

Terry Fox Pool

(located inside Mississauga Valley CC)

1275 Mississauga Valley Blvd. Mississauga L5A 3R8
Phone: 905-615-4670

www.mississauga.ca/aquatics



Recreational Swimming Schedule

Spring (Mar 29-June 19)				Office Hours: M-F 9:00am - 8:00pm, Sa & Su 9:00am - 3:00pm			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fun Wave Swim					7:30-9:00pm	1:00-2:30pm	1:00-2:30pm
Fun Swim	12:30-1:30pm 3:30-4:30pm FEMALE	12:30-1:30pm 3:30-4:30pm	12:30-1:30pm 3:30-4:30pm MALE	12:30-1:30pm 3:30-4:30pm	12:30-1:30pm 3:30-4:30pm	12:35-1:30pm	12:35-1:30pm
Length Wave Swim		9:00-10:00pm			9:30-10:30pm		12:00-1:00pm
Length Swim	6:30-8:30 am 11:30-12:30 pm- 8:00-9:00 pm- FEMALE	6:30-8:30 am 11:30-12:30 pm	6:30-8:30am MALE 11:30-12:30pm 8:30-9:30pm- MALE	6:30-8:30am FEMALE 11:30-12:30pm 9:15-10:15pm	6:30-8:30am 11:30-12:30pm 9:30-10:30pm	8:00-9:00am	
Drop-in Swim Lessons	6:30-7:30pm FEMALE	1:30-3:00pm	7:30-8:30pm MALE			5:15-6:00pm FEMALE	4:15-5:00pm MALE
Aquatic Leadership Drop-In	5:00-9:30pm FEMALE		5:30-9:30pm MALE				
Learn to Kayak Drop-In					6:30-7:30pm	8:00-9:00am	

Summer (June 20-Sept 4)				Office Hours: M - F 9:00 am - 8:00pm, Sa & Su 9:00am - 3:00pm			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fun Wave Swim	4:00 - 5:30pm 8:15 - 9:45pm	4:00 - 5:30pm	4:00 - 5:30pm 8:15 - 9:45pm	4:00 - 5:30pm	4:00 - 5:30pm 8:15 - 9:45pm	12:30 - 2:00pm	12:30 - 2:00pm
Extreme Water Sports Swim						2:00 - 3:30pm	
Length Swim	6:30 - 8:30am 11:30 -12:30pm	6:30 - 8:30am 11:30 - 12:30pm	6:30-8:30am (MALE) 11:30 - 12:30pm	6:30-8:30am (FEMALE) 11:30 - 12:30pm	6:30 - 8:30am 11:30-12:30pm	11:30-12:30pm	
Length Wave Swim	9:45 - 10:45pm (FEMALE)	9:45 - 10:45pm	9:45 - 10:45pm (MALE)	9:45 - 10:45pm	9:45 - 10:45pm		11:30 - 12:30pm
Drop-in Swim Lessons		7:30-8:30pm (FEMALE)		7:30-8:30pm (MALE)		<ul style="list-style-type: none"> ● 9:00 - 10:00am ● 10:30-11:30am ● 3:45-4:45pm (MALE) 	<ul style="list-style-type: none"> ● 9:00 - 10:00am ● 10:30-11:30am ● 2:15-3:15pm (FEMALE)
Aquafit	8:15 - 9:00 am						

Admission Guidelines

Children 5 years and under must be directly supervised (within arms reach), regardless of swimming ability, by guardian 12 years of age or older. Maximum of 2 children per guardian. Children between the ages of 6 and 9 who cannot swim 2 uninterrupted widths must be supervised (able to render assistance), by a guardian 12 years of age or older. Maximum of 4 children per guardian. The ratio for 6 to 9 year olds can be increased from 1 to 8 if all participants are wearing an approved personal flotation device and the guardian is in the water and able to render assistance.

Pool Features
Terry Fox Pool has a 6 lane, 25 metre Wave pool with a Tazman Rope and Diving Board. Community Change Room and is Wheelchair accessible.

