

DROP-IN POOL SCHEDULE *September 5-September 13, 2026*



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.



SATURDAY Sept 5		SUNDAY Sept 6	MONDAY Sept 7	TUESDAY Sept 8
7:00AM-1:30PM Lengths & Leisure	7:00-9:00AM Lengths & Leisure		6:00-11:00AM Lengths & Leisure	6:00-9:15AM Lengths & Leisure* *6:30-7:30AM Lengths (R) & Leisure
	9:00-11:00AM Lengths (L) & Leisure			9:30AM-4:30PM Lengths & Leisure
	11:00AM-1:30PM Lengths & Leisure		11:00AM-3:00PM Fun Swim & Lengths (L)	
1:30-4PM Fun Swim & Lengths (L)	1:30-4PM Fun Swim & Lengths (L)		Closed for Labour Day	
4:00-8:00PM Lengths & Leisure	4:00-8:00PM Lengths & Leisure			4:30-9:30PM Lengths (R) & Leisure
				9:30-10:00PM Adult Swim

WEDNESDAY Sept 9	THURSDAY Sept 10	FRIDAY Sept 11	SATURDAY Sept 12	SUNDAY Sept 13
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
			8:00-9:00AM Lengths (L) & Leisure	8:00-9:00AM Lengths (L) & Leisure
9:30AM-12:00PM Lengths (L) & Leisure	9:30AM-12:00PM Lengths (L) & Leisure	9:30AM-12:00PM Lengths (L) & Leisure	9:00AM-1:30PM Lengths & Leisure	9:00AM-1:30PM Lengths & Leisure*
9:30-10:30AM Deep Aquafit Jackie**	9:30-10:30AM Deep Aquafit Alison**	9:30-10:30AM Deep Aquafit Preston**		*9:00-11:00 Lengths (L) & Leisure
10:45-11:45AM Shallow Aquafit Jackie**	10:45-11:45AM Shallow Aquafit Alison**	10:45-11:45AM Held for Shallow Aquafit - TBD		*9:00AM-12:00PM Staff training; whistles may sound
12:00-2:00PM Lengths & Leisure	12:00-4:30PM Lengths & Leisure	12:00-4:30PM Lengths & Leisure	1:30-4PM Fun Swim & Lengths (L)	1:30-4PM Fun Swim & Lengths (L)
2:00-3:00PM Lengths (R) & Leisure Aqua Therapy (registered)				
3:00-4:30PM Lengths & Leisure				
4:30-9:30PM Lengths (R) & Leisure* *5:00-8:00PM Staff training; whistles may sound	4:30-9:30PM Lengths (R) & Leisure	4:30-6:30PM Lengths (L) & Leisure	4:00-8:00PM Lengths & Leisure	4:00-8:00PM Lengths & Leisure
		6:30-8:00PM \$2 Youth Swim		
9:30-10:00PM Adult Swim	9:30-10:00PM Adult Swim	8:00-10:00PM 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.

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



Last updated: August 19, 2026

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



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
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	8:00-10:00AM Programs + & Leisure (L)	8:00-9:00AM Lengths (L) & 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)	9:00-11:00AM Programs + & 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 Held for Shallow Aquafit - TBD		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)					
2:00-3:00PM Lengths (R) & Leisure	1:45-4:00PM Lengths & Leisure	2:00-3:00PM Lengths (R) & Leisure			1:30-4PM Fun Swim & Lengths (L)	1:30-4PM Fun Swim & Lengths (L)
Aqua Therapy (registered)		Aqua Therapy (registered)				
3:00-4:00PM Lengths & Leisure		3:00-4:00PM Lengths & 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
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	6:30-8:00PM \$2 Youth Swim		
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: August 20, 2026