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

Facility Schedule

September 14 – December 20, 2026

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public & Length Swim, Steam, Sauna, Swirl		6am – 10pm 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**
8:00am							Power Deep	
8:15am		Power Deep	Power Deep		Power Deep			
9:30am		Tidal Toner	Tidal Toner	Tidal Toner	Tidal Toner	Tidal Toner		
8:00pm					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