

Wednesday
26

**Clark Foundation
Theatre Walk**
MEET AT ENTRANCE TO CLARK THEATRE
ALL AGES • **FREE!**
Level 1: Beginner – Up to 30 min
9:45-10:15AM
Level 2: Intermediate – Up to 60 min
10:30-11:30AM

Thursday
27

**Fun N' Run Playtime -
Steelhead***
STEELHEAD COMMUNITY HALL
10:00-11:30AM • 0-5 YRS • **FREE!**
Enjoy this indoor, kiddo-friendly space to run,
play and interact with other friends.
Pilates*
MISSION LEISURE CENTRE • STUDIO
5:45-6:30PM • 13+YRS • \$2
Mat Pilates means no reformer is used. In
this class, you hold movements to build core
muscle strength and endurance.

Friday
28

Drop-in Volleyball*
MISSION LEISURE CENTRE • GYM
6:15-8:15PM • 16-25 YRS • **FREE!**
Join in on this fun, inclusive session perfect
for those looking for an enjoyable Saturday
night activity!

Saturday
29

Children's Drop-in Gym*
MISSION LEISURE CENTRE • GYM
1:30-3:00PM • 5-12 YRS • **FREE!**
Play many different sports meet new friends!
Children ages 5 and 6 must be under adult
supervision at all times.

Sunday
30

Drop-in Pickleball*
MISSION LEISURE CENTRE • GYM
12:00-2:00PM • 18+YRS • \$2
Pickleball is a mixed between table tennis,
badminton, and tennis, but triple the fun!

*Register up to five (5) days in advance at mission.ca/register.

What is the ParticipACTION Community Challenge?

The ParticipACTION Community Challenge is a national physical activity and sport initiative that encourages everyone in Canada to get active throughout June in search of Canada's Most Active Community.

Who can participate?

The Community Challenge is open to everyone! All community events registered on the challenge webpage from June 1 – 30 will count toward a community's total score. After June 30, finalist communities will be invited to submit an application explaining why they deserve to be Canada's Most Active Community. Individuals can also sign up and get moving in support of their community's total by getting active in June.

How does the challenge promote equity, diversity, inclusion, and accessibility?

Everyone in Canada should have access to quality sport and physical activity opportunities that help them grow and thrive—physically, emotionally, and socially.

We're proud to provide funding to community organizations who will be promoting or delivering sport and physical activity opportunities in June to equity-denied groups, in particular Black, Indigenous, racialized, 2SLGBTQIA+, persons with a disability, low-income populations, and newcomers to Canada.

This funding will help level the playing field by reducing barriers to physical activity and sport and building stronger and healthier communities.



Visit our website, or scan the QR Code,
to find out more about how Mission
is involved in the ParticipACTION
Community Challenge.

mission.ca/ParticipACTION



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Additional support provided by
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CITY OF
MISSION
PARKS, RECREATION AND CULTURE

**ParticipACTION
Community Challenge**
presented by Novo Nordisk



PRESENTED BY



June 2024

Mission – ParticipACTION Community Event Calendar

Together we move!

Get ready to participate this June to get active, connect with others and help your community be crowned Canada’s Most Active Community and win \$100,000 to support local sport and physical activity initiatives!

How to participate in the challenge?

Register as an organization and track the programs and events delivered by your organization throughout June. Sign up as an individual and take the pledge to be active for your community this June. Find out more or register at participaction.com/programs/community-challenge/

REGISTER AS AN ORGANIZATION

www.participaction.com/login/

REGISTER AS AN INDIVIDUAL

www.participaction.com/individual-user-registration/

Note: Those with health conditions must been approved by a medical practitioner to participate in group walks and fitness sessions.

*Register up to five (5) days in advance at mission.ca/register.

Saturday
1

Children’s Drop-in Gym*

MISSION LEISURE CENTRE • GYM

1:30-3:00PM • 5-12 YRS • **FREE!**

Play many different sports and meet new friends! Children ages 5 and 6 must be under adult supervision at all times.

Sunday
2

Sport Try-It Session

MISSION LEISURE CENTRE

10:00AM-3:00PM • 3+ YRS • **FREE!**

Try a sport, or two, or three! Learn more about sports and registration opportunities. The Mission chapter of KidSport BC will be there to provide information on available funding options for families that cannot afford to register their kids.



Monday
3

Silverdale Wetlands Park Walk

MEET AT ENTRANCE TO THE PARK
ALL AGES • **FREE!**

Level 1: Beginner – Up to 30 min
9:45-10:15AM

Level 2: Intermediate – Up to 60 min
10:30-11:30AM

Tuesday
4

Fun N’ Run Playtime*

MISSION LEISURE CENTRE • GYM

10:00-11:30AM • 0-5 YRS • **FREE!**

Enjoy this indoor, kiddo-friendly space to run, play and interact with other friends.

Wednesday
5

Adult Drop-in Soccer*

MISSION LEISURE CENTRE • GYM

8:00-10:00PM • 16+YRS • **FREE!**

Join in on a drop-in intermediate indoor soccer game. For ages 16+ with soccer experience.

Thursday
6

Fun N’ Run Playtime - Steelhead*

STEELHEAD COMMUNITY HALL

10:00-11:30AM • 0-5 YRS • **FREE!**

Enjoy this indoor, kiddo-friendly space to run, play and interact with other friends.

