

swim schedule



We rent our pools for events. Call 905-615-4100 Ext.2
 For more information on swim schedules, program registration, facility amenities and descriptions, call your local pool or visit:
mississauga.ca/swimming

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18255

Pay Per Visit Or Passes		AVAILABLE FOR PURCHASE AT THE POOL OFFICE OR CUSTOMER SERVICE DESKS			
ADMISSION RATES <small>ALL FEES SUBJECT TO APPLICABLE TAXES. PRICES SUBJECT TO CHANGE APRIL 1</small>	PAY/VISIT	5 VISITS	1 MONTH	3 MONTH	12 Month
Single Admission	\$3.75	\$17.00	\$25.00	\$61.35	\$184.00
Older Adult (65+); Youth (4-17); Persons with Disability; Student with ID	\$3.00	\$13.50	\$20.00	\$49.05	\$147.20
*Group Admission	\$11.80		\$78.75	\$193.25	\$579.60
THERAPEUTIC TIME & THERAPEUTIC/FITNESS SWIM RATES	PAY/VISIT	5 VISITS			
Adult	\$10.15	\$45.75 (\$9.00/additional visit)			
All Others	\$8.10	\$36.50 (\$7.20/additional visit)			

Therapeutic Memberships available in 1, 3 & 12 month terms. Monthly payment plans available for 12 month memberships. For more information, see customer service or call the pool.

*Group Admission: Maximum 5 per group. Swim admission standards apply. Children 3 and under receive complimentary admission.

Note: Anyone entering the pool enclosure must pay admission. Only Verified Health Care Providers are permitted to conduct private training sessions. Please ask front desk staff for more information.

For the safety of all swimmers, Swim Admission Standards and capacities at all swims apply.

Facility Information

- Those with serious medical conditions 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 times and dates are subject to change at any time. Schedules may vary on holidays and March Break. Please contact your local pool for revised schedules.**
- Passes are usable at all city pools and skating rinks.

Swim Often?
Choose Your Best Deal

- Swim/Skate Passes
- Therapeutic Memberships
- Fitness Memberships

Public swimming and skating is included

Swim Admission Standards

- Children 9 years of age and under **MUST** be supervised, within the pool enclosure, by a guardian who is a minimum of 14 years of age.
- Children 5 years of age and under **MUST** be supervised, in the water and within arm's reach, regardless of swimming ability. Maximum of 2 children per guardian.
- Children between the ages of 6 and 9 who cannot complete the swim test (see below) **MUST** be directly supervised, in the water and within arm's reach. Maximum of 4 children per guardian. This ratio may be increased to 8 children per guardian if all children are wearing Ministry of Transportation approved lifejacket.
- Swim Test: Participant must be able to swim 2 widths of the pool uninterrupted and without touching the pool bottom. No stopping during the test except at the end. Participants of any age may be asked to take a test before entering the deep end, to use equipment and/or if a guardian must be in the water for supervision. Those who pass the swim test will be given a wrist band that will allow them to go into the deep end, use the Slide, Flume Slide and Tarzan rope (depending on location) without a lifejacket. Lifejackets are not permitted on the Flume Slide at River Grove.

NOTE: Safety is our number one priority. Pool staff may implement additional safety measures to ensure all customers, regardless of age are safe in the water.

Swim Descriptions

- (full descriptions at mississauga.ca/swimming)
- FUN:** open to all ages; See swim admission standards.
- FAMILY:** open to families; See swim admission standards.
- PARENT & TOT:** open to preschool children ages 6 and under and their parent/guardian.
- ADULT LEISURE:** A time to exercise, socialize or relax; Open to 16 years of age and older.
- LANE:** At least one lane open for continuous lap swimming. Must be able to swim 25 metres and be comfortable in deep water.
- Check with the pool on lanes open
 - Ask how the lanes are divided or delegated to other activities
 - Observe the pace of swimmers before choosing the lane that best suits your pace
 - See a lifeguard if you require assistance
- WE RESERVE THE RIGHT TO RESTRICT SWIMS TO A MAXIMUM NUMBER OF PARTICIPANTS

LANE & LEISURE: persons wanting structured length swims or "unstructured exercise". Lane speed based on the pace of swimmers; At least one lane open for lap swimming and/or exercise.

LANE & FUN: swim with at least one lane open for lap swimming. All ages welcome.

THERAPEUTIC TIME: A time to exercise in the therapeutic pool; No instructor; Specialty equipment available.

