

Winskill Aquatic & Fitness Centre
5575 9th Avenue
Delta, BC V4M 1W1
604-952-3005



Facility Schedule
Nov 3 – Dec 21, 2025

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public & Length Swim, Sauna, Swirl		6am-10pm				6am-9pm	8am-5:30pm	8am-7:30pm
Water Walking Lane		6am-8:15am / 9:30-12pm	6am-12pm	6am-7:45am / 9-12pm	6am-12pm	6am-7:45am / 9-12pm		
Moonlight Swim			9pm-10pm		9pm-10pm			
TGIF Family Fun Night						7-8:30pm		
Sensory Friendly Swims								6:30-7:30pm 1st Sunday of every month
Youth Night <i>pool and weight room open</i>						9-10:30pm Nov 7, 21 Dec 5, 19		

1 lane or more available dependent on available space during Public and Length Swims
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
7:30am		Power Deep						
8:00am				Tidal Toner		Tidal Toner		
8:30am		Tidal Toner						
9:00am						Power Deep		
9:15am				Power Deep				
12:00pm				Rusty Hinges				
1:00pm					Rusty Hinges			

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				6am-9pm	8am-5:30pm	8am-7:30pm
Attendant		Weight room attendant available during majority of weight room hours.						

Schedules are subject to change without notice