

Rec Update

Mission PRC - Feb 2021

**Be calm,
be kind, be safe!**

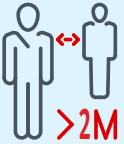
Due to Covid, please observe the following guidelines:



Pre-registration is required for facility use



Stay home if you have symptoms



Maintain 2 metres (6 ft) apart at all times



Sanitize upon entering



Check-in with the host



Wear a mask
*for those 12 years and older



Avoid physical contact - wave instead!



February is for Families

Defining your family - your household- your bubble - has been an exercise we've become quite familiar with this past 10 months.

For some, we're missing our family and for others its time to celebrate our family units working through the challenges this pandemic has thrown our way.

Together or apart, Mission Parks, Recreation & Culture is facilitating opportunities this February, online and in-person, so you can spend quality time with your loved ones.

Whether it is our Family Day activities you're interested in or our February program offerings, all sessions/programs are pre-registered with a 24 hour cancellation in effect. Activity spots fill fast -so register early!

Programs are subject to change. Check out our website and follow us on Facebook @MissionParksRecCulture for access to the most up-to-date information!

Already have a Perfect Mind Account?

Register Today!

Ready to get started?

Step 1. Register for a Perfect Mind account

Our friendly reception staff can help you out - 604-820-5350 or leisureservices@mission.ca

Step 2. Check out our schedules & activities

www.mission.ca/leisure

Step 3. Register!

www.mission.ca/register



Aquatics



Come make waves with us!

The Mission Leisure Centre Pools are operating a bit differently – check out our protocols, schedule and activities [online](#) to stay safe before you dive in!

Activities include

- Water Walking
- Aquafit Gentle
- Length Swim
- Family Swim
- Water Yoga
- Water Wellness

Click here to check out our schedule!

Red Cross Swimming Lessons

Swimming Lessons are back in action starting February 1st - and looking a bit different due to Covid.

In-water parent participation is MANDATORY for programs from Starfish/Duck to Swim Kids 4. Parents, be prepared to swim - & learn something too!



Click here to find out more about lessons & Register Today!

Pro-D Day Family Swim

Friday February 12

We've added some Family Swim times to keep you and your kids active on Pro-D day! Register up to 1 week in advance.

- 9:30-10:30am
- 10:45-11:45am
- 12:15-1:15pm
- 1:30-2:30pm



Swim with Us this Family Day!

Family Swims - Feb 15

Jump in and make a splash this family day! Pre-register up to 1 week in advance - spaces are limited.

- 9:45am-10:45am
- 11:00am-12:00pm
- 12:15pm-1:15pm
- 1:30pm-2:30pm
- 2:45pm-3:45pm

Adults pay & kids swim Free!

Skating



CanSkate Program



CanSkate is Skate Canada's flagship learn-to-skate program geared for skaters of all ages.

Conducted in a fun, friendly group environment, the CanSkate program showcases a comprehensive series of balance, control and agility skills, using a nationally-tested and proven curriculum delivered by a Mission Skating Club NCCP coach and assisted by trained Program Assistants. Coach/PA to student ratio is 1:10 or lower.

With Covid protocols, **skaters must be able to fall, get up on their own and skate unassisted.** This offering is geared for those looking to build on the basic skills.

Own skates, skate guards, CSA approved helmet and Care Card required. Skater must be comfortable in a group setting, able to stand, fall and get back up on their own without assistance. Covid sign-in, health screening, mask use to & from the ice and physical distancing required. Spectators are not permitted.