(THERAPEUTIC MEMBERSHIP AND RATES APPLY)

CAWTHRA **September 4, 2018 – June 30, 2019**
Pool closed Dec. 16, 2018 - Jan. 4, 2019
1305 Cawthra Rd, L5G 4L1
905-615-4800 x2641

Lane & Leisure
Family
Fun
Lane

Tu (MIN. 2 LANES) _____ 10:00 am-11:55 am
Su _____ 9:00-10:25 am
F _____ 8:35-10:00 pm
Sa & Su _____ 2:35-4:00 pm
M-Th _____ 8:35-9:30 pm
Tu _____ 12:00-1:00 pm
Sa _____ 8:00-8:55 am
Su _____ 7:30-8:55 am

ERIN MEADOWS **September 24, 2018 – June 30, 2019**
Pool closed Sept. 3-23, 2018
2800 Erin Centre Blvd, L5M 6R5
905-615-4750

Fun Swim
Lane Swim

Th _____ 7:35-9:00 pm
Sa _____ 1:35-3:00 pm
Su _____ 12:15-1:45 pm

W* & F* _____ 8:35-11:30 am
W* & F* _____ 1:30-3:00 pm
M, Tu, F _____ 9:20-10:15 pm
Th _____ 9:05-10:00 pm
Sa _____ 12:35-1:30 pm
Su _____ 7:00-7:55 am

* AT LEAST 1 LANE IS AVAILABLE

Lane & Fun
Lane & Leisure
Parent & Tot

M, W, F _____ 12:35-1:30 pm
Tu-F _____ 7:35-8:30 am
M, W, F _____ 11:35 am-12:30 pm
Tu & Th _____ 11:35 am-1:30 pm
M, W, F _____ 11:35 am-12:30 pm
Tu & Th _____ 11:35 am-1:30 pm

+ AVAILABLE TO THERAPEUTIC MEMBERSHIPS.
THERAPEUTIC DROP IN RATES APPLY TO NON-MEMBERS

^ REGISTRATION/THERAPEUTIC DROP IN RATES AVAILABLE.

THERAPEUTIC/FITNESS MEMBERSHIP REQUIRED.
THERAPEUTIC DROP IN RATES APPLY TO NON-MEMBERS

CLARKSON WITH THERAPEUTIC POOL **September 22, 2018 – June 30, 2019**
Pool closed Sept. 3-21, 2018
2475 Truscott Dr, L5J 2B3
905-615-4840

Adult Leisure
(THERAPEUTIC POOL)

M, Tu, W, F _____ 8:05-9:00 am
Th _____ 8:05-10:00 am
M & F _____ 3:05-4:25 pm
Sa _____ 4:35-5:30 pm
Su _____ 8:00-8:55 am

Fun
(MAIN & THERAPEUTIC POOL)

Tu & Th _____ 7:35-9:00 pm
Sa & Su _____ 1:05-2:30 pm
Sa (MALE ONLY) _____ 5:45-7:15 pm
Su (FEMALE ONLY) _____ 7:15-8:45 pm
M-Th _____ 9:05-10:00 pm
F _____ 8:35-9:30 pm

Lane (MAIN POOL)

Tu & Th _____ 7:05-8:00 am
M, W, F _____ 8:05-10:00 am
M, W, F _____ 3:05-4:25 pm
M-Th _____ 11:05 am-1:00 pm
Tu & Th _____ 8:05-9:00 am
F _____ 11:05 am-12:00 pm
Sa _____ 4:35-5:30 pm
Su _____ 8:00-8:55 am
Su _____ 12:05-1:00 pm
M _____ 6:35-7:30 pm

Lane & Leisure
(MAIN POOL)

Tu & F _____ 10:05-11:00 am
Th _____ 11:05 am-12:00 pm
F _____ 4:35-5:30 pm
Sa _____ 3:35-4:30 pm
Su _____ 12:05-1:00 pm
F _____ 12:05-2:00 pm

Parent & Tot
(THERAPEUTIC POOL)

M _____ 1:00-3:00 pm
Tu, W, Th _____ 2:00-4:00 pm
F _____ 12:00-2:00 pm
Su _____ 2:30-4:25 pm

Therapeutic/Fitness Swim#
(MAIN POOL)
Therapeutic Time+
(THERAPEUTIC POOL)

FRANK McKECHNIE **September 4, 2018 – June 30, 2019**
Pool closed Dec. 17, 2018 - Jan. 6, 2019
310 Bristol Rd E, L4Z 3V5
905-615-4660

Fun (PLAY & MAIN POOL)

