

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



**Facility Schedule**  
**Sep 20 – Sep 27, 2026**

|                                                 |  | 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-8:30am / 9:45am-12pm | 6am-9am / 10:15am-12pm | 6am-12pm  | 6am-12pm | 6am-12pm                                        |            |                                            |
| Moonlight Swim                                  |  |                          | 9pm-10pm               |           | 9pm-10pm |                                                 |            |                                            |
| TGIF Family Fun Night                           |  |                          |                        |           |          | 7pm-8:30pm                                      |            |                                            |
| Sensory Friendly Swims                          |  |                          |                        |           |          |                                                 |            | 6:30pm-7:30pm<br>1st Sunday of every month |
| Youth Night<br><i>pool and weight room open</i> |  |                          |                        |           |          | 9pm-10:30pm<br>Oct 2,16<br>Nov 6,20<br>Dec 4,18 |            |                                            |
| Super Slide<br><i>(dive tank not available)</i> |  |                          |                        |           |          |                                                 | 4-5pm      |                                            |

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       |  | Deep Water    |               |           |          |        |          |        |
| 8:00am       |  |               | Deep Water    |           |          |        |          |        |
| 8:45am       |  | Shallow Water |               |           |          |        |          |        |
| 9:15am       |  |               | Shallow Water |           |          |        |          |        |

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**