

Mission Parks, Recreation & Culture

Aquatics Schedule

July 3 - Aug 26, 2022



General Information

The Mission Leisure Centre pools are open, you can enjoy all the amenities such as the Leisure Pool, Main Pool, Sauna, Steam Room and Hot Tub at all times the facility is open with the exception of swim lesson blocks.



Rope Swing & Waterslide Hours

| | |
|-----------|---------------------------------------|
| Mon - Fri | 12:15pm - 2:45pm 6:45pm - 8:00pm |
| Saturday | 10:00pm - 8:00pm |
| Sunday | 10:15am - 12:15pm 12:30pm - 8:00pm |

Staffing levels may impact these hours and the waterslide and rope swing are open intermittently during the above listed times.

Find out everything you need to know before you visit

[Click Here!](#)

Register Today!

Interested in Swimming Lessons?

Summer Aquatic Schedule

July 3 - Aug 26, 2022

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|--|--------------------------|--------------------------|--------------------------|--------------------------|------------------------------------|--|
| 5:30-6:30am | Early Bird Lengths & Leisure Swim | Early Bird Lengths | Early Bird Lengths | Early Bird Lengths | Early Bird Lengths | | |
| 6:30-7:30am | | Swim Club | Swim Club | Swim Club | Swim Club | | |
| 7:30-8:00am | Length & Leisure Swim | Length & Leisure Swim | Length & Leisure Swim | Length & Leisure Swim | Length & Leisure Swim | | Length & Leisure Swim (7:00-10:00) Discount Public Swim (10:15-12:15) |
| 8:00-8:45am | Aqua Fit Shallow | Aqua Fit Shallow | Aqua Fit Shallow | Aqua Fit Shallow | | | |
| | Leisure Swim | Leisure Swim | Leisure Swim | Leisure Swim | Leisure Swim | Length & Leisure Swim (7:00-10:00) | |
| | Exclusive Lesson Time - Leisure and Lane Swim Not Available | | | | | Public Swim (10:00am-8:00pm) | |
| 9:00-12:00pm | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | | |
| 12:15-2:45pm | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | | Public Swim (12:30-8:00) |
| | Exclusive Lesson Time - Leisure and Lane Swim Not Available | | | | | | |
| 3:00-6:30pm | Swim Club & Swim Lessons | Swim Club & Swim Lessons | Swim Club & Swim Lessons | Swim Club & Swim Lessons | Swim Club & Leisure Swim | | |
| 6:30-8:00pm | Public Swim | Public Swim | Public Swim | Public Swim | Public Swim | | |
| 8:00-9:00pm | Adult Oriented Swim | Adult Oriented Swim | Adult Oriented Swim | Adult Oriented Swim | Length & Leisure Swim | Length & Leisure Swim | Length & Leisure Swim |

Swim club finished August 18. Classes do not run on stat holidays and their weekends, July 30,31 & August 1. Schedule is subject to change. Pool closed Aug 27-Sep 18 for annual maintenance.

Health & Fitness Schedule

July 4 - Sept 5, 2022



Multi-Session Programs

Check out our various multi-session programs including Cardiac Maintenance, Walk Mission, Intro to Yoga, Stroller Fit, Kids Fit and Intro to Spin!

Check online for details or email fitness@mission.ca

Fitness at Boswyk Seniors Activity Centre

Are you 55+? Purchase your Boswyk Seniors Centre membership today to enjoy an endless offering of programs such as Chair Yoga and Chair Fitness, provided at a nominal fee in addition to your annual Boswyk membership.

Call 604-814-2188 for details.

Healthy Lifestyles Program



The Healthy Lifestyles Program is a joint initiative with Fraser Health to support adults on their mental wellness journey through recreation services & leisure planning.

Contact **Tanis Bentley** at tbentley@mission.ca, 604 814-1255 for more information

Summer Land/Aqua Fitness

July 4 - Sept 5, 2022

Pre-book up to 5 days in advance - www.mission.ca/register

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|-------------------|----------------------------|--|---------------------------|----------------------------|----------|---|
| 8:00-8:45am | Aqua Fit Shallow | Aqua Fit Shallow | Aqua Fit Shallow | Aqua Fit Shallow | | | |
| 8:45-9:30am | Spin | | HIIT & Core Express | Spin | | | Spin (7:55-8:40) |
| 9:00-9:45am | Synergy Circuit ◊ | | | | Tone & Sculpt (9:15-10:00) | | Vinyasa Yoga (9:00-10:00) |
| 10:15-11:15am | | | Seniors Chair Fitness @Boswyk (9:30-10:15) | | Yoga Fusion (10:15-11:00) | | |
| 10:30-11:30am | Hatha Yoga | Hatha Yoga | Hatha Yoga (10:45-11:45) | Hatha Yoga | | | |
| 12:10-12:45pm | | \$2 Quick Fit | | \$2 Quick Fit | \$2 Quick Fit | | ◊ Weight Room FRHP = Fraser River Heritage Park |
| 1:15-2:00pm | | Seniors Chair Yoga @Boswyk | | | | | Classes held in studio or main pool unless stated otherwise. |
| 1:30-2:30pm | | Seniors Fitness Circuit ◊ | | Seniors Fitness Circuit ◊ | | | |
| 5:30-6:15pm | Spin (5:45-6:45) | | Spin | | Hatha Yoga (5:30-6:30) | | |
| 5:45-6:45pm | Yoga Outdoor FRHP | | | Pilates (5:45-6:30) | | | Fitness Safety Let the instructor know if you are new to group exercise, pre/post natal, suffering from any health conditions or recovering from injury. The goal is to ensure a safe & effective workout |
| 6:30-7:15pm | | Core & More (7-7:45) | | Synergy Circuit ◊ | | | Timely Arrivals Please ensure you arrive prior to class start times. |

Classes do not run on stat holidays and their weekends, Jul 1-3 and July 30-Aug 1. No land fitness classes from Aug 26 to Sep 5 inclusive. No Aqua Fit classes Aug 26-Sep 18 due to annual maintenance pool shut down. Classes are subject to change without notice.

604-820-5350

www.mission.ca/leisure