DROP-IN POOL SCHEDULE *September 14-December 13, 2026*

WEST SHORE PARKS & RECREATION

*Schedule and instructors** are subject to change. Space may be shared with programs at any time.*
Scan the code or go to wspr.ca > drop-in schedules to view up-to-date schedule.
Last entry to the pool/hot areas is 15 minutes prior to closing. Changerooms close 15 minutes after facility closes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-9:15AM Lengths & Leisure	**6:00-9:15AM** Lengths & Leisure* *6:30-7:30AM Lengths (R) & Leisure	**6:00-9:15AM** Lengths & Leisure	**6:00-9:15AM** Lengths & Leisure* *6:30-7:30AM Lengths (R) & Leisure	**6:00-9:15AM** Lengths & Leisure	**7:00-8:00AM** Lengths & Leisure	**7:00-8:00AM** Lengths (R) & Leisure
					8:00-10:00AM Programs + & Leisure (L)	**8:00-9:00AM** Lengths (L) & Leisure (L)
9:30AM-12:00PM Lengths (L) & Leisure	**9:30AM-12:00PM** Lengths (L) & Leisure	**9:30AM-12:00PM** Lengths (L) & Leisure	**9:30AM-12:00PM** Lengths (L) & Leisure	**9:30AM-12:00PM** Lengths (L) & Leisure		**9:00-11:00AM** Programs + & Leisure (L)
9:30-10:30AM Deep Aquafit *Jackie***	**9:30-10:30AM** Deep Aquafit *Glenda***	**9:30-10:30AM** Deep Aquafit *Jackie***	**9:30-10:30AM** Deep Boot Aquafit *Alison***	**9:30-10:30AM** Deep Aquafit *Preston***	**10:00AM-12:00PM** Lengths (L) & Leisure (L)	
10:45-11:45AM Shallow Aquafit *Jackie***	**10:45-11:45AM** Shallow Aquafit *Glenda***	**10:45-11:45AM** Shallow Aquafit *Jackie***	**10:45-11:45AM** Shallow Aquafit *Alison***	**10:45-11:45AM** Self-Directed Aquafit Lanes		**11:00AM-12:00PM** Lengths (L) & Leisure (L)
12:00-12:45PM Lengths (R) & Leisure	**12:00-1:00PM** Lengths (R) & Leisure	**12:00-2:00PM** Lengths & Leisure	**12:00-4:00PM** Lengths & Leisure	**12:00-4:00PM** Lengths & Leisure	**12:00-1:30PM** Lengths (R) & Leisure	**12:00-1:30PM** Lengths (R) & Leisure
12:00-12:45PM Low-Imp Movement Enhancement Aquafit | *Jackie***	**12:00-12:45PM** Low Impact Aquafit *Glenda***					
12:45-2:00PM Lengths & Leisure	**1:00-1:45PM** Lengths & Leisure (R) Aqua Yoga*** *(hybrid; leisure pool)*					
	1:45-4:00PM Lengths & Leisure				**1:30-4PM** Fun Swim & Lengths (L)	**1:30-4PM** Fun Swim & Lengths (L)
2:00-3:00PM Lengths (R) & Leisure		**2:00-3:00PM** Lengths (R) & Leisure				
Aqua Therapy *(registered)*		Aqua Therapy *(registered)*				
3:00-4:00PM Lengths (R) & Leisure		**3:00-4:00PM** Lengths (R) & Leisure				
4:00-7:00PM Programs +	**4:00-7:15PM** Programs +	**4:00-7:15PM** Programs +	**4:00-7:15PM** Programs +	**4:00-6:30PM** Lengths (L) & Leisure	**4:00-8:00PM** Lengths & Leisure	**4:00-8:00PM** Lengths & Leisure
				6:30-8:00PM $2 Youth Swim		
7:15-8:15PM Lengths (L) & Leisure	**7:30-8:30PM** Lengths (L) & Leisure	**7:30-9:30PM** Lengths (R) & Leisure	**7:30-8:30PM** Lengths (L) & Leisure			
Aqua Zumba *(Registered)*						
8:15-9:30PM Lengths (R) & Leisure	**8:30-9:30PM** Lengths (R) & Leisure		**8:30-9:30PM** Lengths (R) & Leisure	**8:00-10:00PM** Adult Swim		
9:30-10:00PM Adult Swim	**9:30-10:00PM** Adult Swim	**9:30-10:00PM** Adult Swim	**9:30-10:00PM** Adult Swim			

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.
Programs +	Pool is reserved for lessons, swim clubs and rental groups. Hot areas are available.
Programs + & Leisure	Pool is shared with programs. Leisure pool and hot areas are available. No length swimming.
Programs + & Lengths	Pool is shared with programs. Length swimming and hot areas are available. No leisure pool.
$2 Youth Swim	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.
***Aqua Yoga - Hybrid	$18 drop-in available; please pre-pay online or at reception and show receipt to instructor.

For exclusive after-hours pool use, scan the code to complete the online booking form or email poolbookings@wspr.ca.

Last updated: November 2, 2026

WELCOME TO JUAN DE FUCA POOL!

The Juan de Fuca Pool is fully accessible for swimmers of all abilities and has a variety of features.

Equipment and amenities include:

- Steamroom, sauna and hot tub
  - Open daily from open to close unless otherwise stated
- 8-lane, 25 metre pool
  - Basketball hoop and climbing wall
  - Big blue waterslide (for sliders over 48")
- Leisure pool with zero-depth entry ramp
  - Lazy river
  - Tot slide (for sliders under 48")
- Aquatic wheelchairs
- Handicare motorized lifts for access to main and lesiure pool, hot tub, and in universal changeroom
- Male, female and universal changerooms
- Free patron parking

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 6 and under may be supervised by a responsible person.
- Children 7-9 years must have a responsible person in the facility during their visit.
- Children must be 48" tall to ride the waterslide.





JOIN OUR TEAM!

- **Swimming instructors**
- **Lifeguards**
- **Volunteers**
- **Aquafit**

Employment

The path to working at Juan de Fuca has two streams – swim instructor and lifeguard. We may hire swim instructors with a Swim Instructor certification, Standard First Aid, and Bronze Cross. To lifeguard, you must also complete the National Lifeguard program in addition to being a Swim Instructor. Those without a Swim Instructor Certification may apply, however applicants must be registered in a Swim Instructor program as a condition of employment. Please see below for an overview of requirements.

AQUAFIT INSTRUCTOR

- Aquafit Certification

SWIMMING INSTRUCTOR

- Bronze Cross
- Standard First Aid
- Swimming Instructor Certification, **one** of:
  - WSPR Swimming Instructor
  - Lifesaving Society Swim for Life Instructor
  - YMCA Swim Instructor

LIFEGUARD

- Current National Lifeguard
- Current Standard First Aid
- Completed or be enrolled in a Swim Instructor Program

Please go to our website to apply

Volunteering

To build experience and get a head start on employment, we offer volunteer opportunities within our swim lesson program. To apply you must be at least 13 years old and have completed the Bronze Medallion certification.
Volunteer may email **slandry@wspr.ca** to apply