

HOLIDAY DROP-IN SCHEDULE



December 23, 2024 - January 5, 2025

Facility hours: Mon-Fri: 6AM-10PM | Sat-Sun: 7AM-8PM | Dec. 24 & 31: 6AM-3PM | Dec. 25, Dec. 26 & Jan. 1: CLOSED

MONDAY DEC. 23	TUESDAY DEC. 24	WEDNESDAY DEC. 25	THURSDAY DEC. 26	FRIDAY DEC. 27	SATURDAY DEC. 28	SUNDAY DEC. 29
6:00 - 8:45AM Lengths & Leisure				6:00 - 8:45AM Lengths & Leisure		
9:00 - 10:15AM Lengths (R) & Leisure 9:00AM -10:00AM Deep Aquafit (Mariah Drop-in)	6:00 - 11:00AM Lengths & Leisure 11:00AM - 3:00PM Fun Swim			9:00 - 10:15AM Lengths (R) & Leisure 9:00AM -10:00AM Deep Aquafit (Mariah Drop-in)	8:00AM - 1:30PM Lengths & Leisure	
10:15 - 11:30AM Lengths (L) & Leisure 10:15 - 11:15AM Shallow Aquafit (Mariah Drop-in)				10:15 - 11:30AM Lengths (L) & Leisure 10:15 - 11:15AM Shallow Aquafit (Mariah Drop-in)		
11:30AM - 1:30PM Lengths & Leisure		Christmas Day Closed	Boxing Day Closed	11:30AM - 1:30PM Lengths & Leisure		
1:30 - 4:00PM Fun Swim		Closed	Closed	1:30 - 4:00PM Fun Swim	1:30 - 4:00PM Fun Swim	
				4:00 - 6:30PM Lengths & Leisure	4:00 - 8	:00PM
4:00 - 9:30PM Lengths & Leisure	Christmas Eve Closed 3:00PM			6:30 - 8:00PM \$2 Youth Only Entire pool, including	Lengths 8	Leisure
		Closed 5:00PM		hot areas, is reserved for youth ages 11-18.		
9:30 - 10:00PM Adult Swim (19+)			8:00 - 10:00PM Adult Swim (19+)			

Hot tub, sauna & steamroom: Available from open to close daily, unless stated otherwise.

Capacity limits are in place to maintain safe lifeguard-to-patron ratios and admission may be limited.

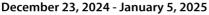
Child admission policy: Children under 7 must be within arm's reach of a responsible person 16 years or older at all times, including in changerooms, on the pool deck, and in the pool. A maximum of 3 children aged 6 and under may be supervised by a responsible person.

Lengths & Leisure	Lanes, water walking, leisure pool & hot areas are available.
(R)	Reduced capacity. 3-6 single lanes available. Lane configuration may vary.
(L)	Limited capacity. 1-2 single lanes available. Lane configuration may vary.
\$2 Youth Only	Entire pool, including hot areas, is reserved for youth ages 11-18.
Adult Swim	Entire pool, including hot areas, is reserved for adults ages 19+.
Fun Swim	Waterslide, pool toys, spray features, hot areas and 1-2 single lanes available.

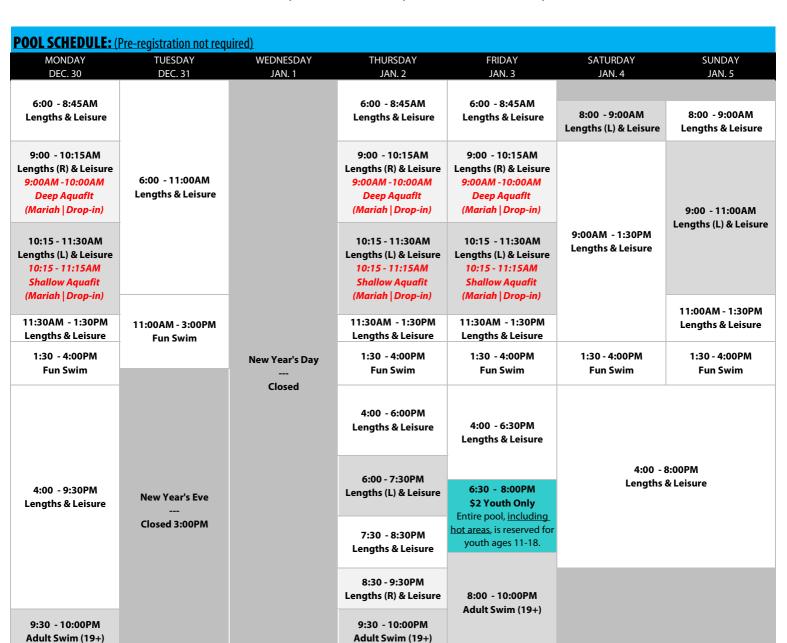


Schedules are subject to change.









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Follow us!







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DROP-IN FITNESS CLASSES

(Pre-registration is available. Please pay drop-in fee or scan your pass at reception before using facility. Instructors are subject to change.)