Tu, Th, F _____ 7:35-8:55 pm
Sa & Su _____ 1:35-2:55 pm

Lane & Leisure

M, W, F _____ 6:30 am-12:55 pm
Tu _____ 9:00 am-12:55 pm
Th _____ 6:30-10:00 am & 11:35 am-12:55 pm
M-F _____ 9:05-10:00 pm
Sa _____ 6:30-7:55 am
Sa & Su _____ 12:35-1:25 pm
M-F _____ 11:35 am-12:55 pm
Su _____ 12:35-1:25 pm

Parent & Tot

HURON PARK WITH THERAPEUTIC POOL **September 4, 2018 – June 30, 2019**
Pool closed Dec. 17, 2018 - Jan. 4, 2019
830 Paisley Blvd W, L5C 3P5
905-615-4820

Adult Leisure
(THERAPEUTIC POOL)
Fun
(MAIN & THERAPEUTIC POOL)
Lane
(6 LANES, MAIN POOL)

M-F _____ 11:35 am-12:30 pm
W & F _____ 9:05-10:00 pm
W & F _____ 7:35-9:00 pm
Sa & Su _____ 1:35-3:00 pm
M, W, Su* (*HALF POOL 8:30-9AM) 7:00-9:00 am
F _____ 6:00-8:00 am
M-F _____ 11:35 am-1:25 pm
W & F _____ 9:05-10:00 pm
M, W, F _____ 12:30-1:25 pm
Th _____ 6:00-7:30 pm
M, W, F _____ 1:30-3:00 pm
Tu & Th _____ 3:00-5:00 pm

Parent & Tot
(THERAPEUTIC POOL)
Therapeutic Time+
(THERAPEUTIC POOL)

GLENFOREST **September 17, 2018 – June 30, 2019**
Pool closed Sept. 3-23, 2018
3575 Fieldgate Dr, L4X 2J6
905-615-4630

Fun
Lane

Sa _____ 1:05-2:25 pm
M & W _____ 8:30-9:30 pm
Sa _____ 12:05-1:00 pm
Su _____ 12:35-1:30 pm

MEADOWVALE WITH THERAPEUTIC POOL **September 4, 2018 – June 30, 2019**
Pool closed Dec. 17, 2018 - Jan. 6, 2019
6655 Glen Erin Dr, L5N 3L4
905-615-4710

Adult Leisure
(THERAPEUTIC POOL)

T & Th _____ 7:05-8:30 am
M & W _____ 7:05-9:00 am
M-F _____ 11:35 am-1:00 pm
M, T, W, F _____ 9:05-10:00 pm
Su _____ 12:05-1:00 pm
Sa _____ 6:35-8:00 pm
Su _____ 1:05-2:30 pm
F _____ 7:35-9:00 pm

Family
(MAIN & THERAPEUTIC POOL)
Fun
(MAIN & THERAPEUTIC POOL)

Sa _____ 6:35-8:00 pm
Su _____ 1:05-2:30 pm
F _____ 7:35-9:00 pm
Sa _____ 1:35-2:55 pm
Su _____ 2:45-4:15 pm
M, T, W, Th _____ 7:05-9:00 am
M-F _____ 11:35 am-1:00 pm
M, T, W, F _____ 9:05-10:00 pm
Sa _____ 8:30-9:25 am
Su _____ 12:05-1:00 pm
T & Th _____ 10:35-11:30 am
W _____ 6:05-7:00 pm
M-F _____ 3:00-4:30 pm
Th _____ 7:00-8:30 pm

Lane
(6 LANES, MAIN POOL)

Parent & Tot
(THERAPEUTIC POOL)
Therapeutic Time+
(THERAPEUTIC POOL)

MALTON WITH THERAPEUTIC POOL **September 4, 2018 – June 30, 2019**
Pool closed Dec. 17, 2018 - Jan. 6, 2019
3540 Morning Star Dr, L4T 1Y2
905-615-4640

Aqua Cardio*

M _____ 8:35-9:30 pm
W _____ 11:05 am-12:00 pm
Tu & Th _____ 11:05 am-12:30 pm
F _____ 6:35-8:00 am
Su _____ 12:35-1:30 pm
M & W (LOONIE) _____ 12:05-1:30 pm
W _____ 7:05-8:30 pm
F _____ 12:05-1:30 pm
F (FEMALE ONLY) _____ 6:05-7:25 pm
F _____ 7:35-9:00 pm
Sa _____ 1:05-2:30 pm
Su _____ 1:35-3:00 pm
M, W, F _____ 6:35-8:00 am
M, W, F _____ 11:05 am-12:00 pm
M-Th _____ 8:35-9:30 pm
Su _____ 12:35-1:30 pm
Tu & Thu _____ 11:05 am-12:30 pm
Sa _____ 8:30-9:25 am
Tu _____ 12:30-1:30 pm
Sa _____ 4:30-5:30 pm
M _____ 10:00-11:00 am
Tu _____ 11:00 am-12:30 pm & 7:30-8:30 pm
W _____ 9:45-11:00 am
Th _____ 12:00-1:00 pm

