

Oak Bay Recreation Fitness Centre Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Centre Drop-in Times	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm
Attendant Available (subject to change)	8:00am-11:00am and 2:30pm-10:00pm	6:00am-11:00am and 12:00pm-10:00pm	6:00am-1:00pm and 2:30pm-10:00pm	6:00am-11:00am and 12:00pm-10:00pm	8:00am-11:00am and 12:00pm-10:00pm	8:00am-11:00am and 2:00pm-10:00pm	8:00am-11:00am and 3:00pm-10:00pm
NOTE: STATUTORY HOLIDAY HOURS ARE SUBJECT TO CHANGE.							

The Fitness Centre at Oak Bay Recreation Centre

The minimum age to drop in at Oak Bay Parks, Recreation and Culture (OBPRC) Fitness Centre's is 16 yrs. Those aged 13-15 yrs. 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 the time of entry, permitting youth 13-15 yrs. access to OBPRC Fitness Centre's either during staff-attended times (listed above) or when accompanied by an adult 19 yrs. or older.