For measure preserving systems with \( \alpha \)-mixing property, we prove that the first hitting times of Bowen-balls have approximately exponential law if the measure has certain regularity. We also look at higher order return times of both cylinders and Bowen-balls and prove that the limiting distributions are Poissonian under proper mixing conditions. Finally, we show that the Poincaré return time of a typical \( n \) Bowen-ball is at least \( n \). (Received January 15, 2015)