



AQUATICS

WINTER AQUATICS SCHEDULE January 5 to March 16, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:00am	Length & Leisure Swim	Length & Leisure Swim	Length & Leisure Swim	Length & Leisure Swim	Length & Leisure Swim	Length & Leisure Swim (7:00am-9:00am) - 3 Lanes	Length & Leisure Swim (7:00am-8:15am)
8:00-9:00am	Length & Leisure Swim - 2 Lanes	Length & Leisure Swim - 2 Lanes	Length & Leisure Swim - 2 Lanes	Length & Leisure Swim - 2 Lanes	Length & Leisure Swim - 2 Lanes		
8:15-9:00am	Aqua Fit Shallow	Water Wellness** (Leisure Pool)	Aqua Fit Shallow	Water Wellness** (Leisure Pool)	Aqua Fit Shallow	Aqua Fit Shallow (8:00-8:45am)	
9:00-10:00am	Swim Lessons*	Swim Lessons* (9:00-10:30)	Swim Lessons*	Swim Lessons* (9:00-10:30)	Length & Leisure Swim	Exclusive Lessons Time - Leisure and Lane Swim Not Available	
	Length Swim	Length Swim	Length Swim	Length Swim		Swim Lessons 8:30am-10:00am	
9:15-10:00am		Aqua Fit Shallow		Aqua Fit Shallow			Swim Lessons 9:00am-12:00pm
10:00-11:30am	Tot Swim		Tot Swim				
10:00am-3:15pm	School Rental	School Rental	School Rental	School Rental	School Rental	Length & Leisure Swim	Public Swim (12:30-3:15pm)
	Length & Leisure Swim	Length & Leisure Swim	Length & Leisure Swim	Length & Leisure Swim			
12:00-1:00pm		Aqua Fit Shallow 12:00-12:45pm		Aqua Fit Deep 12:00-12:45pm		Public Swim (12:00pm-8:00pm)	Swim Lessons 3:30-6:30pm
3:30-6:30pm	Exclusive Lessons Time - Leisure and Lane Swim Not Available						
3:30-6:30pm	Swim Lessons	Swim Lessons Swim Club	Swim Lessons	Swim Lessons Swim Club	Swim Lessons	Public Swim (12:00pm-8:00pm)	Swim Lessons 3:30-6:30pm
6:30-8:00pm	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim		Public Swim
8:00-9:00pm	Length & Leisure Swim	Length & Leisure Swim - 4 Lanes	Length & Leisure Swim - 4 Lanes	Length & Leisure Swim - 4 Lanes	Length & Leisure Swim - 4 Lanes	Length & Leisure Swim	Length & Leisure Swim
		Adult Lessons 8:00-8:45pm		Adult Lessons 8:00-8:45pm			

Schedule is subject to change without notice. Drop-in rates apply or are included in your membership. * Swimmers may be asked to move to different areas of the pool to accommodate swim lessons. ** Water Wellness requires pre-registration up to 5 days in advance.



[mission.ca/
swim-lessons](https://mission.ca/swim-lessons)



Pool is open 8:30am to 4:30pm on statutory holidays. Classes do not run on statutory holidays and their weekends: Friday, February 14 - Monday, February 17. Sunday, January 5 - pool temporary closed at 12:15pm to 4:45pm for Aquatic Staff Training. No swimming lessons on Sunday, January 5.



Our Aquatics team maintains the highest standards of training to ensure your safety and enjoyment while visiting the Mission Leisure Centre. In addition to a variety of programming offered in the pools, daily public swims are also available for community members and guests.

Sauna, Steam Room & Hot Tub Hours

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

Water Slide & Rope Swing Hours

Mon-Fri	6:30pm-7:45pm
Saturday	12:15pm-7:45pm
Sunday	10:15am-12:15pm 12:30pm-3:15pm 6:30pm-7:45pm



Children under 7 must be within **arms' reach of an adult** accompanying them in the water at all times while swimming at our facility.



CLICK HERE FOR MORE POOL INFO

or visit mission.ca/aquatics



CLICK HERE FOR ADMISSION RATES

or visit mission.ca/schedulesandrates



CLICK HERE FOR FITNESS CLASSES

or visit mission.ca/fitness



Pro-D Day Swim

Fridays
Feb 14 & Mar 14,
10:00am-3:00pm

Join us for some fun in the pool on Pro-D days. Waterslide and rope swing will be open!

- Admission for children 3-12 years is \$1.00 and youth 13-18 years is \$2.00.
- Regular admission rates for adults and seniors.



Tot Swim

Get in and enjoy the warm water along with hundreds of bath toys making this the ideal time to swim with your little ones. For children 5 and under.

Mondays & Wednesdays

Jan 6-Mar 12,
10:00am-11:30am

Parent & Child: \$4.00
Each additional child or parent: \$2.00
No sessions on stat holidays.