

Gym Schedule

Fall 2019/Winter 2020

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.
- 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 other participants.
- 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.
- Gym rentals for exclusive use can be requested through our booking clerk at 604-820-5368.

Racquet Courts

Book a 1 hour spot at Reception up to two weeks 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 Jan 6 - Mar 15, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch		FREE! Fun N' Run Playtime 11am-12pm	Drop-in Pickleball 12-2pm	FREE! Fun N' Run Playtime 11am-12pm	Adaptive Sports Drop-in 12:30-1:30pm	Drop-in Pickleball 1-3pm	
Afternoon			FREE! Youth Drop-in 3:30-5pm				
Evening	Youth Drop-in Volleyball 7-8pm	Drop-in Basketball Men's 40+yrs 6:45-7:45pm	Drop-in Floor Hockey** 8-10pm			Kids Sports Drop-in (8-12yrs) 4:30-6pm	Youth Drop-in Basketball Girls 12+yrs 5:45-6:45pm
	Adult Drop-in Volleyball 8-10pm	Drop-in Men's Basketball 8-10pm	Co-Ed Drop-in Soccer 8-10pm	Drop-in Men's Basketball 8-10pm	FREE! Youth Drop-in 8-9:30pm	Family Gym 6:30-8pm	Co-ed 12-14yrs 6:45-7:45pm Co-ed 15-18yrs 7:45-8:45pm

No sessions on stat holiday weekends - Feb 15-17.**Held in HPC - Community Gym. Low attendance may prompt cancellation. Please refer to the schedule online for the most up-to-date listing.

Drop-in Sports

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

Drop-in Youth Basketball

- Sundays (12+y) Girls 5:45-6:45pm
- Sundays (12-14y) 6:45-7:45pm
- Sundays (15-18y) 7:45-8:45pm

Drop-in Co-ed Volleyball

- Mondays (youth 12-18) 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 (18+)*

- Wednesdays 12:00-2:00pm
- Saturdays 1:00-3:00pm

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

- Wednesdays 8:00-10:00pm

Drop-in Co-ed Soccer (18+)

- Wednesdays 8:00-10:00pm

Adaptive Sports Drop-in (18+)

- Fridays 12:30-1:30pm

Kids Sports (8-12y)

- 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

