

Facility Schedule

Apr 16 – Jun 8, 2018

OUTDOOR POOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED FOR THE SEASON							
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				Yoga Flow			
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

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				Yoga Flow			
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							
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Facility Schedule

Jun 28 – Jul 1, 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	Circuit Training	Muscle Max	No Classes	No Classes
10:30am	Yoga Flow						
12pm				Yoga Flow			
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							

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Drop-In Gymnasium Schedule

Apr 2 – Apr 22, 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 11:45am-1:45pm 18+ yrs
Pickleball* 12:15-3pm 18+ yrs		Basketball* Half Court 12:15-3pm All Ages		Pickleball* 12:15-3pm 18+ yrs		
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 3:15-7:15pm All Ages	Basketball Half Court 3:15-5:30pm 13-15 yrs	Pickleball 4:30-6:45pm All Ages	
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		Family Badminton 4:15-6pm 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".

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

Drop-In Gymnasium Schedule

Apr 23 – Jun 10, 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	Pickleball 4:30-6:45pm All Ages	Basketball Half Court 2-4pm 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* 12:15-3pm 18+ yrs		Basketball* Half Court 12:15-3pm All Ages		Pickleball* 12:15-3pm 18+ yrs			Basketball Half Court 3:15-5:30pm 13-15 yrs
Basketball Half Court 3:15-5:45pm 7-13 yrs	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
May 21 Only Open Gym 6-7:45pm All Ages							Basketball Half Court 5-6:45pm 16+ yrs
Badminton 8-10pm 16+ yrs	Volleyball 8:15-9:45pm 13+ yrs	Basketball Full Court 8-9:45pm 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.

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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 Cancelled Jun 19	Basketball* Half Court 6-9am All Ages Cancelled Jun 20	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 Cancelled Jun 19	Sport Zone Interactive 9:30-12pm 1-5 yrs Cancelled Jun 20	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		Open Gym 3:15-5pm All Ages Cancelled Jun 19	Basketball* Half Court 12:15-3pm All Ages Cancelled Jun 20	Basketball Half Court 3:15-7:15pm All Ages	Pickleball* 12:15-3pm 18+ yrs	Basketball Half Court 2-4pm All Ages
Basketball Half Court 3:15-5:45pm 7-13 yrs	Open Gym 3:15-5pm All Ages Cancelled Jun 20		Basketball Half Court 3:15-5pm 13-15 yrs		Family Sports Night 5:30-7:30pm Adult w/ Child	
Badminton 6-8pm 13+ yrs	Basketball Half Court 5-6:45pm 16+ yrs Cancelled Jun 19	Basketball Half Court 5-7:45pm All Ages Cancelled Jun 20	Basketball Half Court 7:15-9:45pm 16+ yrs	Volleyball 7:45-9:45pm 13+ yrs		Pickleball 4:30-6:45pm All Ages
Badminton 8-10pm 16+ yrs	Volleyball 8:15-9:45pm 13+ yrs Cancelled Jun 19	Basketball Full Court 8-9:45pm 16+ yrs Cancelled Jun 20			Open Gym 7-9pm All Ages	

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

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Facility Schedule

Apr 2 – Jun 24, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Arts & Crafts Drop-in 3:15-4:45pm 7-12 yrs		Open Art Studio Drop-in 10am-12pm 16+ yrs Apr 6		

***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.
Open Art Studio Drop-in	Work on your paintings or other art projects in the company of fellow artists & friends. Bring your projects and supplies and we'll provide the space and expertise of Rita Chaplinsky! Regular drop-in fees apply.

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

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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.

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