

Henderson Weightroom Hours

| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|-------------------------------|--|-------------------------------|--|-------------------------------|---------------|---------------|
| Drop-in | 6:00-8:00am and 9:30am-9:00pm | 6:00am-12:00pm and 1:30-5:15pm and 6:45-9:00pm | 6:00-8:00am and 9:30am-9:00pm | 6:00am-12:00pm and 1:30-5:15pm and 6:45-9:00pm | 6:00am-8:00pm | 8:00am-8:00pm | 8:00am-8:00pm |
| Attendant Available | 9:30am-3:30pm and 5:30-7:30pm | 6:30-8:30pm | 9:30am-12:00pm | 6:30-8:30pm | 8:00-9:00am and 10:30-11:00am | 9:00-11:00am | - |

NOTE: STATUTORY HOLIDAY HOURS ARE SUBJECT TO CHANGE.

The Weightroom at Henderson Recreation Centre

Located right across from reception in Henderson Recreation Centre, the Weightroom has full windows on two sides of the room, with views of the gardens in front of the building and the golf course.

The minimum age to drop in at Oak Bay Parks, Recreation and Culture (OBPRC) Weightrooms is 16 years. Those aged 13-15 years may register for a Regional Youth Weightroom Orientation. Upon successful completion, orientation participants will receive a Youth Fitness Exemption card which must be presented at time of entry, permitting youth 13-15 years access to OBPRC Weightrooms either during staff-attended times or when accompanied by an adult 19 years or older.