Evening Skating Lessons

Tue/Thur	5 Classes	4-14yrs	\$70
14467	Jan 21-Feb 4	5:15pm-6:00pm	
14468	Feb 9- Feb 23	5:15pm-6:00pm	
14469	Feb 25-Mar 11	5:15pm-6:00pm	

MLC - South Arena Ice

Weekend Skating Lessons

Sat	5 Classes	4-14yrs	\$70
14471	Feb 13-Mar 13	10:45am-11:30am	

MLC - South Arena Ice

*Programs are subject to change

Health & Wellness



Fitness Schedule 2021

Jan 4 - Feb 26

Drop-in Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30am All Workouts	8:00-8:30am Balance and Stretch	8:00-8:30am Core Strength	8:00-8:30am Balance and Stretch	8:00-8:30am All Workouts
8:45-9:30am	9:15-10:00am Chair Fitness	9:15-10:00am Stretch and Strength	9:15-10:00am Balance and Stretch	9:15-10:00am All Workouts
9:45-10:30am	10:45-11:30am Yoga	10:45-11:30am Yoga	10:45-11:30am All Workouts	10:45-11:30am Yoga
11:45-12:15pm	11:45-12:15pm Yoga	11:45-12:15pm All Workouts	11:45-12:15pm Yoga	11:45-12:15pm All Workouts

Class Descriptions

Ab Workout
Target your core with a low intensity full body strength & stretch segment.

Balance and Stretch
This low intensity class will help you improve joint flexibility and range of motion and increase stability and coordination.

Bodyweight Core Strength
This low intensity class focuses on body weight exercises and core strength, both on and off the mat. Exercises will focus on core, back and glutes.

Chair Fitness
A low impact fitness class that incorporates all four quadrants of the body in a chair, standing and kneeling on the floor.

Stretch & Strength
A low intensity class that incorporates functional movement patterns that will help you improve your strength, endurance and flexibility. Please bring a small hand towel for exercise.

Yoga
Strength, endurance, flexibility and balance. Strengthens the nervous system, creates body awareness and improves physical and mental health.

For your Health & Safety

PAR-Q+
A low intensity class that incorporates functional movement patterns that will help you improve your strength, endurance and flexibility. Please bring a small hand towel for exercise.

Bring a Pre-filled Water Bottle
Water bottles are available.

Bring an exercise mat
Bring a pre-registered mat to the classes.

Pay or Pass?
Remember the best value for your money!

1. Register
Do you have a Pre-Registered Account? If not, please register online at mission.ca or call 820-6355. After registering, you will receive a Pre-Registered Account by email. You can also register by calling the Customer Service Centre at 820-6355 or email customer.service@mission.ca.

2. Pay or Pass
Pay for your session or pass for your session. Pay for your session or pass for your session.

3. Attend!
Check-in with our host! Bring your pass, arrive up to 15 minutes before class and bring a small towel for exercise.

4. Pay or Pass
Pay for your session or pass for your session. Pay for your session or pass for your session.

Make a commitment to your health this winter by registering for a pre-registered fitness session. From a weightroom timeslot, water wellness class, yoga and even online high intensity sessions - we're here to help you keep moving!

Multi-Session Programs

10K In Training Program- Sport Med BC

Gradually develop your strength and stamina as you, prepare for a 10K walk/run goal. More info at <https://sportmedbc.com/sportmedbcs-2021-intraining-program>

Sun	13 sessions	15+yrs	\$99+tax
14097	Feb 28-May 23	10:00-11:30am	

Fraser River Heritage Park – Shelter

Moving Forward: Gentle Yoga

Thu	4 Classes	35+yrs	\$28+tax
14683	Feb 4-Feb 25	12:00pm-1:00pm	

MLC - Gym

Teen Intro to Weight Training

Gain the knowledge & skills necessary to confidently use the weight room. Unrestricted Weight Room usage upon completion.

Sun	1 Class	13+yrs	\$28+tax
14692	Feb 28	9:30am-11:00am	

MLC - Weightroom

Single Session Fitness Classes

At this time a selection of in-person low intensity fitness classes are permitted and being offered at the Mission Leisure Centre. For those looking for a challenge, we've added a **NEW!** Virtual STRONG Nation where high intensity takes place at home over zoom.

Fitness Classes include:

- Chair Fitness
- Yoga
- Balance & Stretch
- Aquafit Gentle
- Virtual STRONG Nation
- and more!

Please bring a pre-filled water bottle and for land classes, please bring a mat.

