

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Meadow Park Sports Centre

JANUARY 3RD – JANUARY 31ST 2010

DROP-IN SCHEDULE

GROUP FITNESS EVENTS POOL ARENA

604-935-PLAY (7529)



GROUP FITNESS

**Total Body Cond't* 7:20-8:20 AM Starts Jan 11	*Rise'n'Shine* 6:30-7:20 AM Starts Jan 12	*Total Body Cond't* 7:20-8:20 AM Starts Jan 13	*Rise'n'Shine* 6:30-7:20 AM Starts Jan 14	*Circuit for Cyclists* 6:15-7:30 AM		
Circuit 9-10:15 AM	Mature Adult Class 9-10:30 AM	Circuit 9-10:15 AM	Mature Adult Class 9-10:30 AM	Circuit 9-10:15 AM	Mature Adult Class 9-10:30 AM	*Mixed Martial Arts* 7-9:00PM
50+ Strength Class 10:30-11:45 AM	*Fitness for Beginners* 9-10:15 AM		*Mom & Baby Fitness* 11am –noon			
Step'n'Sculpt 5-6PM	Box Fit 6-7:15 PM	Spin'n'Sculpt 5-6PM	Box Fit 6-7:15 PM	\$2 Friday Toonie Night 6PM-10PM		
Cardio Mixer 6:15-7:15 PM	*Spin for Beginners* 6:15-7:15 PM Starts Jan 12	Step 'n' Sculpt 6:15-7:15 PM	*Spin for Beginners* 6:15-7:15 PM Starts Jan 14			
*Spin * 6:15-7:30 PM Starts Jan 11	*Wintersport Strength & Cond't* 7:30-8:30 PM	*Spin * 6:15-7:30 PM Starts Jan 13	*Wintersport Strength & Cond't* 7:30-8:30 PM			
		Mixed Martial Arts 7:30-9:30 PM				

	Adult 19+	Youth 13-18	Child 4-12	Family
Drop In	\$7.25	\$4.50	\$3.75	\$14.50
All Day	\$11	\$6.75	\$5.50	\$21.75
10 Times	\$61.50	\$38	\$31.50	\$123.25
20 Times	\$108.75	\$67.50	\$56.25	\$217.50
30 Times	\$145	\$90	\$75	\$290
Monthly	\$65	\$40	\$33.75	\$130.50
3 Months	\$159.50	\$99	\$82.50	\$319
6 Months	\$286	\$177.75	\$148	\$572.75
Annual	\$507.50	\$315	\$262.50	\$1015

	Youth Squash	Adult Squash	Ultra Squash
Drop In	\$5	\$8.50	\$12.50
10 Times	\$42.50	\$72.25	\$106.25
20 Times	\$75	\$127.50	\$187.50
30 Times	\$100	\$170	\$250
Monthly	\$43.75	\$74	\$109
3 Months	\$110	\$187	\$275
6 Months	\$195	\$331.50	\$487.50
Annual	\$340	\$578	\$850

All Value-Added classes are included in your membership or drop-in fee. Classes marked with ** are an extra cost and require minimum registration. Sign up early!! Please see full Group Fitness schedule for more great classes and programs.

SPORTS

OPEN DROP IN SPORTS
at
Myrtle Phillip Community Centre
Basketball 8-10pm Tuesdays (Starting Jan 5th)
Volleyball 8:30-10:30pm Thursdays (Starting Jan 7th)
Soccer 7-9pm Sunday (Starting Jan 3rd)
LUNA* Dodgeball 2nd Monday of the month 8:30-10:30pm (Starting Jan 11th)
* LUNA events \$3 members/\$7.25 non-members*

POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Swim 6 a.m.-8:30 am	Early Bird Swim 6 a.m.— 8:30 am	Early Bird Swim 6 a.m.— 8:30am	Early Bird Swim 6 a.m.— 8:30am	Early Bird Swim 6 a.m.— 8:30am	Early Bird Swim 6 a.m.— 8:30am	Early Bird Swim 6 a.m.— 8:30am
Open Swim 9:00 a.m. - 9:00 p.m.	Open Swim 9:00 a.m. - 9:00 p.m.	Open Swim 9:00 a.m. - 9:00 p.m.	Open Swim 9:00 a.m. - 9:00 p.m.	Open Swim 9:00 a.m. - 9:00 p.m.	Open Swim 9:00 a.m. - 9:00 p.m.	Open Swim 9:00 a.m. - 9:00 p.m.
		Swim Lessons 5:00 p.m.-8:00 p.m.		Swim Lessons 10:00 a.m.-1:00 p.m.	Swim Lessons 9:00 a.m.-1:00 p.m.	Swim Lessons 9:00 a.m.-1:00 p.m.
Aquafit 7:15 p.m.– 8:15 p.m.	Master’s Swim 7:00 p.m.-8:15 p.m.	Aquafit Deep 7:15 p.m.– 8:15 p.m.	Master’s Swim 7:00 p.m.-8:15 p.m.	\$2 Toonie Fridays 6:00 p.m.-10:00 p.m.		
Adult Swim 9:00 pm - 10:00 pm	Adult Swim 9:00 pm - 10:00 pm	Adult Swim 9:00 pm - 10:00 pm	Adult Swim 9:00 pm - 10:00 pm	Adult Swim 9:00 pm - 10:00 pm	Adult Swim 9:00 pm - 10:00 pm	Adult Swim 9:00 pm - 10:00 pm

Please be aware that some of the pool features such as the rope swing, water slide and vortex may not be available due to operational considerations such as swimming lessons and Masters Swim.

ARENA

Drop In Hockey (Novice) 8:15 - 9:45 a.m.	On-Ice Intervals 8:30 - 9:30 a.m. (\$11.00)	Drop In Hockey (Novice) 8:15 - 9:45 a.m.		Drop In Hockey (Novice) 8:15 - 9:45 a.m.		
Drop In Hockey (Regular) 10- 11:30 a.m.	Parent and Tot Skate 9:45-10:30 a.m.	Drop In Hockey (Regular) 10- 11:30 a.m.	Drop In Hockey (Regular) 10- 11:30 a.m.	Drop In Hockey (Regular) 10- 11:30 a.m.		
Public Skate Noon - 3:00 p.m.	Shinny Hockey (new) 10:30 - 11:45 a.m.	Public Skate Noon - 3:00 p.m.		Public Skating Noon - 3:00 p.m.	Public Skate Noon - 3:00 p.m.	Public Skate Noon - 3:00 p.m.
	Public Skate Noon - 3:00 p.m.			\$2 Toonie Fridays Evening Public Skate 6:30 - 8:00 p.m.	Evening Public Skate 6:30 - 8:00 p.m. (Disco Skate Jan 30th)	
	Evening Public Skate 6:30 - 8:00 p.m.					



Disco Skate
Saturday January 30th!
6:30pm to 8:00pm

Skate sharpening !
Please call 604-935-PLAY
for available times.