

Facility:

# Mid Sun (Community Centre)

Last Updated: May 5 2026  
Who: JB

**Address:** 50 Midpark Rise SE  
**Contact/Caretaker:**

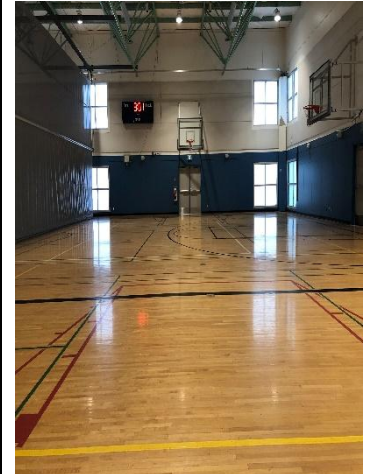


Photo #1

Photo #2

Photo #3

Photo #4

## General Information

**Parking:** Players may **NOT** park in any reserved parking stall **AT ANY TIME**. Players can park in the main lot on the South side of the building at the end of Midpark Rise loop.

**Entrance:** Players should enter from the main entrance on the East side of the building. Players should leave outdoor footwear at the entrance.

**Gym Location:** Inside the main entrance the gym will be directly ahead on the main floor.

**Change room/Washroom:** Players can use the washrooms down the main hall and to the right from the main entrance.

**Floor:**

## Equipment

### Sport Specific Equipment Location and details:

All equipment is found in the equipment room on the far end of the gym on the nearside wall.

### Volleyball

**Posts:** Use the 4 red volleyball posts located on the left as soon as you walk into the room – they have wheels on the base and an extra triangular support. They are completely rigged with crank wheels, ropes, chains and hooks.

**Post Holes:** Use the post holes that are closest to the court lines.

**Nets:** There are two nets that are hung up behind the posts in the equipment room.

**Court Lines:** The lines are yellow all around.



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## Badminton

**Posts:** They have 8 short, black (5 foot) badminton posts located in the corner of the gym storage room.

**Post Holes:** They have 8 short, black (5 foot) badminton posts located in the corner of the gym storage room.

**Nets:** The facility owns 8 nets. They are located in the gym storage room on the SE corner of the gym. They are in a cupboard that is labeled 'badminton nets'. Each net has a clip on the ropes to attach to the posts.

**Court Lines:** The lines are green (6 courts). The courts are regulation size (20' x 44').

## Gym Set-up

### Volleyball / Badminton

**Step 1:** Choose one post that cranks the top of the net and one that cranks the bottom, for each court.

**Step 2:** The net height is adjustable on each post – set it to the 2<sup>nd</sup> hole from the top.

**Step 3:** Each net has a loop on all 4 corners. Attach the top of one corner of the net to the s-hook on the top of the post (or to the chain if extra length is needed) and the other top corner to the s-hook on the rope.

**Step 4:** Repeat for the bottom of the net, but the rope and crank will be on the opposite side.

**Step 5:** Tighten the net on the top and bottom using the crank wheel. **Do NOT** over-tighten.

### Badminton

**Step 1:** Attach the s-hook from one end of the net to the d-ring on the top first post. Attach the other end of the net via the s-hook to the other d-ring on the other post. Twist either post to tighten the nets.

**Step 2:** Please repeat for all 6 courts.

## Important Notes

- The hook to retract the basketball nets is hanging beside the volleyball nets in the storage room.
- There is always a Mid Sun Community Centre staff member on site during bookings, they are usually found in the front office if you need assistance.

