

Meadow Park Sports Centre

FEBRUARY 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

						<p>*Akahanda Holistic Yoga* (Rya) 7:30-8:30 am <i>Starts Feb 11th</i> MAC (Beth) 9 - 10:15 am *Yoga For Kids* (Rya) 10:30-11:15 am & 11:30-12:30 pm</p>																																																		
						<table border="1"> <thead> <tr> <th></th> <th>Adult 19+</th> <th>Youth 13-18</th> <th>Child 4-12</th> <th>Family</th> </tr> </thead> <tbody> <tr> <td>Drop In</td> <td>\$8</td> <td>\$5</td> <td>\$4.25</td> <td>\$16</td> </tr> <tr> <td>All Day</td> <td>\$12</td> <td>\$7.75</td> <td>\$6.50</td> <td>\$24</td> </tr> <tr> <td>10 Times</td> <td>\$68</td> <td>\$42.75</td> <td>\$36.25</td> <td>\$136</td> </tr> <tr> <td>20 Times</td> <td>\$120</td> <td>\$76</td> <td>\$64</td> <td>\$240</td> </tr> <tr> <td>30 Times</td> <td>\$160</td> <td>\$101.50</td> <td>\$85.50</td> <td>\$320</td> </tr> <tr> <td>Monthly</td> <td>\$72</td> <td>\$45.75</td> <td>\$38.50</td> <td>\$144</td> </tr> <tr> <td>3 Months</td> <td>\$176</td> <td>\$111.50</td> <td>\$94</td> <td>\$352</td> </tr> <tr> <td>6 Months</td> <td>\$316</td> <td>\$200.25</td> <td>\$168.50</td> <td>\$632</td> </tr> <tr> <td>Annual</td> <td>\$560</td> <td>\$354.75</td> <td>\$298.75</td> <td>\$1120</td> </tr> </tbody> </table>		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
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<p>Spin-Pump-Core (Liz) 7:15-8 am</p>	<p>*Boot Camp* (Sara) 6:15-7:15 am <i>Starts Feb 21st</i></p> <p>*Spyn 2 Yin* (Astrid) 7:30 - 8:30 am (6:45-7:45 am starting Feb 21)</p>	<p>Spin-Pump-Core (Liz) 7:15-8 am</p>	<p>*Boot Camp* (Maya) 6:15-7:15 am <i>Starts Feb 23rd</i></p> <p>*Spyn 2 Yin* (Astrid) 7:30 - 8:30 am (6:45-7:45am starting Feb 23)</p>																																																					
<p>Circuit (Beth) 9 - 10:15 am</p>	<p>Mature Adult Class (MAC) (Sara) 9 - 10:15 am</p> <p>ZUMBA Fitness (Danica) 12:15-1 pm</p>	<p>Circuit (Marie Anne) 9 - 10:15 am</p>	<p>Mature Adult Class (MAC) (Christine) 9 - 10:15 am</p> <p>ZUMBA Fitness (Danica) 12:15-1 pm</p>			<p>Circuit (Katrina) 9 - 10:15 am</p> <p>*Mom & Baby Fit* (Beth) 10:30-11:30 am <i>Starts Feb 24th</i></p>																																																		
<p>Step'n'Sculpt (Liz) 5 - 6 pm</p>		<p>Spin'n'Sculpt (J.P.) 5 - 6 pm</p>																																																						
<p>Cardio Mixer (Liz) 6:15 - 7:15 pm</p>	<p>*Spin for Begin* (Beth) 6:15 - 7:15 pm</p>	<p>Box Fit (J.P.) 6:15-7:15 pm</p>	<p>*Spin for Begin* (Beth) 6:15 - 7:15 pm</p>			<p>\$2 Friday Toonie night 6 - 10 pm</p>																																																		
	<p>Gentle Yoga (Beth) 8 - 8:45 pm</p>	<p>*ZUMBA* (Danica) 7:30-8:30 pm <i>Ends Feb 8th</i></p>	<p>Yin Yoga (Rya) 8 - 8:45 pm</p>																																																					

Adult Drop-in Sports @ Myrtle Philip Community Centre
 Basketball 8:30-10:30pm Tuesdays
 Basketball 8:15-10:15pm Wednesdays
 Volleyball 7:30-9:30pm Thursdays
 Badminton 7:30-9:30pm Thursdays (NEW DAY)
 Soccer 8:00-10:00pm Fridays (No session Feb 17)
 Soccer 7:00-9:00pm Sundays
 Call (604) 902 2310 for Drop-in Sports information

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.

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

POOL

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Early Bird Swim
6 am - 8:30 am

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6 am - 8:30 am

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6 am - 8:30 am

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Early Bird Swim
6 am - 8:30 am

Open Swim
9 am - 9 pm

Open Swim
9 am - 9 pm

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9 am - 9 pm

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9 am - 9 pm

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Whistler SeaWolves ☺
3:45 pm—5:30 pm

Whistler SeaWolves ☺
3:45 pm - 7:30 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.

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

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



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

Happy face icons ☺ 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.



Adult Swim
9 pm - 10 pm

Adult Swim
9 pm - 10 pm

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9 pm - 10 pm

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9 pm - 10 pm

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Adult Swim
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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

Disco Skate
Saturday Feb 25th
6:30pm-8pm

Please call 604.935.PLAY for skate sharpening availability.

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 - 2:30 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.