

Facility Schedule

Jun 9 - 27, 2018

OUTDOOR POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim	Closed					12-5pm Free Admission	
LAND FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am	Muscle Max	Circuit Training	Abs, Butt & Thigh	Circuit Training	Muscle Max	No Classes	No Classes
10:30am	Yoga Flow						
12pm							
1pm		Simply Stretch		Simply Stretch			
6:20pm		Core Conditioning					
7pm		Zumba Gymnasium					
WEIGHT ROOM	Monday	Tuesday	Wednesday	Thursday	Friday		
	6am-10pm					8am-9pm	
Attendant	Weight room attendant available during majority of weight room hours						
CUSTOMER SERVICE HOURS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6am-10pm					8am-9pm	
MUNICIPAL SERVICES HOURS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed Stat Holidays	8:30am-4:45pm			8:30am-8pm	8:30am-4:45pm	Closed	
View Municipal Services information							
View Arena Weekly Public Skate Schedule							

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.

Facility Schedule

Jun 28 – Jul 1, 2018

OUTDOOR POOL	Monday	Tuesday	Wednesday	Thursday Jun 28	Friday Jun 29	Saturday Jun 30	Sunday Jul 1	
Public Swim	12-4pm	12-4pm	12-4pm 6-8pm	12-4pm	12-4pm 6-8pm	12-5pm Free Admission		
Length Swim	9am-12pm							
AQUA FITNESS CLASSES								
Power Deep	10-11am	9:30-10:30am		9:30-10:30am				
GROUP 7 PRIVATE RENTALS							5-7pm	
BIRTHDAY PARTIES							5-7pm	
LAND FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:15am	Muscle Max	Circuit Training	Abs, Butt & Thigh	Circuit Training	Muscle Max	No Classes	No Classes	
10:30am	Yoga Flow							
12pm								
1pm		Simply Stretch		Simply Stretch				
6:20pm		Core Conditioning						
7pm		Zumba Gymnasium						
WEIGHT ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6am-10pm					8am-9pm		
Attendant	Weight room attendant available during majority of weight room hours							
CUSTOMER SERVICE HOURS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6am-10pm					8am-9pm		
MUNICIPAL SERVICES HOURS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Closed Stat Holidays	8:30am-4:45pm			8:30am-8pm	8:30am-4:45pm	Closed		
View Municipal Services information								
View Arena Weekly Public Skate Schedule								

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.

Facility Schedule

Jul 2 – Sep 3, 2018

OUTDOOR POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Public Swim	12-4pm	12-4pm	12-4pm 6-8pm	12-4pm	12-4pm 6-8pm	12-5pm Free Admission		
Length Swim	9am-12pm							
AQUA FITNESS CLASSES								
Power Deep	10-11am	9:30-10:30am		9:30-10:30am				
GROUP 7 PRIVATE RENTALS							5-7pm	
BIRTHDAY PARTIES							5-7pm	
LAND FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:15am	Muscle Max	Circuit Training	Abs, Butt & Thigh		Muscle Max	No Classes	No Classes	
10:30am	Yoga Flow			Yoga Flow				
11:45am		Simply Stretch		Simply Stretch				
6:20pm		Core Conditioning**						
7pm		Zumba Gymnasium						
WEIGHT ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6am-10pm						8am-9pm	
Attendant	Weight room attendant available during majority of weight room hours							
CUSTOMER SERVICE HOURS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6am-10pm						8am-9pm	
MUNICIPAL SERVICES HOURS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Closed Stat Holidays	8:30am-4:45pm				8:30am-8pm	8:30am-4:45pm	Closed	
View Municipal Services information								
View Arena Weekly Public Skate Schedule								

**** Classes are 30 minutes long**

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.



