

FITNESS - POOL - ARENA
DROP IN SPORTS - EVENTS

May, 2015

DROP IN ACTIVITY SCHEDULE

Open Daily 6 a.m. – 10 p.m.

Register and view online:
whistler.ca/recreation

Information line:
604-935-PLAY (7529)

GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Circuit 9–10:15 am Liz</p> <p>No classes on Victoria Day Monday, May 18</p> <p>TRX Fusion 5:10–6:10 p.m. Sara</p> <p>Zumba 6:15–7:15 p.m. Carmen</p> <p>Aqua Cardio Blast (Deep) 7:30–8:15 p.m. Myriam</p>	<p>Spin TRX Fusion 6:15–7:15 a.m. Sara</p> <p>Mature Adult Class 9–10:15 a.m. Sara</p> <p>Aqua Aero Fit (Shallow) 9:30–10:15 a.m. Marie-Anne</p> <p>Zumba 12:15–1:00 p.m. Carmen</p> <p>Kettle Bell “How to” Clinic 4:30–6 p.m. Eric May 19th ONLY</p> <p>Spin TRX Fusion 6:15–7:15 pm Sara Starts May 19th</p> <p>Mind Body Stretch 7:30–8:30 p.m. Heather</p>	<p>Circuit 9–10:15 a.m. Allie</p> <p>Boot Camp 5:10–6:10 p.m. Danica</p> <p>Zumba 6:15–7:15 p.m. Danica</p>	<p>Mature Adult Class 9–10:15 a.m. Christine</p> <p>Aqua Zumba 9:30-10:15 am Bella</p> <p>Zumba 12:15–1 p.m. Rachel</p> <p>Spin ‘n’ Pump 6:15–7:15 p.m. Courtney</p> <p>Stretch & Restore Yoga 8–9 p.m. Rya</p>	<p>Circuit 9–10:15 a.m. Danica</p> <p>Nordic Walking for Bone Fit 10:30 a.m.–12 p.m. Sharon May 1st ONLY</p> <p>Included Classes (Value Added) Many of the classes noted on this schedule are included with your admission fee or pass. The minimum age for the Fitness Centre and fitness classes is 16 years. Schedule is subject to change without notice. Classes are not available on statutory holidays.</p> <p>Nordic Walking for Bone Fit 4:30-6 p.m. Sharon May 1st ONLY</p> <p>Flex Registration Flexreg (flexible registration) classes allow you to register for program days that fit your schedule. Pre-registration is required to ensure that minimum numbers to run the program. Please note that programs with low registration will be cancelled 3 days before the start date. Flexreg programs can be identified by the ‘F’ icon noted beside the program title.</p> <p>Registered Program Sets Are you looking to pre-register for a weekly fitness program? There is a wide range of fitness activities at Meadow Park Sports Centre for you to choose from! Contact the front desk or visit whistler.ca/recreation for more information.</p>	<p>Mature Adult Class 9–10:15 a.m. Danica</p>	<p>Nia 9:30–10:30 a.m. Nancy</p>

RATES

	Drop In	All Day*	10 Time	20 Time	30 Time	1 Month	3 Month	6 Month	1 Year
Adult / Senior (19+)	\$8.25	\$12.50	\$70.00	\$124.00	\$165.00	\$74.25	\$181.50	\$326.00	\$577.50
Youth (13-18)	\$5.00	\$7.50	\$42.50	\$75.00	\$100.00	\$45.00	\$110.00	\$197.50	\$350.00
Child (4-12)	\$4.25	\$6.50	\$36.00	\$64.00	\$85.50	\$38.25	\$93.50	\$168.00	\$297.50
Family	\$16.50	\$24.75	\$140.50	\$247.50	\$330.00	\$148.50	\$363.00	\$651.75	\$1,155.00
Squash	\$10.75		\$91.50	\$161.25	\$215.00	\$94.00	\$236.50	\$419.25	\$731.00
Drop In Hockey	\$10.75		\$91.50	*All Day: Allows you to come and go all day long (in and out privileges).					

Discounted Rates
Midday/Midweek
Early Bird/Late Owl
Half Price Nights, Tues & Fri

