

# Weight Room Schedule

*Effective: June 27 – Sept 1, 2026*

	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	6am-4pm
Attendant on Duty	9-10:15am 5-10pm	8-10am 5-10pm	8-10am 5-10pm	8-10am 5-10pm	8-10am 5-10pm	11am-1pm	12-2pm
Orientations (by appointment only)		5:30-6:30pm	5:15-6:15pm	Regional 7:30-9pm	Older Adult 9-10am		12-1pm
Classes in the Weight Room (Shared Space)	Circuit 10:15-11:15 Rowing 5:30-6:30 Fit & Improved 6:30-9	Weight Training for Teens 4:30-5:30	Fit & Improved 6:30-9		Weight Training for Teens 4:30-5:30	Rowing 11:30-12:30	

<p><b>Weight Room Orientations</b></p>	<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 250-475-7630 to book an appointment.</li> </ul>
<p><b>Personal Training Sessions</b></p>	<p>Visit our <a href="#">Personal Training</a> page or visit our reception desk for more information about packages offered. Call reception at 250-475-7630 to set up an appointment.</p>
<p><b>Weight Room Guidelines</b></p>	<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>
<p><b>Notes &amp; Additional Information</b></p>	<p>Facility hours on statutory holidays 8am-4pm:</p> <ul style="list-style-type: none"> <li>• Stats: July 1 and August 3.</li> <li>• CLOSED Sept 2 – Sept 7 for annual maintenance.</li> </ul> <p>For more information visit <a href="http://saanich.ca/recreation">saanich.ca/recreation</a></p>

