present their orientation card or sticker as proof of completion.
- Visit our [Weight Room page](#) to view all weight room guidelines.

**Notes & Additional Information**

**SCP will complete its annual maintenance between August 31 and September 15. Weight Room will be closed August 31-September 2 (reopen Sept 3) Main Facility and Pool will be closed Sept 2-15. (reopen Sept 16) During this time, showers will be unavailable.**

For more information visit [saanich.ca/recreation](http://saanich.ca/recreation)



