

Meadow Park Sports Centre

JANUARY 2012
DROP-IN SCHEDULE
GROUP FITNESS EVENTS
POOL ARENA

604-935-PLAY (7529)



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GROUP FITNESS

SPORTS

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

KickStart
(Christine)
6:15-7:15 am

TBC
(Liz)
7:20-8:20 am

Circuit
(Christine)
9 - 10:15 am

Step'n'Sculpt
(Liz)
5 - 6 pm

Cardio Mixer
(Liz)
6:15 - 7:15 pm

Spin
(TBA)
6:15-7:15 pm
Starts Jan 9th

Boot Camp
(Sara)
6:15 - 7:15 am

Spyn 2 Yin
(Astrid)
7:30 - 8:30 am

Mature Adult Class (MAC)
(Sara)
9 - 10:15 am

ZUMBA Fitness
(Danica)
12:15-1 pm

Dryland Training
(Sylvie)
6:30 - 7:45 pm

Spin for Begin
(Beth)
6:15 - 7:15 pm
Starts Jan 10th

Gentle Yoga
(Beth)
8 - 8:45 pm

KickStart
(Christine)
6:15-7:15 am

TBC
(Liz)
7:20-8:20 am

Circuit
(Beth)
9 - 10:15 am

Qi Gong
(Roxanne)
10:30-11:30 am
At Meadow Park Sports Centre

T'ai Chi
(Roxanne)
11:40-12:40 pm
At Meadow Park Sports Centre

Spin'n'Sculpt
(J.P.)
5 - 6 pm

Box Fit
(J.P.)
6:15-7:15 pm

Spin
(TBA)
6:15-7:15 pm
Starts Jan 11th

ZUMBA
(Danica)
7:30-8:30 pm

Boot Camp
(Maja)
6:15 - 7:15 am

Spyn 2 Yin
(Astrid)
7:30 - 8:30 am

Mature Adult Class (MAC)
(Christine)
9 - 10:15 am

ZUMBA Fitness
(Danica)
12:15-1 pm

Classes with * require registration and have an extra fee. All other classes are Value-Added and are included with your drop-in fee or Membership Pass.

Dryland Training
(Katrina)
6:30 - 7:45 pm

Spin for Begin
(Beth)
6:15 - 7:15 pm
Starts Jan 12th

Yin Yoga
(Rya)
8 - 8:45 pm

KickStart
(Christine)
6:15-7:15 am

Circuit
(Katrina)
9 - 10:15 am

Mom & Baby Fit
(Beth)
10:30-11:30 am

\$2 Friday Toonie night
6 - 10 pm

MAC
(Beth)
9 - 10:15 am
Yoga For Kids
(Rya)
10:30 - 11:15 am
11:30 am - 12:30 pm

	Adult 19+	Youth 13-18	Child 4-12	Family
Drop In	\$8	\$5	\$4.25	\$16
All Day	\$12	\$7.75	\$6.50	\$24
10 Times	\$68	\$42.75	\$36.25	\$136
20 Times	\$120	\$76	\$64	\$240
30 Times	\$160	\$101.50	\$85.50	\$320
Monthly	\$72	\$45.75	\$38.50	\$144
3 Months	\$176	\$111.50	\$94	\$352
6 Months	\$316	\$200.25	\$168.50	\$632
Annual	\$560	\$354.75	\$298.75	\$1120

	Youth Squash	Adult Squash	Ultra Squash
Drop In	\$5.75	\$9.75	\$14
10 Times	\$47.50	\$81.75	\$118
20 Times	\$84	\$144	\$208
30 Times	\$112	\$192	\$277.50
Monthly	\$49.25	\$84	\$121.50
3 Months	\$123.25	\$211.25	\$305.25
6 Months	\$218.50	\$374.50	\$541
Annual	\$381	\$653	\$943

Attention:

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

Adult Drop in Sports @ Myrtle Philip Community Centre

Basketball 8:30-10:30pm Tuesdays (Start back Jan 3rd)
Basketball 8:15-10:15pm Wednesdays (Start back Jan 4th)
Volleyball 7:30-9:30pm Thursdays (Start back Jan 5th)
Badminton 6:00-7:30pm Fridays (Start back Jan 6th.)
Soccer 8:00-10:00pm Fridays (Start back Jan 6th)
Soccer 7:00-9:00pm Sundays (Start back Jan 8th)