Drop-In Gymnasium Schedule

Jul 2 – Sep 3, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball* Half Court 6-9am All Ages	Open Gym* 6-10am All Ages	Basketball* Half Court 6-9am All Ages	Open Gym* 6-10am All Ages	Basketball* 6-9am All Ages	Sport Zone Interactive 4:15-6:45pm 1-5 yrs	Pickleball 9:15-11:30am All Ages
Sport Zone Interactive 9:30-12pm 1-5 yrs	Basketball* Half Court 12:15-3pm 13+ yrs	Sport Zone Interactive 9:30-12pm 1-5 yrs	Open Gym* 12:15-3pm All Ages	Sport Zone Interactive 9:30-12pm 1-5 yrs		Open Gym 11:45am-2pm All Ages
Pickleball* 12:15-3pm 18+ yrs		Open Gym 3:15-5pm All Ages	Basketball* Half Court 12:15-3pm All Ages	Family Badminton 3:15-5:45pm Adult w/ Child	Pickleball* 12:15-3pm 18+ yrs	Pickleball 4:30-6:45pm All Ages
Basketball Half Court 3:15-5:45pm 7-13 yrs Jul 2 & Aug 6 Only	Open Gym 3-6pm All Ages		Basketball Half Court 3:15-5:30pm 13-15 yrs		Family Sports Night 5:30-7:30pm Adult w/ Child	
Badminton 5:45-7:45pm 7-13 yrs	Basketball Half Court 5-6:45pm 16+ yrs	Family Badminton 6:15-7:45pm Adult w/ Child	Basketball Half Court 7:45-9:45pm 16+ yrs	Volleyball 7:45-10pm 13+ yrs	Open Gym 7-9pm 13-18 yrs	Badminton 4:15-6pm All Ages
Badminton 8-10pm 16+ yrs	Pickleball 8:30-9:45pm 18+ yrs	Basketball Full Court 8-9:45pm 16+ yrs				Badminton 6-8:45pm 16+ yrs

Unless stated otherwise, regular *drop-in admission rates* apply.

* Unsupervised drop-in program

Notes:

- Unsupervised Drop-In Programs – Gym equipment **will not be provided**
- Open Gym – A variety of equipment will be provided on a first come first serve basis
- Evening drop-in programs – Wristbands will be sold 30 minutes prior to start time
- No spectators allowed

Schedule subject to change without notice.

Fitness classes held in the gymnasium can be found under "Facility Schedule".

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.

For online registration and info, please go to www.delta.ca.

Drop-In Gymnasium Schedule

Jun 11 – Jul 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Basketball* Half Court 6-9am All Ages	Open Gym* 6-10:15am All Ages	Basketball* Half Court 6-9am All Ages	Open Gym* 6-10:15am All Ages	Basketball* Half Court 6-9am All Ages	Basketball Half Court 9am – 12:30pm All Ages	Open Gym 9-11:30am All Ages		
Sport Zone Interactive 9:30-12pm 1-5 yrs	Basketball* Half Court 12:15-3pm 13+ yrs	Sport Zone Interactive 9:30-12pm 1-5 yrs	Open Gym* 12:15-3pm All Ages	Sport Zone Interactive 9:30-12pm 1-5 yrs		Pickleball 11:45-1:45pm 18+ yrs		
Pickleball* 12:15-3pm 18+ yrs		Basketball* Half Court 12:15-3pm All Ages	Basketball Half Court 3:15-7:15pm All Ages	Basketball Half Court 3:15-7:15pm All Ages	Pickleball* 12:15-3pm 18+ yrs	Pickleball 4:30-6:45pm All Ages	Basketball Half Court 2-4pm All Ages	
Basketball Half Court 3:15-5:45pm 7-13 yrs	Open Gym 3:15-5pm All Ages	Open Gym 3:15-5pm All Ages			Basketball Half Court 3:15-5:30pm 13-15 yrs		Family Sports Night 5:30-7:30pm Adult w/ Child	Family Badminton 4:15-6pm Adult w/ Child
Badminton 6-8pm 13+ yrs	Basketball Half Court 5-6:45pm 16+ yrs	Basketball Half Court 5-7:45pm All Ages			Family Sports Night 5:30-7:30pm Adult w/ Child			
Badminton 8-10pm 16+ yrs	Volleyball 8:15-9:45pm 13+ yrs	Basketball Full Court 8-9:45pm 16+ yrs	Basketball Half Court 7:15-9:45pm 16+ yrs	Volleyball 7:45-9:45pm 13+ yrs	Open Gym 7-9pm All Ages	Badminton 6-8:45pm 13+ yrs		

Unless stated otherwise, regular [drop-in admission rates](#) apply.

* Unsupervised drop-in program

Notes:

- Unsupervised Drop-In Programs – Gym equipment **will not be provided**
- Open Gym – A variety of equipment will be provided on a first come first serve basis
- Evening drop-in programs – Wristbands will be sold 30 minutes prior to start time
- No spectators allowed

Schedule subject to change without notice.

Fitness classes held in the gymnasium can be found under "Facility Schedule".

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.

For online registration and info, please go to www.delta.ca.