Admission Rates

Tickets or passes available for purchase at the pool office or customer service desks

	PAYG Per Person	Book Tickets (10 visits)	1 month	3 month	12 month or monthly payments plan available
Fun Swim, Water Sport Drop In, Youth Swim	\$2.60	\$23.40	\$32.40	\$62.00	\$131.5 \$10.95/month
River Grove only*	\$3.60	\$32.40	\$48.70	\$93.20	\$197.40 \$16.45/month
Lane, Length, Leisure or Length Wave Swim	\$3.50	\$31.50	\$45.30	\$87.35	\$184.95 \$15.41/month
Family Swims**	\$6.50	N/A	\$83.80	\$161.20	\$341.80 \$28.48/month
River Grove only*	\$9.40	N/A	\$125.80	\$241.90	\$512.80 \$42.73/month
Specialty Swim	\$6.50	N/A	N/A	N/A	N/A

* All pools except River Grove, River Grove has higher rates due to additional amenities

** A Family is defined as a combination of adults and children (maximum 5 people and must include one adult 16 years of age or older). Family rate is available during Fun and Family skates and swimming

Helpful Information

- Indoor pools will be closed on Canada Day & the Civic holiday. All pools are closed on Labour Day.
- For Drop-in Aquatic exercise classes, call the pool directly
- REGISTER today for swimming lessons through www.mississauga.ca/connect2rec.
- To rent one of our pools, please call 905-615-4100
- Those with serious medical conditions should be accompanied by individuals knowledgeable of their conditions and responsible for their direct supervision.
- People with long hair are encouraged to tie their hair up or use a bathing cap.

Change Rooms Information

- **Male and Female Change Rooms:** Designed for use by one gender with open space changing. Children under 7 who are accompanied by parent or guardian of the opposite gender may change in the opposite gender specific change room. Where only gender specific change rooms are available, children 7 years or older must use gender specific change rooms.
- **Family Change Room:** Designed for use by all pool customers, male & female of all ages with private change cubicles. Male and Female change rooms available.
- **Community Change Room:** Designed for use by all pool customers, male & female of all ages with private change cubicles. On deck showers.

Swim Descriptions

Adult Leisure Swim-Come out to exercise, socialize or just relax. This swim is limited to 16 years of age and over.

Family Swim-Children 15 and younger must be accompanied in the pool area by an adult. Please refer to admission standard guidelines.

Fun Swim-Everyone welcome; please refer to admission standard guidelines.

Fun WAVE Swim (At Terry Fox only)-Everyone welcome to a Fun Swim with waves.

Homework Swim-Swim Instructors will be available to give suggestions and feedback while you and your child practice your instructor recommended items from our swim lesson program.

Lane Swim-At least one of the pool lanes are available for lap swimming. Recommended for teens/adults—lap swimming only.

Length Swim-A great way to get fit! Students welcome!

Length Wave Swim (At Terry Fox Pool only)-Recommended for swimmers who would like the added challenge to their swim workout in an open water setting. Great for triathlon swim training.

Parent and Tot-For parents with children 5 years of age and under.

Open Swim (At River Grove only)-Leisure, lap and whirlpool are all open! Please refer to admission standard guidelines.

Aquatic Leadership Drop-In-Each class will provide time to work on land based skills development and theory, as well as, water skills from Bronze Levels, First Aid and National Lifeguard Service Awards.

Extreme Water Sports Swim-Kayak-Waterpolo-Underwater Hockey-Snorkel-Walk on Water-Obstacles; throwing, Towing, Carrying, Paddling-Take on the Waves at Terry Fox Pool.

Swim Lesson Drop In-Specialty Swim fees apply. If scheduled swim lessons are too difficult to manage in your hectic family life? Try Drop In Swim Lessons. Instructors will work with participants to develop strong swimming skills.

Water Sport Drop In-Fun Swim fees apply. For ages 10 to 17 to come out and participate in water polo, underwater hockey, water basketball, or water volleyball just to name a few.

Women's Swim-Recreation opportunities for women and girls.

Men's Swim-Recreation opportunities for men and boys.

Youth Swim-Fun Swim fees apply. For ages 10 to 17—a time for you to enjoy the pool with your friends.