

## Facility Schedule

Nov 8 – Dec 22, 2019

PUBLIC SWIM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Length Swim, Steam, Sauna, Swirl	6am-10pm 1 lane or more available dependent on available space					7am-9pm	8am-9pm	
Water Walking Lane	M-F - 6-9am & 8:15-10pm - 1 lane designated for water walking							
Public Swim	6am-10pm					7am-9pm	8am-9pm	
All children under the age of 7 must be within arm's reach of an adult (16yrs+) at all times. (1 adult to a maximum of 3 children) Diving Boards, Mat Walk and Rope Drop are open during peak times; programs & other activities permitting.								
Playleader/Inflatable					7:30-8:30pm	2-3pm	2-3pm	
Parent & Tot Pool Playtime	10:30-11:30am							
Teen Night 13-18 yrs						9-10:30pm		
TGIF Family Fun Night					7-9pm			
Moonlight Swim							8-9pm	
<b>Group &amp; Private Rentals:</b> Times vary, please call for details.					7:15-9:15pm	1-8:30pm	2-8:30pm	
AQUA FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:15am	Power Deep	Power Deep	Power Deep	Power Deep	Power Deep	Tidal Toner		
9:15am	Tidal Toner	Tidal Toner	Tidal Toner	Tidal Toner	Tidal Toner	Gentle Fit*		
10:30am	Aqua Joints <b>Cancelled Nov 11</b>		Forever Fit		Forever Fit			
11:30am	Mommy & Me**							
11:45am		Gentle Fit*		Gentle Fit*				
7:15pm	Tidal Toner		Tidal Toner					
8:15pm	Deep Water Boot Camp		Deep Water Boot Camp					
LAND FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
6:05am	Step Combo <b>Cancelled Nov 11</b>		Step Combo		Step Combo			
6:05am	Cycle Fit*			Cycle Fit*				
7am		Yoga Flow		Yoga Flow				
8am		Cycle & Strength		Cycle & Strength		Cycle Fit	Cycle Fit	
9:15am	Step Cardio	Muscle Max	Step Combo	Muscle Max	Step Combo	F.I.T.T	Step Cardio	
	Cycle Fit		Cycle Fit		Cycle Fit	Cycle Fit		
9:30am		Cycle Fit*		Cycle Fit*				
10:30am	Low Impact	Simply Stretch	Low Impact	HIIT*	Yoga Flow	Yoga Flow	Yoga Flow	
10:45am					Cycle Fit*			
11:45am						Zumba Fitness	Beginner Yoga Flow	
1pm						Simply Stretch		
4:30pm	Cycle Fit* <b>Cancelled Nov 11</b>	Cycle Fit*			HIIT*			
5:30pm	Circuit Training <b>Cancelled Nov 11</b>	Step Combo		Muscle Max				
6pm			Cycle Fit					
7pm	Cycle Fit <b>Cancelled Nov 11</b>	Boot Camp	Muscle Max	Boot Camp				
				Cycle Fit				
8:15pm			Yoga Flow					
* Express classes 45 minutes long **30 minute class								
WEIGHT ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Weight Room	6am-10pm					7am-9pm	8am-9pm	
Teen Night 13-18 yrs						9-10:30pm		
Attendant	Weight room attendant available during majority of weight room hours.							
Cycle Fit	Cycle Fit is allocated 30 minutes prior to class – first come, first serve basis							
<a href="#">View Arena Weekly Public Skate Schedule</a>								

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**Schedules are subject to change without notice.**

## Drop-In Gymnasium Schedule

Oct 7 – Dec 8, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Basketball*</b> 6:15-8:15am 16+ yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Basketball*</b> 6:15-8:15am 16+ yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Basketball Half Court</b> 6:15-9pm 16+ yrs
<b>Pickleball*</b> 12:15-3pm 18+ yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Pickleball*</b> 12:15-3pm 18+ yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Open Gym</b> 12:45-3:30pm All Ages	<b>Open Gym</b> 12-2:30pm All Ages	
<b>Open Gym</b> 3:15-4:15pm All Ages	<b>Open Gym*</b> 12:15-3pm All Ages	<b>Open Gym</b> 3:15-5:30pm All Ages	<b>Gym Available for Rental Groups</b>		<b>Basketball Half Court</b> 2:30-4:45pm All Ages	
<b>Badminton</b> 8-10pm 18+ yrs		<b>Basketball Full Court</b> 8-10pm 16+ yrs	<b>Volleyball</b> 5:45-7:45pm All Ages	<b>Open Gym</b> 3:15-6pm All Ages <b>Oct 31 extended to 8pm</b>	<b>Badminton</b> 5-6:45pm All Ages	
	<b>Basketball Half Court</b> 8-10pm 13+ yrs		<b>Badminton</b> 8:15-10pm All Ages	<b>Toonie Open Gym</b> 9-10pm 16+ yrs	<b>Open Gym</b> 7-9pm 13+ yrs	
					<b>Teen Night</b> 9-10:30pm 13-18 yrs	

