



PORT HARDY RECREATION CENTRE
 LOCATION: 7400 COLUMBIA STREET PH: (250) 949-6686 FAX: (250) 949-8237

FITNESS SCHEDULE June 29th - August 6th Being held in the Civic Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Chair Fit 9:30-10:15 With Kerry	Chair Fit 9:30-10:15 With Kerry	Chair Fit 9:30-10:15 With Kerry	Chair Fit 9:30-10:15 With Kerry		
	Aerobics Light 10:45-11:30 With Athena	Aerobics Heavy 10:45-11:30 With Athena	Aerobics Light 10:45-11:30 With Athena			

Drop In Admissions

Rate change Aug 1st, 2020

Senior (60+) \$ 3.30 / \$3.40 \$ 33.20 / \$33.85
 Adult (18-54) \$ 5.30 / \$5.40 \$ 53.00 / \$54.05

Punch Cards (11 Admissions)

Port Hardy Recreation Center is opening its doors in limited capacity on Monday June 29th with new protocols in place to promote physical distancing among patrons and staff along with required sanitizing of the equipment in use (chairs and exercise bands)

Under the guided recommendations of public health, WorkSafe BC and BC Recreation and Parks Association we are welcoming public to join us for workout sessions by **pre-registration only**

Each workout session is 45 minutes with a maximum of 10 people. **To register call Port Hardy Recreation, at 250-949-6686**

NEW:

When arriving at the PHRC, staff will be asking patrons a few pre-screening questions to check for COVID-19 related symptoms, such as runny nose, sneezing, cough sore throat, fever and difficulty breathing.

The PHRC staff has missed you but if unwell please stay home.

Wearing a mask is not required however we encourage everyone to limit touching there face as much as possible. We also ask that you bring your own towel / cloth to wipe your face. Also, that patrons come dressed and ready for the session.

Once your workout session is completed, we ask that you follow the directions of exiting the facility so staff can complete a thorough 30-minute-deep clean of the equipment prior to the next workout session.

To ensure physical distancing the chairs and equipment will be pre set up and we ask that they are not moved.