

Gym Schedule

Fall 2018/Winter 2019

Drop-in Gym Guidelines

- Drop-in gym is only available on times specified on the schedule with a recreation attendant present.
- Payment and sign in at reception is required by ALL PARTICIPANTS.
- All drop-in gym sessions can be up to a maximum of 1 hours per activity.
- Drop-in gym activities do not exclude other members of the public from participating in the activity.
- Participants must be respectful of the activity and skill level of the participants who initiated the activity. If participants want an exclusive gym booking they are to submit a request to our booking clerk at 604-820-5368.
- The gymnasium storage room is not open to the public. Equipment can be requested from the recreation attendant on duty.
- In the event of an accident/emergency notify staff immediately.
- Non-marking shoes only.
- No food or drink except bottled water in non-glass containers are permitted in the gym.
- For your safety and enjoyment, participants must adhere to the Mission Leisure Centre Code of Conduct and Drop-in Gym Guidelines.

Racquet Courts



Book a 1 hour spot anytime at Reception 48 hours in advance. Courts are included in your drop-in fee/membership pass.

Equipment rentals extra:

Racquets - \$2
Balls & Goggles - \$1
Tax included.

Gymnasium Schedule

Effective Sept 17 - Dec 15, 2018
& Jan 7 - Mar 16, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Fitness Classes	Fitness Classes	Fitness Classes	Fitness Classes	Fitness Classes		
Lunch		Fun N' Run Playtime 11am-1pm (Oct 2-Dec 19 & Jan 8-Mar 12)	Drop-in Pickleball 12-1pm	Skip N' Jump Playtime 10:30-11:45pm (Oct 4-Dec 14 & Jan 10-Mar 14)		Registered Programs	Registered Programs
Afternoon			FREE! Youth Drop-in 3:30-5pm				Birthday Parties 12-5:30pm
Evening	Fitness Classes	Fitness Classes	Fitness Classes			Kids Sports Drop-in (8-12yrs) 4:30-6pm	Youth Drop-in Basketball
	Youth Drop-in Volleyball 7-8pm	Drop-in Men's Basketball 8-10pm	Drop-in Floor Hockey* 8-10pm	Drop-in Men's Basketball 8-10pm	FREE! Youth Drop-in 8-9:30pm		12-15yrs 7-8pm
	Drop-in Co-Ed Volleyball 8-10pm		Drop-in Co-ed Soccer 8-10pm			Family Gym 6:30-8pm	16-18yrs 8-9pm

Schedule subject to change. No sessions on stat holiday weekends - Oct 6-8, Nov 10-12, Feb 16-18.

*Held in HPC. - Community Gym.

Drop-in Sports

Come learn new a sport and join the fun!
Included in your leisure pass.

Drop-in Youth Basketball

- Sundays (12-15y) 7:00-8:00pm
- Sundays (16-18y) 8:00-9:00pm

Drop-in Co-ed Volleyball

- Mondays (youth 13-18) 7:00-8:00pm
- Mondays (experienced 18+) 8:00-10:00pm

Drop-in Men's Basketball (18+)

- Tuesdays & Thursdays 8:00-10:00pm

Drop-in Pickleball

- Wednesdays 12:00-1:00pm

Drop-in Men's Floor Hockey (18+)*

- Wednesdays 8:00-10:00pm

Drop-in Co-ed Soccer (18+)*

- Wednesdays 8:00-10:00pm

Kids Sports

- Saturdays 4:30-6:00pm

Family Gym

- Saturdays 6:30-8:00pm
*Bouncy Castle last Saturday of the Month



Follow Us Online!



mission.ca/leisure

604.820.5350

Parks Recreation & Culture