Looking for High Intensity?

Virtual STRONG Nation
Wednesdays
5:30-6:15pm
Zoom

Included in your pass or regular admission rates apply - register in advance for the link



Join us in the Weight Room!

The Weight Room includes state of the art cardio (with on-board TVs) and strength equipment.

We have moved equipment around for increased physical distancing and enhanced cleaning and disinfection practices.

Register for your 1 hour workout up to 2 weeks in advance.

Be calm, be kind, be safe!
In Covid times, fitness is looking a bit different, please observe the following guidelines:

- Pre-vegetation is required for facility use
- Stay home if you have symptoms
- Maintain 2 metres (6 ft) apart at all times
- Sanitize upon entering
- Check-in with the host
- Wipe down equipment
- Wear a mask when going in and from your activity
- Avoid physical contact - wave instead!

Fit fitness into your schedule!
Book your 1 hour workout with us today!

Join us for registered Fitness classes from 10:00am to 10:30pm for increased physical distancing and improved cleaning and disinfection practices for your safe return. Reservations can be booked up to 14 days in advance.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ab Workout	02	02	02	02	02	02	02
Balance & Stretch	02	02	02	02	02	02	02
Bodyweight Core Strength	02	02	02	02	02	02	02
Chair Fitness	02	02	02	02	02	02	02
Stretch & Strength	02	02	02	02	02	02	02
Yoga	02	02	02	02	02	02	02
All Workouts	02	02	02	02	02	02	02

Help us make the weight room safe & enjoyable for everyone!

- Wipe gym floor & equipment that were
- Wipe down weights and register from other use
- Wipe down equipment with others use including benches & handrails
- Wipe down equipment after use with sanitizers & hand sanitizer
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Follow Us Online! mission.ca

Hey YOUTH!

Join Scott for Weightroom Wednesdays at 5:45pm - pre-register online & regular admission rates apply!

Healthy Lifestyles Program

The Healthy Lifestyles program is a joint initiative with the Fraser Health to support adults on their mental wellness journey through recreation services and leisure planning.



Contact Tanis Bentley at tbentley@mission.ca, 604 820-6355 for more information

Sports

Saturday Mornings

Lil Sports

Introduce your busy toddler to the joy of sports through this fun multi-sport program.

Sat	4 Classes	1-2yrs	\$30
14686	Feb 20-Mar 13	9:00am-9:30am	

MLC - Gym *Parent participation required

Soccer - Kicks for Kids (2-5yrs)

Introduce your little one to basic soccer skills. Play games & have fun in a safe & social environment.

Sat	4 Classes	3+yrs	\$30
14684	Feb 20-Mar 13	10:00am-10:30am	

Sat	4 Classes	4-5yrs	\$30
14685	Feb 20-Mar 13	11:00am-11:30am	

MLC - Gym *Parent participation required

*Programs are subject to change

Sunday Mornings

Floor Hockey - Preschool

Introduce your preschooler to floor hockey! Build skills while playing games & having fun!

Sun	4 Classes	3-5yrs	\$30
14695	Feb 21-Mar 14	9:30am-10:00am	

MLC - Gym *Parent participation Required

Basketball - 8-12yrs

Pass, run, deek, pivot & shoot! This skill focused basketball program will get you moving while upping your basketball game.

Sun	4 Classes	6-9yrs	\$35
14699	Feb 21-Mar 14	10:30am-11:10am	

MLC - Gym

Badminton Kids (8-11yrs)

Birdies up! Come learn to play Badminton!

Sun	4 Classes	8-11yrs	\$35
14698	Feb 21-Mar 14	11:45am-12:25pm	

MLC - Gym



Karate Programs

[Click here to check out our Karate Program Offerings!](#)

Need Permission to Act out??



Think on your feet and get front and center with Mission's Theatre programs. These programs are aimed at developing skills for the stage as well as confidence that transfers to all areas of life.

