



# GYMNASIUM SPORTS

## SPRING GYMNASIUM SPORTS SCHEDULE March 17 - March 30, 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					Children's Gym 5-9yrs* 12:30-2:00pm	
Badminton 18+yrs 1:45-3:15pm		Pickleball Intermediate 18+yrs 12:00-2:00pm	Adapted Gym 13+yrs 11:30am-1:00pm	Pickleball Intermediate 18+yrs 12:00-2:00pm	Children's Gym 10-14yrs 2:00-3:30pm	Pickleball Intermediate 18+yrs 12:00-2:00pm
Pickleball Intermediate 18+yrs 5:30-7:30pm	<b>FREE!</b> Youth Gym 12-18yrs 3:00-4:30pm	Pickleball Intermediate 18+yrs 5:30-7:30pm	<b>FREE!</b> Youth Gym 12-18yrs 3:00-4:30pm		Pickleball Intermediate** 18+yrs 3:00-5:00pm	Children's Gym 5-9yrs* 6:00-7:00pm
Men's Basketball 18+yrs 8:00-10:00pm		Co-ed Soccer 16+yrs 8:00-10:00pm		Volleyball 14+yrs 6:15-8:15pm	Youth Basketball 15-18yrs 3:30-5:00pm	Children's Gym 10-14yrs 7:00-8:00pm
					Shooting Volleyball 16+yrs 5:30-7:30pm	Adult Gym 18+yrs 8:00-9:00pm

Pre-register up to 5 days in advance to secure your spot and add gymnasium sports to your weekly physical activity routine! Held in Mission Leisure Centre Gymnasium. Schedule is subject to change without notice. Sessions do not run on stat holidays. Single admission rates apply or are included in your membership.



### Court Sports

We offer Squash, Racquetball and Wallyball Court Sports. Register online up to 5 days in advance. Single admission rates apply or free with a leisure pass. Each player must register in the same time slot.

Please check in at reception prior to using the court. Protective eyewear is strongly recommended. Equipment rentals are available at reception.

Racquets - \$2, Balls and Goggles - \$1 (taxes included)

### Skate Park

Open daily from dawn to dusk

Practice skateboard and scooter tricks at our outdoor skatepark located next to the Leisure Centre. Use at your own risk; safety gear strongly recommended. All ages welcome.



Find out more about  
Gymnasium Sports!

[mission.ca/  
schedulesandfees](https://mission.ca/schedulesandfees)

# Sport Descriptions

## ADAPTED GYM (13+)

Adapted Gym is an accessible recreation time for participants and their support workers. Basketballs, soccer balls, badminton, bowling, skipping ropes and more!

## CHILDREN'S GYM (5-9\* & 10-14 years)

Come shoot some hoops, pick up a hockey stick, bowl, play volleyball, or just run around and feel the freedom of movement! Children's Gym is for ages 5-9\* & 10-14 years of age.

\*Children aged 5 and 6 must have adult supervision at all times.

## BADMINTON (18+)

Do you love the sport of badminton? Perhaps you are seasoned player? Like all our sports, all skill levels are welcome! Due to the number of players, it is encouraged that people play doubles/mixed doubles.

## CO-ED SOCCER

Co-ed Soccer for 16 + years. Come join in on an intermediate indoor soccer game.

## PICKLEBALL INTERMEDIATE (18+)

Ever hear of Pickleball? This surprisingly popular sport is a mix between table tennis, badminton and tennis, but triple the fun! Come out and give it a try. Equipment is provided. This event is co-ed and play is at an intermediate level. For those new to Pickleball, please join the Mission Pickleball Facebook page to get connected and for outdoor play opportunities.

\*\* At Heritage Park Middle School Community Gym.

## VOLLEYBALL (14+)

Join us for a fun, recreational volleyball game that follows the Canadian Volleyball rules.

## FUN N' RUN PLAYTIME (0-5 years)

Play, run, climb, and jump to burn some energy. Children ages 0 to 5 must be supervised by a caregiver while they have free play with a variety of sports equipment and toys in our gymnasium.

## MEN'S BASKETBALL (18+)

Play a game of basketball with friends or join in on a game and make new friends on the courts. Open to all skill levels of players. Whether you are looking for a pick-up game or just practicing your shot. This is a men's basketball for players ages 18+.

## RACQUETBALL (13+)

Unleash your racquetball skills and embrace the thrill of the game! Racquetball is a series of rallies, where players alternate hitting the ball with a racquet between players. Played by any age and fitness level, it's easy to learn and equipment is affordable! Fast, dynamic and exciting!

## ADULT GYM (18+)

Come shoot some hoops and play a game or two. Adult Gym is supervised, and we encourage fair, inclusive play.

## SHOOTING VOLLEYBALL (16 +)

Join in on this cultural version of volleyball. Originating from India, the game is played with 7 players on each side with no rotation of players after points. The ball is firmer, smaller, and the goal is to hit the ball at least once on each side. The team to first score 21 points wins.

## SQUASH (13+)

Squash can be played at any age and fitness level - you'll find it's easy to learn and equipment is minimal and affordable. Squash develops fundamental movement skills (running, jumping, striking, sending and receiving objects) and the ABC's of physical literacy: agility, balance, coordination and speed.

## WALLYBALL (13+)

Wallyball (known in some places as rebound volleyball) is a fast-paced sport that is similar to volleyball and racquetball played in a racquetball court, where it is legal to hit the ball off of the walls.

## YOUTH BASKETBALL (15-18 years)

Come shoot some hoops and play a game or two. Youth basketball is for youth ages 12-18 years of age. This play time is supervised and we actively encourage fair, inclusive play for all attendees.

**FREE!**

## YOUTH GYM (12-18 years)

Come shoot some hoops, spike some volleyballs, pick up a hockey stick, or enjoy a game of bowling. Youth gym is for youth ages 12-18 years of age. This play time is supervised and we actively encourage fair, inclusive play for all attendees.

