

MONDAY

TIME	ACTIVITY	LOCATION	ADDRESS	DETAILS
6 am -10 pm	Public Swim	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Public swim. Everyone welcome.
6:15-7:00 am	Cycle Fit 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Indoor cycling group challenging cardiovascular fitness through intervals and drills. Free. **13-15 yrs must attend with adult
Lunch 11:35am-12:15pm	Performance Club Gr.8-12 DSS students	Rm. 1106 (Guitar Room)	DSS	Perform songs in small groups for school events and Lunch hour "Open Mics".
Lunch 11:35am-12:15pm	Art Club Gr.8-12 DSS students	1605 (Ceramics Rm)	DSS	Open studio time; opportunity to learn new things or get support with any personal artwork being done. Themed activities and inspired art projects. Possible art shows. No art experience required.
Lunch 11:35am-12:15pm	STEM Club DSS Students	Rm. 1718 (Ms. Soong's)	DSS	Students work on Research Projects and will be running a Science Fair in Spring
3:30-6:15pm	Open Gym 7+	South Delta Recreation Centre	1720 56 St	Activities as directed by gym attendant
5:15-6:00 pm	HIIT 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	High Intensity Interval Training. Time efficient workout with bursts of high intensity exercise followed by structured active recovery. Free. 13-15 year olds must attend with an adult.
6:00-10:00 pm	Skateboarding	Ladner Baptist Church	5624 Ladner Trunk	Gym is set up for skateboarding. Open to the public gr.8-12.
6:15-7:15 pm	Muscle Max 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Non-cardio full-body workout using variety of equipment to work all muscle groups. Free. 13-15 year olds must attend with an adult.
6:15-7:00 pm	Cycle Fit 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Indoor cycling group challenging cardiovascular fitness through intervals and drills. Free. 13-15 year olds must attend with adult.
6:30-8:00 pm	Volleyball Girls Gr.8-12	Hawthorne Gym	Hawthorne Elementary School	Positive space to build skills or just enjoy a casual game of volleyball. Open to girls grade 8-12. No experience necessary.
7:00-9:15 pm	Basketball 16+	South Delta Recreation Centre	1720 56 St	Basketball scrimmage and shooting hoops with friends.

TUESDAY

TIME	ACTIVITY	LOCATION	ADDRESS	DETAILS
6:00am-10pm	Public Swim	Ladner Leisure Centre	1720 56 St	Public swim. Everyone welcome.
Lunch 11:35am-12:15pm	GLEE Club Gr.8-12	Rm 2406 (Ms. Kate`s Room)	DSS	Run by student as a capstone, for students wishing to sing, do choreography, and bond over musical theatre. May be done in collaboration with Performance Club
Lunch 11:35am-12:15pm	MUN (Model United Nations) Gr.8-12	Rm 2718	DSS	Model United Nations is an immersive experience that simulates the United Nations, where students take on the roles of diplomats, representing different countries, and collaboratively tackle real-world issues. Students will learn to debate and negotiate during Lunch 11:35am-12:15pm meetings and attend conferences around BC throughout the school year.
2:45-6:00 pm	Pickleball 18+	Ladner Community Centre	4734 51 St	Pickleball for ages 18+
3:00	Run Club	Meet in Rm 1738	DSS	Running and option to participate in the Sun Run in April
3:30-4:45 pm	Open Gym 7+	South Delta Recreation Centre	1720 56 St	Activities as directed by gym attendant
5:15-6:00 pm	On the Ball 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Total body strength and conditioning class using stability ball. Free. 13-15 must attend with adult.
6:15-7:15 pm	Zumba Fitness 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Latin-inspired cardio-dance workout. Free. 13-15 year olds must attend with an adult.

