

RECREATIONAL SWIM DESCRIPTIONS

Recreational swims are a fun and positive way to practice new skills, get your daily dose of physical activity and spend time with family and friends. Water helps reduce impact on joints, soothes the mind, body and increases energy levels.

The City of Mississauga has 11 indoor pools and 7 outdoor pools offering a variety of swims. Swim schedules are available at the pool or online at mississauga.ca/dropin . Visit a pool today and begin enjoying this fun and healthy activity.

Please note:

- For the safety of all swimmers, [swim admission standards](#) and bather capacities for all recreational swims apply
- The City of Mississauga reserves the right to ask participants of any age to take a swim test before entering the deep end, or to use equipment. A swim test may also be required to determine if a guardian needs to be in the water for supervision.
- Children 3 & under receive complimentary admission
- Everyone entering the pool enclosure must pay the **admission fee**

Lane

A minimum of one lane will be available for continuous lap swimming. Swimmers must be able to swim 25 metres and be comfortable in deep water. To ensure a positive experience for all participants:

- Check with the pool on the number of lanes that are available
- Ask how the lanes are divided and/or designated to other activities
- Observe the pace of swimmers before choosing the lane that best suits your pace
- See a lifeguard if you require assistance

The City of Mississauga reserves the right to restrict swims to a maximum number of participants

Lane and Leisure Swim

A time for endurance, fitness and exercise for persons wanting structured length swimming or unstructured exercise in the water. Lane division will be based on the pace of the swimmers. At least one lane will be available for lap swimming. At least one lane will be available for exercise.

Lane and Fun Swim

A fun swim with at least one lane reserved for lap swimming. All ages welcome

Adult Leisure

An opportunity for individuals to exercise, socialize or just relax in the water. This swim is open to persons 16 years of age and older.

Aqua Cardio

A minimum of one lane is available to cross train. This is an opportunity to participate in lap swimming, water running, resistance training and aqua cycling.

Fun

This is an unstructured recreational swim for all ages. Please refer to the **swim admission standards** to help you have a safe and positive swim experience.

Family

This is an unstructured recreational swim for families. Please refer to the **swim admission standards** to help you have a safe and positive swim experience.

Parent and Tot

An unstructured playtime for preschool children, ages 6 and under, accompanied by a parent/guardian.

Homework Swim

This is a swim with dedicated space for learn to swim participants to practice strokes and skills. Swim Instructors can provide tips for skill improvement.

Therapeutic Time

This is a time for those who are looking to exercise in the therapeutic pool. No instructor. Specialty equipment is available. Therapeutic rates apply.

Therapeutic/Fitness

There will be at least one lane available for swimming laps and/or therapeutic exercise. Specialty equipment is available. Therapeutic rates apply.