Call (604) 902 2310 for drop in information

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

POOL

Early Bird Swim
6 am - 8:30 am

Early Bird Swim
6 am - 8:30 am

Early Bird Swim
6 am - 8:30 am

Early Bird Swim
6 am - 8:30 am

Early Bird Swim
6 am - 8:30 am

Early Bird Swim
6 am - 8:30 am

Early Bird Swim
6 am - 8:30 am

Open Swim
9 am - 9 pm

Open Swim
9 am - 9 pm

Open Swim
9 am - 9 pm

Open Swim
9 am - 9 pm

Open Swim
9 am - 9 pm

Open Swim
9 am - 9 pm

Open Swim
9 am - 9 pm

Swim Lessons *
9 am - 12 pm

Open Swim
9 am - 9 pm

Open Swim
9 am - 9 pm

Open Swim
9 am - 9 pm

Swim Lessons *
9 am - 12 pm

Swim Lessons *
9 am - 12 pm

Swim Lessons *
9 am - 12 pm

Whistler SeaWolves *
3:45 pm - 7:15 pm

Whistler SeaWolves *
3:45 pm - 5:15 pm

Swim Lessons *
4 pm - 7 pm

Whistler SeaWolves *
3:45 pm - 7:30 pm

Whistler SeaWolves *
3:45 pm - 5:30 pm

Children under the age of 7 must be within arm's reach of an adult 16 years or older, to a maximum of 3 children per adult at all times.

Swim Lessons *
4 pm - 7 pm

Swim Lessons *
3 pm - 6 pm

Drop-in Aquafit (Deep) *
7:15 pm - 8:15 pm



\$2 Friday Toonie night *
6 pm - 10 pm

* Stars indicate times when the pool is experiencing higher than normal activity levels. During these times features may be closed, and lane space may be limited.

Drop-in Aquafit (Shallow) *
7:15 pm - 8:15 pm

Adult Swim
9 pm - 10 pm

Adult Swim
9 pm - 10 pm

Adult Swim
9 pm - 10 pm

Adult Swim
9 pm - 10 pm

Adult Swim
9 pm - 10 pm



Adult Swim
9 pm - 10 pm

Adult Swim
9 pm - 10 pm

ARENA

Novice Drop In Hockey
8:15 am - 9:45 am

Parent and Tot
9 am - 10 am

Novice Drop In Hockey
8:15 am - 9:45 am

Novice Drop In Hockey
8:15 am - 9:45 am

Novice Drop In Hockey
8:15 am - 9:45 am

Please call 604.935.PLAY for skate sharpening availability.

Disco Skate
Saturday Jan 28th
6:30pm-8pm

Regular Drop In Hockey
10 am - 11:30 am

NEW!! Adult Open Skate
10:15 am - 11:45 am

Regular Drop In Hockey
10 am - 11:30 am

Regular Drop In Hockey
10 am - 11:30 am

Public Skate
12 pm - 3 pm

Public Skate
12 pm - 3 pm

Public Skate
12 pm - 3 pm

Public Skate
12 pm - 1:30 pm
(please note shorter time)

Public Skate
12 pm - 3 pm

Public Skate
12 pm - 3 pm

Public Skate
12 pm - 3 pm

Evening Public Skate
6:30 pm - 8 pm

Evening Public Skate
6:30 pm - 8 pm

Evening Public Skate
6:30 pm - 8 pm

NEW!! Adult Open Skate
Tuesdays 10:15-11:45am
Drop-in and practice both figure skating and power skating skills. No game zone leaves full ice open for participants!
Regular admission rates apply.

Novice Drop-in Hockey: is designed for less experienced hockey players. We recommend advanced players not attend this session (ie. Whistler Hockey Association 'A' and 'Rec' division players) and if they do the level of play is to be representative of a Novice Level.
Regular Drop-in Hockey: is designed for experienced hockey players and level of play represents this.

Public Skate Game Zone Rules:
Anyone breaking the rules will be asked to leave.

- Helmets are mandatory for anyone 16 years and younger.
- Game play must be kept to a recreational level and inclusive of all abilities.
- Only the plastic sticks and pucks provided may be used in the game zone.