WEDNESDAY

TIME	ACTIVITY	LOCATION	ADDRESS	DETAILS
6:00am-10pm	Public Swim	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Public swim. Everyone welcome.
Collab 8:30-9:30 am	Tutoring Club Gr.8-12 DSS students	Rm 1718	DSS	Senior students provide homework help in Math, Science, English, and Socials
Lunch 11:45am-12:25pm	Government Club Gr.8-12 DSS students	Library	DSS	Promote school spirit, improve student life at DSS, provide volunteer and leadership opportunities
Lunch 11:45am-12:25pm	Math Club Gr.8-12 DSS Students	Rm 1738	DSS	Participate in fun math activities and prepare for University of Waterloo Contests
4:00 PM	Boys Senior Rugby	Weightroom	DSS	Open to all male students at DSS (for safety reasons weight of 125lbs recommended)
5:00-6:00pm	Skateboarding Gr.8-12 Open to public	Ladner Baptist Church	5624 Ladner Trunk Rd	Gym is set up for skateboarding. Open to the public gr.8-12.
6:00-9:00pm	Youth Nights Gr.8-12 Open to public	Ladner Baptist Church	5624 Ladner Trunk Rd	Open activities 6:00-7:30 (laser tag, basketball, ping pong, guitar hero/video games, art, boardgames) & 7:30-9:00 Group Activities
5:15-6:00pm	HIIT13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	High Intensity Interval Training. Free. 13-15 year olds must attend with an adult.
6:15-7:15pm	Cycle & Strength 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Indoor cycling group challenging cardiovascular fitness. Strength component off the bike. Free. 13-15 year olds must attend with an adult.
6:15-7:15 pm	Zumba Fitness 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Latin-inspired cardio-dance workout. Free. 13-15 year olds must attend with an adult.
7:30-8:30 pm	Yoga 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Class increases flexibility, balance, and mind and body awareness. Free. 13-15 year olds must attend with adult.
7:45-9:00 pm	Everyone Welcome Skate	South Delta Recreation Centre	1720 56 St	Walk-in admission only (FREE 10-18yrs). Program leaders on ice for fun and responsible skating.
8:15-9:45 pm	Basketball 13-18	South Delta Recreation Centre	1720 56 St	Basketball program for ages 13-18

THURSDAY

TIME	ACTIVITY	LOCATION	ADDRESS	DETAILS
6:00am-10pm	Public Swim	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Public swim. Everyone welcome.
Lunch 11:35am-12:15pm	Interact Club	Library	DSS	Rotary Club of Ladner sponsored group of youth who get together to build friendships, leadership opportunities, and give service to the school, community, and global initiatives.
Lunch 11:35am-12:15pm	Crochet Club	1472	DSS	A club for students who enjoy or want to learn how to crochet
Lunch 11:35am-12:15pm	Chess Club	1724 (Pannu's room)	DSS	A club for students who enjoy or want to learn how to play chess.
3:00-5:00pm	Pickleball 18+	Ladner Community Centre	4734 51 St	Pickleball for ages 18+
3:45-6:15pm	Open Gym 7+	South Delta Recreation Centre	1720 56 St	Activities as directed by gym attendant
5:15-6:00pm	Muscle Max 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Non-cardio full-body workout using variety of equipment to work all muscle groups. Free. 13-15 year olds must attend with an adult.
6:15-7:15pm	Zumba Fitness 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Latin-inspired cardio-dance workout. Free. 13-15 year olds must attend with an adult.
7:15-8:45 pm	Everyone Welcome Skate	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Walk-in admission only (FREE 10-18yrs). Program leaders on ice for fun and responsible skating.
8:30-10pm	Basketball Gr.8-12 Open to public	Ladner Baptist Church	5624 Ladner Trunk Rd	Basketball drop-in. Shooting and games.