More Information
604-935-PLAY (7529)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 m Pool Open 6 a.m.	25 m Pool Open 6 a.m.	25 m Pool Opens 6 a.m.	25 m Pool Open 6 a.m.	25 m Pool Open 6 a.m.	25 m Pool Open 6 a.m.	25 m Pool Open 6 a.m.
Kids' Pool Open 9 a.m.	Whistler SeaWolves Masters 6:15-7:15am Kids' Pool Open 9 a.m.	Whistler SeaWolves Masters 6:15 – 7:30 a.m. Kids' Pool Open 9 a.m.	Whistler SeaWolves 6:15–7:15 a.m. Kids' Pool Open 9 a.m.	Kids' Pool Open 9 a.m.	Kids' Pool Open 9 a.m.	Kids' Pool Open 9 a.m.
	AquaFit (Shallow) 9:30–10:15 a.m.	Swim Lessons 9 a.m.–12 p.m.	Aqua Zumba 9:30–10:15 a.m.	Swim Lessons 9 a.m.–12 p.m.	Swim Lessons 9 a.m.–12 p.m.	Swim Lessons 9 a.m.–12 p.m.
	Additional Lap Lanes 11 a.m.– 1 p.m.		Additional Lap Lanes 11 a.m.– 1 p.m.		Daily Public Pool Hours 25 m Pool: 6 a.m. – 10 p.m. Kids' Pool: 9 a.m.–9 p.m. A minimum of two lap lanes will always be open for public use. Public pool space may be limited during the scheduled aquatic program times. Please see the front desk for more information.	
Whistler SeaWolves 3:30-6 p.m.	WASP 1:30–4:45 p.m.	Whistler SeaWolves 3:30–7:15 p.m.	Whistler SeaWolves 3:30–6 p.m.	Whistler SeaWolves 3:30–6 p.m.		
Whistler SeaWolves Masters 6 – 7 p.m.	Whistler SeaWolves 3:30–6 p.m.	Swim Lessons 4–7 p.m.	Swim Lessons 3–6 p.m.		Swim Meet Pool Closure–May 23 & 24 Please see 'SPORTS/EVENTS' column for more details.	
AquaFit (Deep) 7:30–8:15 p.m.	Swim Lessons 3–6 p.m.		Whistler SeaWolves Masters 6 – 7 p.m.			
Kids' Pool Closed 9 p.m.	Kids' Pool Closed 9 p.m.	Kids' Pool Closed 9 p.m.	Kids' Pool Closed 9 p.m.	Kids' Pool Closed 9 p.m.	Kids' Pool Closed 9 p.m.	Kids' Pool Closed 9 p.m.
25 m Pool Closed 10 p.m.	25 m Pool Closed 10 p.m.	25 m Pool Closed 10 p.m.	25 m Pool Closed 10 p.m.	25 m Pool Closed 10 p.m.	25 m Pool Closed 10 p.m.	25 m Pool Closed 10 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Drop-In Hockey 8:15–9:45 a.m. (May 25, 8:30–9:45 a.m.)	Women's/Old Timers Drop-In Hockey 8:15–9:45 a.m. (May 26, 8:30–10 a.m.)	Drop-In Hockey 8:15–9:45 a.m.		Drop-In Hockey 8:15–9:45 a.m. (May 29, 8:30–10 a.m.)	Drop– In Hockey A faster paced scrimmage for adult players with more advanced league hockey experience. *Please note: the half price rate is NOT applicable to Drop-In Hockey.	
Women's/Old Timers Drop-In Hockey 10–11:30 a.m.	Parent & Tot Skate 10:30 a.m. –12 p.m.	Women's/Old Timers Drop-In Hockey 10–11:30 a.m.	Women's/Old Timers Drop-In Hockey 10–11:30 a.m.	NEW! Adult Stick & Puck 10–11:30 a.m. (May 15 & 22 ONLY)		
Public Skate 12–3 p.m.	Public Skate 12–3 p.m.	Public Skate 12–3 p.m.	Public Skate 12–3 p.m.	Public Skate 12–2:30 p.m. (May 15, 22 & 29 ONLY)	Public Skate 12–2:30 p.m. (May 23 ONLY)	Public Skate 12–2:30 p.m. (May 24 ONLY)
Women's/Old Timers Drop-In Hockey This adult drop-in hockey session is a more casual scrimmage for novice players.	Public Skate 6:30–8 p.m.	NEW! Adult Stick & Puck This hockey program for adults 18 years + provides an opportunity to practice your stick handling and shooting skills.		Public Skate 6:30–8 p.m. (May 22 ONLY)	Public Skate 6:30–8 p.m. (May 23 ONLY)	Public Skate 6:30–8 p.m.
	Drop In Hockey 8:15–9:45 p.m.			Tuesday Parent and Tot Skate Join us with your pre-school aged child on Tuesday mornings from 10:30am-12pm to enjoy discounted admission and skate rentals.		Drop-In Hockey 8:15–9:45 p.m.
			Drop In Hockey 8:15–9:45 p.m. (May 7, 14 & 28 ONLY)			

Schedules are subject to change without notice.

Swim Meet Pool Closure

Saturday, May 23:
 7:30 a.m.–10 a.m. (25 m pool closed)
 12:45–6:15 p.m. (Aquatic area closed)

Sunday, May 24:
 12:45–6:15 p.m. (Aquatic area closed)

Drop-In Sports 2014/15

Drop-in Adult Sports is co-ed for anyone 18 or older. All equipment is supplied and all levels are welcome.

Badminton & Volleyball –Resumes mid-October
Soccer, Thursday –Resumes mid-October
Basketball–Resumes mid-October
Soccer, Saturday –Resumes mid-October
Soccer, Sunday–Last Day: May 3rd

Resumes mid October.
No drop in on statutory holidays.

SUNDAY*	Soccer	7:30–9:30 p.m.
---------	--------	----------------

Location: Myrtle Philip Community School
****Basketball at Whistler Secondary School**

Cost:
 Drop in: \$8.25
 LUNA Member: \$6.25 starting in November
 Club Shred*: \$2
 Open Sport 10x: \$70
 Open Sport Club Shred 10x: \$60



Register and view online:
whistler.ca/recreation

Information line:
 604-935-PLAY (7529)