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

\* Unsupervised drop-in program

*Schedule subject to change without notice.*

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

### Statutory Holiday Open Gym Times:

Sunday	Oct 13	2-6pm	All Ages
Monday	Oct 14	3:15-7:45pm	All Ages
Sunday	Nov 10	2-6pm	All Ages
Monday	Nov 11	3:15-7:45	All Ages

### 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
- Drop-in programs – Wristbands will be sold 30 minutes prior to start time
- No spectators allowed

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For online registration and info, please go to [www.delta.ca](http://www.delta.ca).

## Drop-In Gymnasium Schedule

Dec 9 – 22, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Basketball*</b> 6:15-8:15am 16+ yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Basketball*</b> 6:15-8:15am 16+ yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Basketball Half Court</b> 9-11:30am All Ages
<b>Pickleball*</b> 12:15-3pm 18+ yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Pickleball*</b> 12:15-3pm 18+ yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Open Gym</b> 12:45-7pm All Ages	<b>Open Gym</b> 12-2:30pm All Ages	<b>Open Gym</b> 11:30-2pm All Ages
<b>Open Gym</b> 3:15-5pm All Ages	<b>Open Gym*</b> 3-6pm All Ages	<b>Open Gym</b> 3:15-5:30pm All Ages	<b>Gym Available for Rental Groups</b>		<b>Basketball Half Court</b> 2:30-4:45pm All Ages	
<b>Basketball Half Court</b> 5-8:15pm 13+ yrs		<b>Volleyball</b> 5:45-7:45pm All Ages	<b>Open Gym</b> 3:15-6pm All Ages		<b>Badminton</b> 5-6:45pm All Ages	<b>Badminton</b> 2:15-4:15pm All Ages
<b>Badminton</b> 8:30-10pm		<b>Basketball Full Court</b> 8-10pm 13+ yrs	<b>Basketball Half Court</b> 8-10pm 13+ yrs		<b>Badminton</b> 8:15-10pm All Ages	<b>Toonie Open Gym</b> 9-10pm 16+ yrs
					<b>Teen Night</b> 9-10:30pm 13-18 yrs	

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*Schedule subject to change without notice.*

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

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## Drop-In Gymnasium Schedule

Dec 23, 2019 – Jan 5, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Basketball*</b> 6:15-8:15am 16+ yrs	<b>Pickleball*</b> 1:45-3:15pm All Ages <b>Cancelled Dec 25</b>	<b>Basketball*</b> 6:15-8:15am 16+ yrs <b>Cancelled Dec 26</b>	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Basketball Half Court</b> 9-11:30am All Ages
<b>Pickleball*</b> 12:15-3pm 18+ yrs	<b>Roaming Rascals</b> 9-11:30am 1-5 yrs		<b>Roaming Rascals</b> 9-11:30am 1-5 yrs	<b>Open Gym</b> 12:45-6pm All Ages	<b>Open Gym</b> 12-2:30pm All Ages	<b>Open Gym</b> 11:30-1:45pm All Ages
<b>Open Gym</b> 3:15-5pm All Ages	<b>Open Gym</b> 12:15-3:45pm All Ages	<b>Open Gym</b> 3:30-4:45pm All Ages <b>Cancelled Dec 25</b>	<b>Basketball Half Court</b> 12:15-3:30pm All Ages		<b>Family Badminton</b> 6:15-8:45pm Adult w/Child	<b>Basketball Half Court</b> 2:30-4:45pm All Ages
<b>Basketball Half Court</b> 5-8:15pm 13+ yrs			<b>Open Gym</b> 3:30-8pm All Ages <b>Cancelled Dec 26</b>	<b>Badminton</b> 5-6:45pm All Ages		<b>Badminton</b> 5-6:45pm All Ages
<b>Badminton</b> 8:30-10pm 18+ yrs			<b>Badminton</b> 8:15-10pm All Ages <b>Cancelled Dec 26</b>		<b>Toonie Open Gym</b> 9-10pm 16+ yrs	
				<b>Teen Night</b> 9-10:30pm 13-18 yrs		

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