Theatre Kids - Introduction

Sun	4 Classes	7-10yrs	\$37
14693	Feb 21-Mar 14	3:30pm-4:15pm	

MLC - Gymnasium

Theatre Kids - Build Your Skills

Sun	4 Classes	7-10yrs	\$37
14694	Feb 21-Mar 14	4:30pm-5:15pm	

MLC - Gymnasium

Outdoor Club



For Youth 10-13 yrs

Walk, Hike, Bike, Discover !

Join Outdoor Club and come out Fridays to learn a new skill, make a new friend and maybe find something your passionate about.

Fridays

3:15-4:45pm

Starting February 5

Fraser River Heritage Park

\$20/
term

Email chogness@mission.ca for more info and to register






Have Fun
with us this



Family Day

Monday February 15

- 
- Family Swim* • Family Gym*
 - Online Family Zumba • Virtual Concert
 - Chosen Family Activities • and more...

*Pre-register up to 1 week in advance - for more info:
www.mission.ca/familyday



Super
Power

Every family is unique...
SUPER HUMANS with some sort of
SUPER GIFT to hare with our
SUPER community!

Starting on Family Day Weekend,
come discover **YOUR SUPER POWER**
& share **YOUR SUPER FAMILY** with us.

Hunt around our local Mission
community parks and highlight
YOUR SUPER POWERS!

More information to follow



DISTRICT OF
Mission
ON THE FRASER
Parks, Recreation & Culture

Get out there, connect & have Fun!

Club K.I.D.S. Come join us for some fun!

Club K.I.D.S. is the most happening afterschool program in Mission. With a variety of fun activities planned and carried out by trained and caring staff - kids in Mission have the opportunity to build connections, get creative, be active and beat the afterschool boredom blues.

Safety is a top priority in the Club K.I.D.S. program and with the guidance of Fraser Health Licensing, staff are following strict protocols ensuring the safest program possible.

We welcome all children with all abilities in our program and are excited to see your kids shine!



CK Registration Dates

CK Spring After School (March 29 - June 29)

- Mon Feb 8**
 9am - CK Hatzic & CK Windebank
 1pm - CK West Heights
- Tue Feb 9**
 9am - CK Central
 1pm - CK McMahon
- Wed Feb 10**
 9am - CK Morrison
 1pm - CK Cherry Hill
- Thu Feb 11**
 9am - CK ESR
 1pm - CK Hillside

School Days - Monday-Friday

School Dismissal-6pm (pick up is anytime from 3-6pm)

Ages: K - Grade 6 (5-11years)

\$17.50/day

Club K.I.D.S. serves 9 Schools in Mission:

- Hillside
- Hatzic
- Windebank
- Cherry Hill
- West Heights
- Albert McMahon
- E.S. Richards
- Christine Morrison
- Mission Central

More info: mission.ca/clubkids

Youth

There's always something to do!

Chelsey & Scott, Mission Parks, Recreation & Culture Youth Leaders, always have something cool up their sleeve.

With their Mobile Youth Lounge featured in all of Mission's Middle & High Schools, there is opportunities for all youth to connect in a safe, fun, supportive - yet no-pressure setting.

Mobile Youth Lounge

... At a school near you!

- Hatzic Middle**
Mondays - TBA
- Heritage Park Middle**
Tuesdays - 3-5pm
- Fraserview Learning Centre**
Wednesdays 2:30-5:00pm
- Mission Secondary**
Thursdays/Fridays 3:30-5:00pm



Chelsey!

Scott!

2021 Virtual Escape

Fun, online ways to connect!

- Suspicious Sundays** - 4-5pm - Among Us
- Movie Mondays** - 7-9pm - Zoom
- Wellness Wednesdays** - Instagram Live
- Fun Fridays** - 4-5pm - House Party App

Follow us on
Instagram!

@missionyouthlounge



PRC Pro-D Day Camp

Friday

February 12

8:00am-5:30pm

\$38/day - *Spaces Limited



Look for Spring
Break Camps in
the Next
Rec Update!

*Programs
are subject
to change



Mission.ca/Leisure

604.820.5350



Parks Recreation & Culture