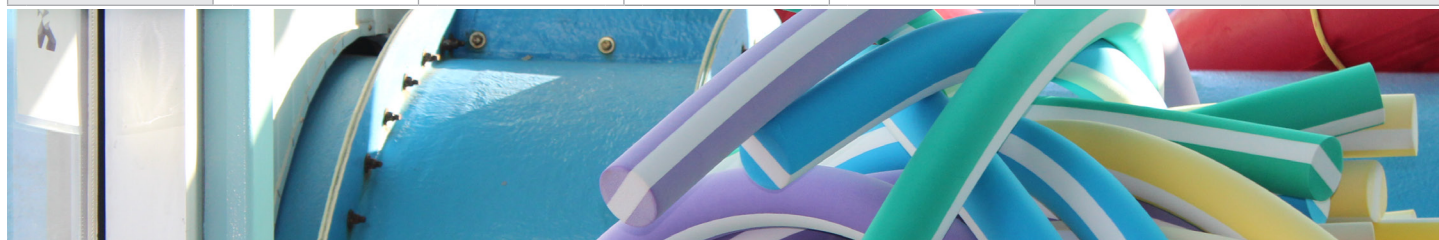


# DROP-IN POOL SCHEDULE SEPTEMBER 2 - SEPTEMBER 7, 2025



Schedule and instructors\*\* are subject to change. Space may be shared with programs at any time.  
Scan the code or go to [wspr.ca](https://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, SEPT. 1	TUESDAY, SEPT. 2	WEDNESDAY, SEPT. 3	THURSDAY, SEPT. 4	FRIDAY, SEPT. 5	SATURDAY, SEPT. 6	SUNDAY, SEPT. 7
6:00-11:00AM Lengths & Leisure	6:00-7:30AM Lengths (R) & Leisure	6:00AM-2:00PM 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	7:00-9:00AM Lengths (R) & Leisure
	7:30AM-4:15PM Lengths & Leisure		9:30AM-12:00PM Lengths (L) & Leisure	9:30AM-12:00PM Lengths (L) & Leisure	8:00AM-12:00PM Lengths (L) & Leisure* *9:00AM-12:00PM Staff training; whistles may sound	9:00-11:00AM Lengths (L) & Leisure
11:00AM-3PM Fun Swim			9:30-10:30AM Deep Aquafit Jackie**	9:30-10:30AM Shallow Aquafit Preston**		
			10:45-11:45AM Shallow Aquafit Alison**	10:45-11:45AM Deep Boot Aquafit Alison**		
			12:00-4:15PM Lengths & Leisure	12:00-5:00PM Lengths & Leisure	12:00-1:30PM Lengths & Leisure	11:00AM-1:30PM Lengths & Leisure
		2:00-3:00PM Lengths (R) & Leisure			1:30-4PM Fun Swim & Lengths (L)	1:30-4PM Fun Swim & Lengths (L)
		2:00-3:00PM Aqua Therapy (registered)				
		3:00-6:00PM Lengths & Leisure				
	4:30-6:00PM Lengths (L) & Leisure		4:30-6:00PM Lengths (L) & Leisure		4:00-8:00PM Lengths & Leisure	4:00-8:00PM Lengths & Leisure
	6:00-7:30PM Lengths & Leisure	6:00-8:00PM Lengths (R) & Leisure	6:00-7:30PM Lengths & Leisure	5:00-6:30PM Lengths (R) & Leisure		
	7:30-8:30PM Lengths (L) & Leisure		7:30-8:30PM Lengths (L) & Leisure	6:30-8:00PM \$2 Youth Swim		
	8:30-9:30PM Lengths & Leisure	8:00-9:30PM Lengths & Leisure	8:30-9:30PM Lengths & 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			



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 contact  
[poolbookings@wspr.ca](mailto:poolbookings@wspr.ca).



Last updated: August 20, 2025

# DROP-IN POOL SCHEDULE SEPTEMBER 8 - SEPTEMBER 14, 2025



Schedule and instructors\*\* are subject to change. Space may be shared with programs at any time.  
Scan the code or go to [wspr.ca](https://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, SEPT. 8	TUESDAY, SEPT. 9	WEDNESDAY, SEPT. 10	THURSDAY, SEPT. 11	FRIDAY, SEPT. 12	SATURDAY, SEPT. 13	SUNDAY, SEPT. 14
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	7:00-10:00AM Lengths & Leisure* *8:00-9:00AM Lengths (R) & Leisure	7:00-9:00AM Lengths (R) & 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	9:30AM-12:00PM Lengths (L) & Leisure		9:00-11:00AM Lengths (L) & Leisure
9:30-10:30AM Deep Aquafit Jackie**	9:30-10:30AM Deep Aquafit Glenda**	9:30-10:30AM Deep Aquafit Glenda**	9:30-10:30AM Deep Aquafit Jackie**	9:30-10:30AM Shallow Aquafit Preston**	10:00AM-1:30PM Lengths (R) & Leisure	11:00AM-1:30PM Lengths & Leisure
10:45-11:45AM Shallow Aquafit Jackie**	10:45-11:45AM Shallow Aquafit Glenda**	10:45-11:45AM Shallow Aquafit Glenda**	10:45-11:45AM Shallow Aquafit Alison**	10:45-11:45AM Deep Boot Aquafit Alison**		
12:00-2:00PM Lengths & Leisure	12:00-1:00PM Lengths (R) & Leisure	12:00-2:00PM Lengths & Leisure	12:00-4:15PM Lengths & Leisure	12:00-5:00PM Lengths & Leisure	1:30-4PM Fun Swim & Lengths (L)	1:30-4PM Fun Swim & Lengths (L)
12:00-12:45PM Low Impact Movement Enhancement Aquafit Jackie**	12:00-12:45PM Low Impact Aquafit Glenda**					
	1:00-1:45PM Lengths & Leisure (R)				4:00-8:00PM Lengths & Leisure	4:00-8:00PM Lengths & Leisure
	1:00-1:45PM Aqua Yoga*** (hybrid; leisure pool)					
2:00-3:00PM Lengths (R) & Leisure	1:45-7:30PM Lengths & Leisure* *4:30-6:00PM Lengths (L) & Leisure	2:00-3:00PM Lengths (R) & Leisure*			5:00-6:30PM Lengths (R) & Leisure	8:00-10:00PM Adult Swim
2:00-3:00PM Aqua Therapy (registered)		2:00-3:00PM Aqua Therapy (registered)				
3:00-7:00PM Lengths & Leisure		3:00-6:00PM Lengths & Leisure			6:30-8:00PM \$2 Youth Swim	
7:15-8:15PM Lengths (L) & Leisure	7:30-9:30PM Lengths (R) & Leisure	6:00-9:30PM Lengths (R) & Leisure	4:30-8:00PM Programs + & Staff Training in Pool			
7:15-8:15PM Aqua Zumba (registered)			8:00-9:30PM Lengths (R) & Leisure			
8:15-9:30PM Lengths (R) & Leisure						
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.
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Programs + & Leisure	Pool is shared with programs. Leisure pool and hot areas are available. No length swimming.
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Last updated: August 20, 2025