

Pool Schedule

Fall 2018 & Winter 2019

Tips for Safe and Healthy Swimming

Help us make the pool safe & healthy for everyone!

- Children under 7 must be closely supervised and remain within arm's reach of a responsible person, minimum of 16 years of age, at all times.
- If you are a non swimmer please advise the lifeguard and make sure you remain in water no deeper than your arm pits.
- Diving is permitted only in water that is at least 2m in depth (edge of main pool closest to change rooms only).
- Actions which are dangerous to you or others including running, fighting or engaging in other conduct likely to cause an injury are not permitted.
- Competitive or repetitive breath holding can be dangerous and is not permitted in pool.
- Persons under 14 are permitted in the hot tub, provided they are closely supervised by a responsible adult 19 years and over.
- Persons under 16 are permitted in the sauna, provided they are closely supervised by a responsible adult 19 years and over.
- Street shoes are not permitted on the pool deck.
- A cleansing shower is required before entry to pool area.
- Those with an illness, including open sores, bandages, head colds, discharging ears, noses or infected eyes are restricted from pool use.
- Immediately report any injury suffered while in the pool enclosure to a lifeguard.
- Immediately report any contamination or fouling of the pool to a lifeguard.
- For your own safety, patrons with heart conditions, diabetes, epilepsy or other medical conditions are to consult with a doctor and advise a lifeguard prior to using the facilities.
- Please refrain from the use of heavily scented shampoos, soaps and body washes. Colognes, perfumes and body spray are not permitted.

Main Pool Schedule

Sep 17-Dec 22, 2018 &
Jan 6-Mar 12, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:00	Early Bird Lengths	Early Bird Lengths	Early Bird Lengths	Early Bird Lengths	Early Bird Lengths		
6:00 - 6:45	Deep Water	Aqua Intense		Aqua Intense	Aqua Intense		
6:45 - 8:00	Swim Club	Swim Club	Swim Club	Swim Club		Early Bird Lengths (7-8am)	Rental Space Available
8:15 - 8:55	Morning Lengths	Morning Lengths	Morning Lengths	Morning Lengths	Morning Lengths	Aqua Intense (8:00-8:45)	
9:00 - 9:45	Aquafit	Aquafit	Aquafit	Aquafit	HIIT Waterfit		
9:00 - 9:45	Deep Water	Water** Wellness (9:15-10am)	Deep Water Social	Water** Wellness (9:15-10am)	Deep Water	Swim Lessons (9am-12)	
10:00 - 12:00	School Rentals	School Rentals	School Rentals	School Rentals	School Rentals		Discount Session (10am-12)
12:00 - 1:00	Length Swim (3 lanes)	Senior Swim (3 lanes)	Length Swim (3 lanes)	Length Swim (3 lanes)			
1:00 - 3:00	Leisure Swim & School Rental	Lessons & School Rental	Leisure Swim & School Rental	Lessons & School Rental	Leisure Swim & School Rental		Public Swim (12-9pm)
3:30 - 6:30	Swim Club	Swim Club	Swim Club	Swim Club	Swim Club		
4:00 - 6:30	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Public Swim (12-9pm)	Swim Lessons (4-6:30pm)
5:45 - 6:30	Aquafit	HIIT Waterfit (Deepwater)	Aquafit	Deep Water			
6:30 - 8:00	Public Swim	Public Swim	Public Swim	Public Swim			
7:30 - 8:30		Masters Swim		Masters Swim			Public Swim (6:30-9pm)
8:30 - 9:15	Adult Swim Lessons		Adult Swim Lessons		Public Swim		
9:00 - 10:00	Adult Swim	\$2 Last Call Swim	Adult Swim	\$2 Last Call Swim		Rental Space Available	Rental Space Available

**Water Wellness located in the Leisure Pool

Aquatic Information

Swim Shop Sales

The reception desk at the Leisure Centre offers an array of swim supplies including goggles, swim caps & pool diapers at reasonable rates.



Family Change Rooms

Priority in our family change rooms is provided for families with children & people with disabilities. One change room is equipped with a handicap lift & table. These rooms can be very busy places so please be courteous & select the changeroom appropriate for your situation.

Volunteer Opportunities

There are great volunteer opportunities available during some of the Parks, Recreation and Culture Department special events.

Call 604-820-5350 or e-mail: leisureservices@mission.

Waterslide & Leisure Pool

Effective Sep 17, 2018

- Mar 12, 2019

Leisure Pool Hours

Includes Swirl Pool, Sauna, Steam Room, minimum 1 lane for lengths & Leisure Pool

Mon - Fri	5:30am - 10:00pm
Saturday	7:00am - 9:00pm
Sunday	10:00am - 9:00pm

*No vortex, spray toys and limited space due to lessons Mon-Fri 4-6:30pm, Sat 9-12 & Sun 4-6:30pm

Waterslide Hours

Mon - Fri	6:30pm - 8:00pm
Saturday	12:00pm - 8:00pm
Sunday*	10:30am - 8:00pm
Stat Holidays	10:00am - 4:30pm
Christmas Holidays	10:00am - 8:00pm

*Waterslide is not available Sundays during lessons from 4-6:30pm. Waterslide height is 42".

Length Swim

Lane Availability

A minimum of 1 lane is available at all times. Recommended length swim times:

Mon - Fri	5:30am - 6:00am
Mon - Fri	7:30am - 8:55am
Mon - Thu	12:00pm - 1:00pm
Mon - Fri	9:00pm - 10:00pm
Saturday	7:00am - 9:00pm
Sunday	10:00am - 9:00pm

*Subject to change based on programs and rentals. Certain times may have higher volume.

Length Swim Etiquette

- Always swim on the right-hand side in the lane
- Pass slower swimmers from behind on the left
- Swim in the speed lane most suited to your ability



Free & Discount



Pro-D Day Swim

Sep 21, Oct 19, Dec 7 & Feb 15
10am - 3pm

Join us for some fun in the pool on the Pro-D day from 11:00am-1:00pm. Children 3-12yrs are \$1.00 and youth 13-18yrs are \$2.00. Regular admission rates apply for adults/seniors.

Family Day Swim

Monday, Feb 18
8:30am-4:30pm

Spend your family day making memories with us! Swimming, skating, bouncy castle & more! Free Admission.

Spray toys and waterslide open at 10am.

Rubber Ducky Swim

Wednesdays 10am-11:30am



Sept 19 - Dec 12 &
Jan 9 - Mar 13

Hundreds of rubber duckys, warm water and child friendly music make this the ideal time

to swim with your toddler.

Parent & Child: \$3.50, each additional child or adult: \$1.50.

FREE! Family Swims

Select Wednesdays
6:30-8:00pm

Have a splash courtesy of our generous sponsors!

- **September 26**
CUPE, Local 1267
- **October 24**
IAFF, Local 4768
- **November 28**
Mission ECD
- **January 23**
Rotary Middy
- **February 27**
To be announced.



Follow Us Online! mission.ca/leisure 604.820.5350



Parks Recreation & Culture