

Sungod Recreation Centre
7815 – 112th Street
Delta, BC V4C 4B9
604-952-3075



Facility Schedule

June 30 – August 24, 2025

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public & Length Swim, Steam, Sauna, Swirl		6am – 10 pm 1 lane or more available dependent on available space					7am – 9pm	8am – 9pm
Water Walking Lane		6am – 9am & 8:30pm – 10pm						
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 are open during peak times; programs & other activities permitting.								
AQUA FITNESS		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am		Power Deep				Power Deep		
8:15am		Tidal Toner	Tidal Toner	Tidal Toner	Tidal Toner	Tidal Toner	Power Deep	
7:45pm					Tidal Toner			
Shallow water classes maximum capacity of 60 people. Deep water classes maximum capacity of 25 people.								
WEIGHT ROOM		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight Room		6am – 10pm					7am – 9pm	8am – 9pm
Attendant		Weight room attendant available during majority of weight room hours.						

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 facilities safe. The cards are issued at our Customer Service Offices.
Schedules are subject to change without notice