				•									
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
DEC. 24	DEC. 25	DEC. 26	DEC. 27	DEC. 28	DEC. 29								
					Cycle 60 -								
Happy Holidays No Classes This Week													
													Zahra
										DEC. 24 DEC. 25 Happy Ho	DEC. 24 DEC. 25 DEC. 26 Happy Holidays	TUESDAY WEDNESDAY THURSDAY FRIDAY DEC. 24 DEC. 25 DEC. 26 DEC. 27 Happy Holidays	TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY DEC. 24 DEC. 25 DEC. 26 DEC. 27 DEC. 28 Happy Holidays

MONDAY DEC. 30	TUESDAY DEC. 31	WEDNESDAY JAN. 1	THURSDAY JAN. 2	FRIDAY JAN. 3	SATURDAY JAN. 4	SUNDAY JAN. 5
Indoor Cycling 6:15AM <i>Melissa</i>				Indoor Cycling 6:15AM Jeannette		Cycle 60 - Turkey Burn! * 8:15 - 9:30AM Graham & Kirsten
On the Ball 9:00AM <i>Karla K</i> .	New Year's Eve	New Year's Day	Indoor Cycling 9:00AM Julianne	Total Body Conditioning 9:00AM Rosalie	Indoor Cycling 9:00AM Melissa	
	No Classes Today Closed 3:00PM	Closed			Total Body Conditioning 10:00AM Rosalie	Bootcamp 10:00AM <i>Zahra</i>
Power Circuit			Cycle Strength	On the Ball		Bootcamp
5:00PM			5:00PM	6:15PM		6:00PM
Instructor TBA			Instructor TBA	Preston		Eugene

^{*} Turkey Burn! FREE drop-in; donations accepted for Goldstream Foodbank. Please pre-register at wspr.ca to secure your spot!



Schedules are subject to change.

Please scan the code or visit <u>wspr.ca >> drop-in schedules & hours</u> for up-to-date schedules.

MONDAY DEC. 23	TUESDAY DEC. 24	WEDNESDAY DEC. 25	THURSDAY DEC. 26	FRIDAY DEC. 27	SATURDAY DEC. 28	SUNDAY DEC. 29
Pickleball 12:00 - 2:00PM	Pickleball Court Reservation 12:00 - 2:00PM	Christmas Day	Boxing Day	Pickleball 12:00 - 2:00PM	Pickleball 10:00 - 12:00PM	Basketball 10:30 - 12:30PM
Basketball 3:00 - 5:00PM	Christmas Eve	 Closed	 Closed	Basketball 3:00 - 6:00PM		
Pickleball 5:30 - 7:30PM	Closed 3:00PM				Basketball 4:30 - 7:30PM	Pickleball 5:30 - 7:30PM

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Basketball 3:00 - 5:00PM	New Year's Eve	New Year's Day Closed	Basketball 3:00 - 5:00PM	Basketball 3:00 - 6:00PM		
Pickleball 5:30 - 7:30PM	Closed 3:00PM	Closed	Pickleball Court Reservation 5:30 - 7:30PM		Basketball 4:30 - 7:30PM	Pickleball 5:30 - 7:30PM



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DROP-IN SKATING	at JDF ARENA (Pre-re	egistration not required.)				
MONDAY DEC. 23	TUESDAY DEC. 24	WEDNESDAY DEC. 25	THURSDAY DEC. 26	FRIDAY DEC. 27	SATURDAY DEC. 28	SUNDAY DEC. 29
Everyone Welcome 10:30 - 11:20AM	Christmas Eve FREE SENSORY FRIENDLY Family Skate 10:30 - 11:30AM Sponsored by Autism BC	<i>BEC. 23</i>	DEC. 20	Everyone Welcome 10:30 - 11:20AM	DEC. 20	<i>J</i> .C. 27
Adult Duffer Hockey (19+) 11:30AM - 12:50PM	Christmas Eve Family Skate 12:00 - 1:00PM			Adult Duffer Hockey (19+) 11:30AM - 12:50PM		
Family Stick & Puck (6+) * 1:00 -1:50PM	Christmas Eve Family Skate 1:30 - 2:30PM	Christmas Day Closed	Boxing Day Closed	Family Stick & Puck (6+) * 1:00 - 1:50PM	Family Stick & Puck (6+) * 1:00 -1:50PM	Family Stick & Puck (6+) * 1:00 -1:50PM
Parent & Tot Skate 2:00 - 2:50PM	Christmas Eve Family Skate 3:00 - 4:00PM			Parent & Tot Skate 2:00 - 2:50PM	Family Stick & Puck (6+) * 2:00 -2:50PM	Everyone Welcome 2:00 - 2:50PM
Everyone Welcome 3:00 - 3:50PM				Everyone Welcome 3:00 - 3:50PM	Everyone Welcome 3:30 - 4:20PM	
Everyone Welcome 4:00 -4:50PM					Everyone Welcome 4:30 - 5:20PM	

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Everyone Welcome 10:30 - 11:20AM	New Year's Eve Family Skate 10:30 - 11:30AM	New Year's Day Closed	No public skating	No public skating		
Adult Duffer Hockey (19+) 11:30AM - 12:50PM	New Year's Eve Family Skate 12:00 - 1:00PM				Family Stick & Puck (6+) * 1:00 - 1:50PM	Family Stick & Puck (6+) * 1:00 -1:50PM
Family Stick & Puck (6+) * 1:00 -1:50PM	New Year's Eve Family Skate 1:30 - 2:30PM				Family Stick & Puck (6+) * 2:00 - 2:50PM	Everyone Welcome 2:00 - 2:50PM
Parent & Tot Skate 2:00 - 2:50PM	New Year's Eve Family Skate 3:00 - 4:00PM				Everyone Welcome 3:00 - 3:50PM	
Everyone Welcome 3:00 - 3:50PM						
Everyone Welcome 4:00 -4:50PM						

* Family Stick & Puck:

- All skaters must bring their own skates, helmet, gloves and hockey stick.
- Skaters 18 and under are required to wear full gear if they wish to use hard pucks.