Drop-In Gymnasium Schedule

Jul 2 – Sep 3, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball* Half Court 6-9am All Ages	Open Gym* 6-10am All Ages	Basketball* Half Court 6-9am All Ages	Open Gym* 6-10am All Ages	Basketball* 6-9am All Ages	Sport Zone Interactive 4:15-6:45pm 1-5 yrs	Pickleball 9:15-11:30am All Ages
Sport Zone Interactive 9:30-12pm 1-5 yrs	Basketball* Half Court 12:15-3pm 13+ yrs	Sport Zone Interactive 9:30-12pm 1-5 yrs	Open Gym* 12:15-3pm All Ages	Sport Zone Interactive 9:30-12pm 1-5 yrs		Open Gym 11:45am-2pm All Ages
Pickleball* 12:15-3pm 18+ yrs		Open Gym 3:15-5pm All Ages	Basketball* Half Court 12:15-3pm All Ages	Family Badminton 3:15-5:45pm Adult w/ Child	Pickleball* 12:15-3pm 18+ yrs	Pickleball 4:30-6:45pm All Ages
Basketball Half Court 3:15-5:45pm 7-13 yrs Jul 2 & Aug 6 Only	Open Gym 3-6pm All Ages		Basketball Half Court 3:15-5:30pm 13-15 yrs		Family Sports Night 5:30-7:30pm Adult w/ Child	
Badminton 5:45-7:45pm 7-13 yrs	Basketball Half Court 5-6:45pm 16+ yrs	Family Badminton 6:15-7:45pm Adult w/ Child	Basketball Half Court 7:45-9:45pm 16+ yrs	Volleyball 7:45-10pm 13+ yrs	Open Gym 7-9pm 13-18 yrs	Badminton 4:15-6pm All Ages
Badminton 8-10pm 16+ yrs	Pickleball 8:30-9:45pm 18+ yrs	Basketball Full Court 8-9:45pm 16+ yrs				Badminton 6-8:45pm 16+ yrs

Unless stated otherwise, regular *drop-in admission rates* apply.

* Unsupervised drop-in program

Notes:

- Unsupervised Drop-In Programs – Gym equipment **will not be provided**
- Open Gym – A variety of equipment will be provided on a first come first serve basis
- Evening drop-in programs – Wristbands will be sold 30 minutes prior to start time
- No spectators allowed

Schedule subject to change without notice.

Fitness classes held in the gymnasium can be found under "Facility Schedule".

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.

For online registration and info, please go to www.delta.ca.

Facility Schedule

Jun 6 - 24, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Arts & Crafts Drop-in 3:15-4:45pm 7-12 yrs *last class Jun 20				

***Schedule subject to change without notice**

Online Registration & info www.delta.ca

Activity	Description
Arts & Craft Drop-in	Drop in to create a few arts and craft projects. Our leader will have tables set up with different art supplies so that you can create freely or make something specific.

Facility Schedule

Jul 4 – Aug 29, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Parent & Tot Art Drop-in 5:30-7pm 2-6 yrs *Starts Jul 9 No class Aug 6					
		Arts & Crafts Drop-in 4-6pm 7-12yrs			Arts & Crafts Drop-in 9:30-11:30am 7-12yrs	

***Schedule subject to change without notice**

Online Registration & info www.delta.ca

Activity	Description
Drop-in Art	Drop in to create a few arts and craft projects. Our leader will have tables set up with different art supplies so that you can create freely or make something specific.
Parent & Tot Art Drop-in	Enjoy creating projects while socializing with other families. Be prepared for lots of fun! Parent participation required.

Facility Schedule

Jun 9 – 27, 2018

PUBLIC SWIM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim	Closed					12-5 pm Free Admission	

Free Admission: Every Saturday & Sunday

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.

Facility Schedule

Jun 28 – Sep 3, 2018

Note: The Outdoor Pool will be closed on Friday July 6th from 6-8pm due to Tour de Delta Event.

PUBLIC SWIM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim	12-4pm	12-4pm	12-4pm 6-8pm	12-4pm	12-4pm 6-8pm July 6 6-8pm Swim Cancelled	12-5 pm Free Admission	
Length Swim	9-12pm						
AQUA FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Deep	10-11am	9:30-10:30am		9:30-10:30am			
Group & Private Rentals						5-7pm	
Birthday Parties						5-7pm	

Free Admission: Every Saturday & Sunday & July 2, August and September 3, 2018.

May I see some ID, Please? It is necessary to show your Facility Admission Card each time you use the facility if you are over 7 years of age and want to access drop-in programs. The card will help us remember your name and keep our facility safe. The cards are issued at our Customer Service Offices.