FRIDAY

TIME	ACTIVITY	LOCATION	ADDRESS	DETAILS
6:00am-10pm	Public Swim	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Public swim. Everyone welcome.
6:15-7 am	Cycle Fit 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Indoor cycling group challenging cardiovascular fitness through intervals and drills. Free. 13-15 year olds must attend with an adult.
Lunch 11:35am-12:15pm	DYAC	Library	DSS	Delta Youth Advisory Council - a student voice group to express the views of students to the school district
3:00 pm	Run Club	Meet in Rm 1738	DSS	Running and option to participate in the Sun Run in April
3:30-5:00 pm	Open Gym 7+ yrs	South Delta Recreation Centre	1720 56 St	Activities as directed by gym attendant
6:00-8:00 pm	Badminton 16+ yrs	Ladner Community Centre	4734 51 St	Badminton 16+
6:00-8:00 pm	Basketball 13-18 yrs	South Delta Recreation Centre	1720 56 St	Basketball scrimmage and shooting hoops with friends.
7:45-9:45 pm	Everyone Welcome Skate	South Delta Recreation Centre	1720 56 St	Walk-in admission only (FREE 10-18yrs). Program leaders on ice for fun and responsible skating.

SATURDAY

TIME	ACTIVITY	LOCATION	ADDRESS	DETAILS
7am-9:00pm	Public Swim	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Public swim. Everyone welcome.
9:15-10:15 am	Muscle Max	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Non-cardio full-body workout using variety of equipment to work all muscle groups. Free. 13-15 year olds must attend with an adult.
10:30-11:30 am	Zumba Fitness	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Latin-inspired cardio-dance workout. Free. 13-15 year olds must attend with an adult.
10:30-11:15am	Cycle Fit	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Indoor cycling group challenging cardiovascular fitness through intervals and drills. Free. 13-15 year olds must attend with an adult.
5:15-7:30pm	Open Gym 7+ yrs	South Delta Recreation Centre	1720 56 St	
6:15-7:30 pm	Family Skate	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Walk-in admission only (FREE 10-18yrs). Program leaders on ice for fun and responsible skating.
6:15-7:30 pm	Public Skate	South Delta Recreation Centre	1720 56 St	Walk-in admission only (FREE 10-18yrs). Program leaders on ice for fun and responsible skating.
7:45-8:15 pm	Stick and Puck 3+	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Stick and puck. Mandatory CSA multi-impact helmet with half or full cage. 18 yrs and under must wear full shield. Wooden stick permitted and plastic/foam puck only.
7:45-9:45pm	Basketball 13-18 yrs	South Delta Recreation Centre	1720 56 St	Basketball for 13-18 yrs old
8:30-9:45 pm	Everyone Welcome Skate	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Walk-in admission only (FREE 10-18yrs). Program leaders on ice for fun and responsible skating.

SUNDAY

TIME	ACTIVITY	LOCATION	ADDRESS	DETAILS
8am-9:00pm	Public Swim	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Public swim. Everyone welcome.
9:15-10:15am	Step Combo 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Class combines step cardio and choreography with a strength training component. Free. 13-15 year olds must attend with an adult.
10:30-11:15am	Cycle Fit 13+ (13-15 w/adult)	Ladner Leisure Centre	4600 Clarence Taylor Crescent	Indoor cycling group challenging cardiovascular fitness through intervals and drills. Free. 13-15 year olds must attend with an adult.
1:30-3:00 pm	Open Gym 7+ yrs	South Delta Recreation Centre	1720 56 St	Activities as directed by gym attendant
2:00 PM	Boys Senior Rugby	DSS Oval	DSS Oval	Open to all male students at DSS (for safety reasons weight of 125:00lbs recommended)
2:00-3:30 pm	Public Skate	South Delta Recreation Centre	1720 56 St	Walk-in admission only (FREE 10-18yrs). Program leaders on ice for fun and responsible skating.
3:15-5:00 pm	Volleyball 13+ yrs	South Delta Recreation Centre	1720 56 St	Bump, set, spike!
5:30-7:00 pm	Pickleball 7+ yrs	South Delta Recreation Centre	1721 56 St	Pickleball for ages 7+
7:15-9:00 pm	Badminton 7+ yrs	South Delta Recreation Centre	1722 56 St	Badminton 7+ years