Pilates*

MISSION LEISURE CENTRE • STUDIO

5:45-6:30PM • 13+YRS • \$2

Mat Pilates means no reformer is used. In this class, you hold movements to build core muscle strength and endurance.

Friday
7

Hatha Yoga*

MISSION LEISURE CENTRE • STUDIO

5:45-6:30PM • 13+YRS • \$2

Enjoy a total body stretch while tuning into your breath work, posture and mood.

Saturday
8

Youth Drop-in Basketball*

MISSION LEISURE CENTRE • GYM

3:00-4:30PM • 12-18 YRS • **FREE!**

Shoot some hoops and play a game or two!

Sunday
9

Drop-in Pickleball*

MISSION LEISURE CENTRE • GYM

12:00-2:00PM • 18+YRS • \$2

Pickleball is a mixed between table tennis, badminton, and tennis, but triple the fun!

Monday
10

Drop-in Badminton*

MISSION LEISURE CENTRE • GYM

1:45-3:15PM • 16+YRS • **FREE!**

Do you love the sport of badminton? Perhaps you are a seasoned player? Like all our sports, all skill levels are welcome!

Tuesday
11

Seniors Fitness Circuit*

MISSION LEISURE CENTRE • WEIGHT ROOM

1:30-2:30PM • 50+ • **FREE!**

Experience a new type of workout to keep your body transforming. No experience necessary.

Wednesday
12

Clark Foundation Theatre Walk

MEET AT ENTRANCE TO CLARK THEATRE
ALL AGES • **FREE!**

Level 1: Beginner – Up to 30 min
9:45-10:15AM

Level 2: Intermediate – Up to 60 min
10:30-11:30AM

Thursday
13

Fun N’ Run Playtime - Steelhead*

STEELHEAD COMMUNITY HALL

10:00-11:30AM • 0-5 YRS • **FREE!**

Enjoy this indoor, kiddo-friendly space to run, play and interact with other friends.

Friday
14

Quick Fit*

MISSION LEISURE CENTRE • STUDIO

12:10-12:45PM • 13+YRS • **FREE!**

Enjoy a variety of exercises to give you an effective and condensed workout in just 35 minutes over your lunch hour! Warm-up beforehand if you have the time.

Saturday
15

Synrgy Circuit*

MISSION LEISURE CENTRE • WEIGHT ROOM

9:00-9:45AM • 13+YRS • **FREE!**

The circuit includes strength, endurance, agility, plyometrics and core conditioning (warm-up on your own!).

Roller & Inline Skating*

MISSION LEISURE CENTRE • NORTH ARENA

6:30-8:00PM • ALL AGES • **FREE!**

Bring your own inline or roller skates and have a great time on our arena dry floor. Rentals not available, helmets recommended.

Sunday
16

Spin*

MISSION LEISURE CENTRE • STUDIO

8:00-8:45AM • 13+ • \$2

Motivating and high-energy while burning calories, building muscle, and relieving stress. Come join us on our NEW Keiser spin bikes!

Monday
17

Silverdale Wetlands Park Walk

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Level 2: Intermediate – Up to 60 min
10:30-11:30AM

Tuesday
18

Core & More*

MISSION LEISURE CENTRE • STUDIO

7:00-7:45PM • 13+YRS • **FREE!**

Core conditioning is so much more than just abdominal crunches! Enjoy new exercises that can help improve posture and strength.

Wednesday
19

Quick Fit*

MISSION LEISURE CENTRE • STUDIO

12:10-12:45PM • 13+YRS • **FREE!**

Enjoy a variety of exercises to give you an effective and condensed 30 min workout! Warm-up beforehand if you have the time.

Thursday
20

Fun N’ Run Playtime - Steelhead*

STEELHEAD COMMUNITY HALL

10:00-11:30AM • 0-5 YRS | **FREE!**

Enjoy this indoor, kiddo-friendly space to run, play and interact with other friends.

Friday
21

Tone & Sculpt*

MISSION LEISURE CENTRE • STUDIO

9:15-10:00AM • 13+YRS • **FREE!**

Use hand weights and resistance bands to challenge muscular endurance with a wide variety of exercises.

Saturday
22

Roller & Inline Skating*

MISSION LEISURE CENTRE • NORTH ARENA

6:30-8:00PM • ALL AGES • **FREE!**

Bring your own inline or roller skates and have a great time on our arena dry floor. Rentals not available, helmets recommended.

Sunday
23

Vinyasa Yoga*

MISSION LEISURE CENTRE • STUDIO

9:00-10:00AM • 13+YRS • \$2

Challenge your cardio and strength with quick sequencing designed to keep you moving. A relaxing savasana will be provided at the end of practice.

Monday
24

Drop-in Badminton*

MISSION LEISURE CENTRE • GYM

1:45-3:15PM • 16+ YRS • **FREE!**

Do you love the sport of badminton? Perhaps you are a seasoned player? Like all our sports, all skill levels are welcome!

Tuesday
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Seniors Fitness Circuit*

MISSION LEISURE CENTRE • WEIGHT ROOM

1:30-2:30PM • 50+ • **FREE!**

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