



# 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



## POOL SCHEDULE: (Pre-registration not required)

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 - 11:00AM Lengths & Leisure	Christmas Day --- Closed	Boxing Day --- Closed	6:00 - 8:45AM Lengths & Leisure	8:00AM - 1:30PM Lengths & Leisure	
9:00 - 10:15AM Lengths (R) & Leisure <i>9:00AM - 10:00AM Deep Aquafit (Mariah   Drop-in)</i>				9:00 - 10:15AM Lengths (R) & Leisure <i>9:00AM - 10:00AM Deep Aquafit (Mariah   Drop-in)</i>		
10:15 - 11:30AM Lengths (L) & Leisure <i>10:15 - 11:15AM Shallow Aquafit (Mariah   Drop-in)</i>				10:15 - 11:30AM Lengths (L) & Leisure <i>10:15 - 11:15AM Shallow Aquafit (Mariah   Drop-in)</i>		
11:30AM - 1:30PM Lengths & Leisure	11:00AM - 3:00PM Fun Swim	11:30AM - 1:30PM Lengths & Leisure				
1:30 - 4:00PM Fun Swim	Christmas Eve --- Closed 3:00PM	1:30 - 4:00PM Fun Swim	1:30 - 4:00PM Fun Swim			
4:00 - 9:30PM Lengths & Leisure		4:00 - 6:30PM Lengths & Leisure	4:00 - 6:30PM Lengths & Leisure			
9:30 - 10:00PM Adult Swim (19+)		6:30 - 8:00PM \$2 Youth Only Entire pool, including hot areas, is reserved for youth ages 11-18.	4:00 - 8:00PM Lengths & Leisure			
				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.

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



Schedules are subject to change.

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MONDAY DEC. 30	TUESDAY DEC. 31	WEDNESDAY JAN. 1	THURSDAY JAN. 2	FRIDAY JAN. 3	SATURDAY JAN. 4	SUNDAY JAN. 5	
6:00 - 8:45AM Lengths & Leisure	6:00 - 11:00AM Lengths & Leisure	New Year's Day --- Closed	6:00 - 8:45AM Lengths & Leisure	6:00 - 8:45AM Lengths & Leisure	8:00 - 9:00AM Lengths (L) & Leisure	8:00 - 9:00AM Lengths & Leisure	
9:00 - 10:15AM Lengths (R) & Leisure <i>9:00AM - 10:00AM Deep Aquafit (Mariah   Drop-in)</i>			9:00 - 10:15AM Lengths (R) & Leisure <i>9:00AM - 10:00AM Deep Aquafit (Mariah   Drop-in)</i>	9:00 - 10:15AM Lengths (R) & Leisure <i>9:00AM - 10:00AM Deep Aquafit (Mariah   Drop-in)</i>	9:00AM - 1:30PM Lengths & Leisure	9:00 - 11:00AM Lengths (L) & Leisure	
10:15 - 11:30AM Lengths (L) & Leisure <i>10:15 - 11:15AM Shallow Aquafit (Mariah   Drop-in)</i>			10:15 - 11:30AM Lengths (L) & Leisure <i>10:15 - 11:15AM Shallow Aquafit (Mariah   Drop-in)</i>	10:15 - 11:30AM Lengths (L) & Leisure <i>10:15 - 11:15AM Shallow Aquafit (Mariah   Drop-in)</i>			
11:30AM - 1:30PM Lengths & Leisure	11:00AM - 3:00PM Fun Swim		11:30AM - 1:30PM Lengths & Leisure	11:30AM - 1:30PM Lengths & Leisure	1:30 - 4:00PM Fun Swim	1:30 - 4:00PM Fun Swim	11:00AM - 1:30PM Lengths & Leisure
1:30 - 4:00PM Fun Swim	New Year's Eve --- Closed 3:00PM		1:30 - 4:00PM Fun Swim	1:30 - 4:00PM Fun Swim			4:00 - 8:00PM Lengths & Leisure
4:00 - 9:30PM Lengths & Leisure		4:00 - 6:00PM Lengths & Leisure	4:00 - 6:30PM Lengths & Leisure				
		6:00 - 7:30PM Lengths (L) & Leisure	6:30 - 8:00PM \$2 Youth Only Entire pool, including hot areas, is reserved for youth ages 11-18.				
		7:30 - 8:30PM Lengths & Leisure	8:00 - 10:00PM Adult Swim (19+)				
8:30 - 9:30PM Lengths (R) & Leisure							
9:30 - 10:00PM Adult Swim (19+)		9:30 - 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.

