

# RECREATIONAL SWIMMING

Revised: July 4, 2019

Recreational swims are a fun and positive way to practice new skills, be physically active and spend quality time with family and friends. Water is known to reduce the impact on joints, soothe the mind, body and increase energy levels.

The City of Mississauga has 11 indoor pools and 7 outdoor pools offering a variety of swims. Swim schedules are available online at [www.activemississauga.ca/dropin](http://www.activemississauga.ca/dropin) or as printed copies. Visit a pool today and begin enjoying this fun and healthy activity.

## GENERAL INFORMATION:

- 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.
- Wristband procedure for children in effect at recreational swims and rentals. For details, visit [www.activenow.ca/wristbands](http://www.activenow.ca/wristbands)
- Only verified health care providers are permitted to conduct private training sessions.
- Children 3 & under receive complimentary admission. Everyone else entering the pool enclosure must pay [admission fees](#). All fees subject to applicable taxes. Prices subject to change.
- Those with a serious medical condition should be accompanied by individuals knowledgeable of their conditions and responsible for their direct supervision.
- Bathing/swimming apparel is defined as clean clothing and used specifically for the purpose of swimming. No outdoor shoes permitted on the pool deck.

## SWIM DESCRIPTIONS:

### Fun

This is an unstructured recreational swim for all ages. Please refer to the **swim admission standards** to make sure everyone has a safe and positive swim experience.

### Family

This is an unstructured recreational swim for families. Please refer to the **swim admission standards** to make sure everyone has a safe and positive swim experience.

### Parent and Tot

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

### Lane

At least one lane is open 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 open
- 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 & Leisure Swim

For those who want structured length swimming or unstructured exercise in the water. Lane speed based on the pace of the swimmers. At least one lane is open for lap swimming and/or exercise.

### Lane & Fun Swim

This is a fun swim with at least one lane open for lap swimming. All ages welcome

### Adult Leisure

A time to exercise, socialize or just relax in the water. This swim is open to persons 16 years of age and older.

### Aqua Cardio

At least one lane open to cross train: Lap swimming, water running, resistance training and Aqua Cycle.

### Therapeutic Time

This is a time for those who want to exercise in the therapeutic pool. No instructor, specialty equipment available. Therapeutic membership and non-members therapeutic time rates apply.

### Therapeutic/Fitness

At least one lane is available for swimming laps and/or therapeutic exercise and specialty equipment is available. Therapeutic/Fitness Memberships and non-members therapeutic time rates apply.