



Everyone ACTIVE Everyday!

- Be an artist - draw a chalk mural in your driveway
- Enjoy a brisk walk along the dyke
- Lob some tennis balls at a local court
- Organize a neighborhood street hockey or soccer game
- Explore the trails at Diefenbaker Park
- Welcome the Rick Hansen Relay to Delta on May 20
- Join the festivities at Ladner May Days, May 25-27
- Fly a kite at Centennial Beach
- Brush up your swing – try your hand at golf
- Plan a day trip to one of the Gulf Islands – walk on or take your bike
- Pack a picnic and have dinner at Wellington Point Park
- Beautify your surroundings – Volunteer in Parks or Adopt-a-Street
- Stroll along Brunswick Point
- Enjoy breakfast with the Easter Bunny at your local rec centre
- Workout outdoors at Winskill Wellness Park
- Help release the fish on April 15 at the 10th Annual Watershed Creek Fish Release
- Hire one of Delta’s qualified personal trainers to help you get fit or rejuvenate your workout
- Cycle to Westham Island and check out the local offerings
- Try canoeing in Deas Slough
- Teach your child to ride a bike, scooter or rollerblade
- Go lawn bowling – a great spring & summer outdoor sport
- Visit the Delta Museum
- Treat mom to a free swim on Mother’s Day
- Visit your local community garden for sustainability ideas
- Have a bocce ball game, almost anywhere
- Become a Leisure Friend and assist someone with special needs
- Photograph the wildlife at the Reifel Bird Sanctuary
- Spot the wild berries, plants and birds in Burns Bog
- Observe the turtles at Diefenbaker Park
- Go fishing at Wellington Point Pier in Ladner
- Give back to your community by volunteering for a special event
- Experience a heritage walk in Ladner or North Delta
- Try lawn bowling – a great spring & summer outdoor sport
- Experience the natural ‘stairmaster’ at Fred Gingell Park
- Participate, volunteer or just cheer on participants in the Delta Triathlon
- Watch the “Hoop Shoot” finals, March 13 at SDSS and March 14 at Seaquam Register for some advanced aquatic courses to become a lifeguard
- Try kayaking or canoeing in Deas Slough
- Spend time in the garden – it’s good for the body and soul
- Receive updates on local activities and events on Delta’s Facebook, Twitter and YouTube sites



For more information, call 604.952.3000 or go to www.corp.delta.bc.ca

40 Ways to Get & Stay Active in Delta