



2024 Fall

PKWeightRoom.docx

☎ 250-475-5400

Pearkes Recreation Centre

*Effective: January 6 – June 29, 2025*

# Weight Room Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	7am-8pm	7am-8pm
Attendant on Duty	9-11am 4-7pm	9-11am 4-7pm	9-11am 4-7pm	9-11am 4-7pm	9-11am 4-7pm	9:30-11:30am	
Orientations (by appointment only)						5-6pm	10:30-11:30am
Classes in the Weight Room		Circuit 9:15-10:15am Stretching room shared	Circuit 9:15-10:15am Stretching room shared	Big Wellness 7:00-8:00pm Stretching room closed	Circuit 9:15-10:15am Stretching room shared	Circuit 9:15-10:15am Stretching room shared	

Weight Room Orientations	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Orientations cost \$15 (plus GST) for adults and are free for teens 13-15yrs and adults 60+.</li> <li>• Call 250-475-5400 to book an appointment.</li> </ul>
Personal Training Sessions	Visit our <a href="#">Personal Training</a> page or visit our reception desk for more information about packages offered. Call reception at 250-475-5400 to set up an appointment.
Weight Room Guidelines	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Visit our <a href="#">Weight Room page</a> to view all weight room guidelines.</li> </ul>
Notes & Additional Information	<p>For facility hours on statutory holidays call 250-475-5400.</p> <p>For more information visit <a href="http://saanich.ca/recreation">saanich.ca/recreation</a></p>

