

Facility Schedule

Sep 6 – 12, 2019

PUBLIC SWIM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length Swim, Sauna & Swirl	6am-10pm				6am-9pm	8am-5:30pm	8am-7:30pm
Public Swim	6am-10pm						
Minimum 1 lane available during Length Swim							
All children under the age of 7 must be within arm's reach of an adult (16+ yrs) at all times. (1 adult to maximum of 3 children). Pool Space, Diving Boards, Rope Drop, Inflatable, Mat Walk open during peak times; programs & other activities permitting.							
Splash & Play Bubble Time		10:30-11:30am					
TGIF Family Fun Night					7-8:30pm		
Moonlight Swim		9-10pm		9-10pm			
Super Slide inflatable			7:30-8:30pm			2:30-3:30pm	
Group & Private Rentals:	Times vary, please call for details					After 5:30pm	After 7:30pm
AQUA FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Power Deep		Power Deep	Power Deep	Power Deep		
9:30am	Tidal Toner		Gentle Fit	Gentle Fit	Tidal Toner		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight Room	6am-10pm				6am-9pm	8am-5:30pm	8am-7:30pm
Attendant	Weight room attendant available during majority of weight room hours.						

✓ Supervised play area for children provided for an additional cost.

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.

Schedules are subject to change without notice. Please note SDRC is South Delta Recreation Centre located at 1720 – 56th Street, Delta, BC V4L 2B1 604-952-3020

Facility Schedule

Sep 13 – Dec 19, 2019

PUBLIC SWIM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length Swim, Sauna & Swirl	6am-10pm				6am-9pm	8am-5:30pm	8am-7:30pm
Public Swim	6am-10pm						
Minimum 1 lane available during Length Swim							
All children under the age of 7 must be within arm's reach of an adult (16+ yrs) at all times. (1 adult to maximum of 3 children). Pool Space, Diving Boards, Rope Drop, Inflatable, Mat Walk open during peak times; programs & other activities permitting.							
Splash & Play Bubble Time		10:30-11:30am					
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Group & Private Rentals:	Times vary, please call for details					After 5:30pm	After 7:30pm
AQUA FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Power Deep		Power Deep	Power Deep	Power Deep		
9:30am	Tidal Toner		Gentle Fit	Gentle Fit	Tidal Toner		
LAND FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am-7:15am			*Cycle Fit				
9:15am-10:15am	*HIIT	Simply Stretch	Muscle Max	Simply Stretch	Cycle and Strength		
10:30am-11:30am			* Zumba Gold			*45 minutes SDRC – South Delta Rec Centre Modified Schedule October 11, November 11	
11:45am-12:45pm	Yoga		Yoga	*Gentle Fit	Yoga		
6:30pm-7:30pm		Yoga	* Zumba Fitness SDRC	Yoga			
*Classes are 45 minutes long **Classes are 30 minutes long							
Cycle fit and Cycle fit Strength & Stretch spaces are allocated 30 min prior to class on a first come, first serve basis.							
Weight Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Attendant	6am-10pm				6am-9pm	8am-5:30pm	8am-7:30pm
Weight room attendant available during majority of weight room hours.							

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