<b>Lengths &amp; Leisure</b>	Lanes, water walking, leisure pool & hot areas are available.
<b>(R)</b>	Reduced capacity. 3-6 single lanes available. Lane configuration may vary.
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<b>\$2 Youth Only</b>	Entire pool, including hot areas, is reserved for youth ages 11-18.
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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.)

MONDAY DEC. 23	TUESDAY DEC. 24	WEDNESDAY DEC. 25	THURSDAY DEC. 26	FRIDAY DEC. 27	SATURDAY DEC. 28	SUNDAY DEC. 29
<b>Happy Holidays</b> --- <b>No Classes This Week</b>						<b>Cycle 60 -</b> 8:30AM Graham
						<b>Bootcamp</b> 10:00AM Zahra

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

\* Turkey Burn! FREE drop-in; donations accepted for Goldstream Foodbank. Please pre-register at [wspr.ca](http://wspr.ca) to secure your spot!



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## DROP-IN SPORTS (Pre-registration is available. Please pay drop-in fee or scan your pass at reception before using facility. Basketball is unsupervised.)

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

MONDAY DEC. 30	TUESDAY DEC. 31	WEDNESDAY JAN. 1	THURSDAY JAN. 2	FRIDAY JAN. 3	SATURDAY JAN. 4	SUNDAY JAN. 5
<b>Pickleball</b> 12:00 - 2:00PM	<b>Pickleball Court Reservation</b> 12:00 - 2:00PM	<b>New Year's Day</b> --- Closed	<b>Pickleball</b> 12:00 - 2:00PM	<b>Pickleball</b> 12:00 - 2:00PM	<b>Pickleball</b> 10:00 - 12:00PM	<b>Basketball</b> 10:30 - 12:30PM
<b>Basketball</b> 3:00 - 5:00PM	<b>New Year's Eve</b> ---		<b>Basketball</b> 3:00 - 5:00PM	<b>Basketball</b> 3:00 - 6:00PM		
<b>Pickleball</b> 5:30 - 7:30PM	<b>Closed 3:00PM</b>		<b>Pickleball Court Reservation</b> 5:30 - 7:30PM		<b>Basketball</b> 4:30 - 7:30PM	<b>Pickleball</b> 5:30 - 7:30PM



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## DROP-IN SKATING at JDF ARENA (Pre-registration 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	Christmas Day --- Closed	Boxing Day --- Closed	Everyone Welcome 10:30 - 11:20AM		
Adult Duffer Hockey (19+) 11:30AM - 12:50PM				Adult Duffer Hockey (19+) 11:30AM - 12:50PM		
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 1:30 - 2:30PM			Family Stick & Puck (6+) * 1:00 - 1:50PM	Family Stick & Puck (6+) * 1:00 - 1:50PM	Family Stick & Puck (6+) * 1:00 - 1:50PM
Everyone Welcome 3:00 - 3:50PM	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 4:00 - 4:50PM				Everyone Welcome 3:00 - 3:50PM	Everyone Welcome 3:30 - 4:20PM	
					Everyone Welcome 4:30 - 5:20PM	

MONDAY DEC. 30	TUESDAY DEC. 31	WEDNESDAY JAN. 1	THURSDAY JAN. 2	FRIDAY JAN. 3	SATURDAY JAN. 4	SUNDAY JAN. 5	
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.



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