

Meadow Park Sports Centre

MAY 2010 DROP-IN SCHEDULE

GROUP FITNESS EVENTS POOL ARENA

604-935-PLAY
(7529)



This piece is printed on a stock containing 100% Post-Consumer waste & printed with vegetable based inks.

GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday																																																		
<p>*Total Body Conditioning* 7:20-8:20 am</p> <p>Circuit 9-10:15 am</p> <p>*Stop Drop & Roll* 8:45-9:45 am <i>Starts May 10</i> <i>Outdoors at Myrtle Phillip School</i></p> <p>*50+ Strength* 10:30-11:45 am <i>Starts May 17</i></p> <p>Cardio Mixer 5-6 pm</p> <p>Step'n'Sculpt 6:15-7:15 pm</p>	<p>*Up & Running* 6:30-7:30 am <i>Starts May 25</i></p> <p>*Summer Sport Conditioning* 7-8 am <i>Starts May 11</i> <i>Outdoors!</i></p> <p>Mature Adult Class 9-10:15 am</p> <p>*Fitness for Beginners* 9-10:15 am <i>Starts May 18</i></p> <p>Cardio Box 6-7:15 pm</p>	<p>*Total Body Conditioning* 7:20-8:20 am</p> <p>Circuit 9-10:15 am</p> <p>*Stop Drop & Roll* 8:45-9:45 am <i>Starts May 12</i> <i>Outdoors at Myrtle Phillip School</i></p> <p>*Women on the Run* 5:30-6:30 pm <i>Starts May 26</i></p> <p>Spin'n'Sculpt 5-6 pm</p> <p>Step'n'Sculpt 6:15-7:15 pm</p>	<p>*Up & Running* 6:30-7:30 am <i>Starts May 27</i></p> <p>*Summer Sport Conditioning* 7-8 am <i>Starts May 11</i> <i>Outdoors!</i></p> <p>Mature Adult Class 9-10:15 am</p> <p>20/20/20 6-7 pm</p>	<p>Circuit 9-10:15 AM</p> <p>\$2 Friday Toonie night 6PM-10PM</p>	<p>Mature Adult Class 9-10:30 AM</p>																																																			
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No Value Added Classes on Stat Holidays: Victoria Day Mon May 24th

Classes with * require registration and have a fee. Sign up early! All other classes are Value-Added and are included with your drop-in fee or pass.

SPORTS

New Outdoor Workouts starting in May!

Stop, Drop & Roll
Join Gail and other moms and head out for a great outdoor workout starting from Myrtle Phillip. May 10-June 16, 8:45am -9:45am, Mondays & Wednesdays. Sign up for 1 or both days. \$10 per session or \$108 for all 12. Course #13930 & 13931 *Watch for more of Gail's running classes starting end of May.*

Summer Sports Conditioning
Jaime brings this class outdoors for early morning workouts, rain or shine! This workout will be sure to get you ready for summer! May 11-June 17, 7am-8am, Tuesday & Thursdays. Sign up for 1 or both days. \$10 per session. Course #14075

Notice:
Meadow Park Sports Centre Drop-In Schedule exclusively in the Whistler Question

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

POOL

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.

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9:00 a.m. - 9:00 p.m.

Swim Lessons*
9:00 a.m.-12:00 p.m

Swim Lessons*
3:00 p.m.-6:00 p.m

Swim Lessons*
9:00 a.m.-12:00 p.m

Swim Lessons*
3:00 p.m.-6:00 p.m

Swim Lessons*
9:00 a.m.-1:00 p.m.

Swim Lessons*
9:00 a.m.-1:00 p.m.

Swim Club*
4:00—6:15 p.m

Swim Club*
4:00—6:15 p.m

Swim Club*
4:00—5:15 p.m

Swim Lessons*
5:00 p.m.-8:00 p.m.

**Kids of Steel Triathlon: Saturday, May 29, 2010 from 7:30am—9:30am.
The main pool will be closed at this time, regular programs will run as normal.**

(*) Please be aware that these timeslots with an (*) beside them indicate heavy pool and lap lane usage. During these times it is possible that features such as the slide, rope swing and vortex may be closed, and the lap lanes busy.

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

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ARENA

Drop In Hockey (Novice)
8:15 - 9:45 a.m.
(May 3, 10 and 17 only)

Drop In Hockey (Novice)
8:15 - 9:45 a.m.

Drop In Hockey (Novice)
8:15 - 9:45 a.m.

Drop In Hockey (Novice)
8:15 - 9:45 a.m.
(May 28th only)

Please note there will be no Drop-in Hockey or Public Skating on Friday, Saturday or Sunday, unless specified, due to Hockey tournaments.

Drop In Hockey (Regular)
10- 11:30 a.m.
(May 3, 10 and 17 only)

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.

Drop In Hockey (Regular)
10- 11:30 a.m.
(May 28th only)

Public Skate
Noon - 3:00 p.m.
(May 3, 10 and 17 only)

Public Skate
Noon - 3:00 p.m.

Public Skate
Noon - 3:00 p.m.

Public Skate
Noon - 3:00 p.m.
(May 1st only)

Public Skate
Noon - 3:00 p.m.
(May 2nd only)

Evening Public Skate
6:30 - 8:00 p.m.
(May 4, 11 and 18 only).

**Skate sharpening hours are very limited!
Please call 604.935.PLAY for availability.**

Evening Public Skate
6:30 - 8:00 p.m.
(May 1st only)