



 250-475-5400

Pearkes Recreation Centre - Weight Room Schedule

Effective until June 30, 2021

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reserved Drop – In Reserve your space at Saanich.ca			8:00- 9:30am 10:00-11:30am 4:30-6:00pm 6:30-8:00pm			8:30-10:00am 10:30-12:00pm	8:30-10:00am 10:30-12:00pm
Supervisor on Duty			Monday 5:00 -7:00pm Tuesday 4:30-6:30pm Wednesday – Friday 6:00-8:00pm			9:00-11:00am	
Personal Training	Personal training is now available. For inquires call 250-475-5400						
Guidelines	<ul style="list-style-type: none"> • Masks must be worn at all times. Masks may be removed when exercising on a machine or using equipment but must be replaced immediately after. • Before and after use: clean equipment (pins, adjustment knobs, seats, handles etc.) • Collect your individual spray bottle and paper towel before entering weight room. • Spray paper towel with disinfectant and then wipe equipment • Clean your cubby before and after use • Stay 2 meters apart, unless with a workout partner • No “working in” or spotting unless with your workout partner • No shower facilities available 						
Notes & Additional Information	<ul style="list-style-type: none"> • Facility closed on Statutory Holidays • Weight room equipment may be limited due to Covid-19. • For schedules visit: https://www.saanich.ca/EN/main/parks-recreation-culture/facilities-schedules-fees/schedules/weight-room.html 						
Weight Room Policy	Our weight rooms are available for use by persons 16 years and older or teens 13-15 years after completing a free weight room orientation.						