Fun
(MAIN & THERAPEUTIC POOL)

Lane & Adult Leisure
(MAIN & THERAPEUTIC POOL)
Lane & Leisure
(MAIN POOL)

Snoezelen Pool Program*
(THERAPEUTIC POOL)
Therapeutic Time+
(THERAPEUTIC POOL)

* AT LEAST ONE LANE OPEN TO CROSS TRAIN: LAP SWIMMING, WATER RUNNING, RESISTANCE TRAINING AND AQUA CYCLE.

be a leader!

Take lifeguard training in Aquatics & First Aid.
For information visit: mississauga.ca/swimming

RIVER GROVE **September 22, 2018 – June 30, 2019**
Pool closed Sept. 3-21, 2018
5800 River Grove Ave., L5M 4R8
905-615-4780

Family (SLIDE OPEN)
Fun (SLIDE OPEN)

Su _____ 2:35-3:55 pm
F _____ 7:35-9:00 pm
Sa & Su _____ 1:05-2:25 pm

Lane & Leisure
(LAP POOL ONLY)
Lane (5 LANES)

M-F _____ 11:35 am-12:55 pm
M, Tu & W _____ 8:35-9:30 pm
F _____ 9:05-10:00 pm
Su _____ 7:30-8:55 am
M, Tu, W, & F _____ 6:00-11:30 am
M & W _____ 1:00-8:30 pm
Tu & Th _____ 1:00-7:00 pm
F _____ 1:00-9:00 pm
Sa (FALL & SPRING) _____ 1:05-5:00 pm
Sa (WINTER) _____ 1:05-4:30 pm
Su _____ 1:05-3:55 pm

Lane (1 LANE ONLY)

SOUTH COMMON LEISURE **September 4, 2018 – June 30, 2019**
Pool closed Dec. 17, 2018 - Jan. 4, 2019
2233 South Millway, L5L 3H7
905-615-4770

Adult Leisure
Family

Sa & Su _____ 12:35-1:25 pm
Su _____ 1:35-3:00 pm
Su _____ 6:35-8:00 pm
M, W, F _____ 7:05-8:25 pm
Th _____ 4:00-5:25 pm
Sa _____ 1:35-2:55 pm
Su _____ 3:15-4:45 pm
M & W _____ 6:05-6:55 pm
Th & F _____ 8:35-9:30 pm
M-F _____ 11:35 am-1:25 pm

Fun

Lane
Lane & Fun

TERRY FOX WITH THERAPEUTIC POOL **September 4, 2018 – June 30, 2019**
Pool closed Sept. 1-17, 2018
1275 Mississauga Valley Blvd, L5A 3R8
905-615-4670

Adult Leisure
(THERAPEUTIC POOL)

M, Tu, W, F _____ 7:00-9:00 am
Th _____ 7:00-8:30 am
M-F _____ 11:35 am-1:00 pm
M-F _____ 9:05-10:00 pm
Sa _____ 7:30-8:55 am
Su _____ 12:05-1:00 pm
W & F _____ 7:35-9:00 pm
Sa & Su _____ 1:05-2:30 pm
M, Tu, W, F _____ 6:30-9:00 am
Th _____ 6:30-8:30 am
M-F _____ 11:35 am-1:30 pm
M-F _____ 9:05-10:00 pm
Sa _____ 7:30-8:55 am
Su _____ 12:05-1:00 pm
M _____ 6:05-7:00 pm
Tu, F _____ 10:35-11:30 am
Su _____ 11:05 am-12:30 pm
M-F _____ 2:00-3:00 pm
Su (1/2 POOL) _____ 2:30-3:30 pm

Fun
(MAIN & THERAPEUTIC POOL)
Lane
(6 LANES, MAIN POOL)

Parent & Tot
(THERAPEUTIC POOL)

Therapeutic Time+
(THERAPEUTIC POOL)

green your schedule

CHECK DROP IN PROGRAMS ONLINE

1. Visit activemississauga.ca
2. Click on "Find Drop In Programs"
3. Type program name in **SEARCH OPTIONS**
4. Narrow your search by choosing **ACTIVE FILTERS**
5. **SORT RESULTS** (organize your searches)