



☎ 250-475-7121

## CEDAR HILL RECREATION CENTRE - Weight Room Schedule

March 31- April 30, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Reserved Drop-In Sessions	7:30-9:00am 9:30-11:00am 11:30-1:00pm 1:30-3:00pm 3:30-5:00pm 5:30-7:00pm* 7:30-9:00pm*	7:30-9:00am 9:30-11:00am 11:30-1:00pm 1:30-3:00pm 3:30-5:00pm 5:30-7:00pm* 7:30-9:00pm*	7:30-9:00am 9:30-11:00am 11:30-1:00pm 1:30-3:00pm 3:30-5:00pm 5:30-7:00pm* 7:30-9:00pm*	7:30-9:00am 9:30-11:00am 11:30-1:00pm 1:30-3:00pm 3:30-5:00pm 5:30-7:00pm* 7:30-9:00pm*	7:30-9:00am 9:30-11:00am 11:30-1:00pm 1:30-3:00pm 3:30-5:00pm 5:30-7:00pm*	8:30-10:00am* 10:30-12:00pm*	8:30-10:00am* 10:30-12:00pm*

\*Stretching area available during these times.

Weight Room Guidelines	<ul style="list-style-type: none"> <li>• Masks are mandatory in all Saanich Recreation Centres.</li> <li>• Masks must be worn at all times, including while exercising.</li> <li>• Stay 2.5 meters apart</li> <li>• Collect your individual spray bottle from “clean” table</li> <li>• Spray paper towel with disinfectant and wipe equipment</li> <li>• Before and after use: clean equipment (pins, adjustment knobs, seat, handles etc.)</li> <li>• Clean your cubby before and after use</li> <li>• Individual workouts only. No workout partners or “working in.”</li> <li>• Return spray bottle to “dirty” bucket</li> <li>• Leave promptly once session is finished</li> <li>• Shower facilities not available</li> </ul>
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Notes & Additional Information	<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 free weight room orientation. Orientation by appointment only for ages 13+, Adults and 60+. Call 250-475-7630 to book an appointment. Saturdays 10:30-11:30am.</li> <li>• Facility closed on Statutory Holidays</li> <li>• Weight room equipment may be limited due to Covid-19.</li> </ul>
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