

Meadow Park Sports Centre

NOVEMBER 2011  
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
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**Circuit**  
(Carrie/Katrina)  
9 - 10:15 am

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

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

**Mature Adult Class (MAC)**  
(Carrie/Katrina)  
9 - 10:15 am

**NEW!**

**Circuit**  
(Marie-Anne)  
9 - 10:15 am

**\*QiGong\***  
(Roxanne)  
10:30 - 11:30 am  
At SGFH!

**\*T'ai Chi\***  
(Roxanne)  
11:40 am - 12:40 pm  
At SGFH!

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.

**Step'n'Sculpt**  
(Carrie)  
5 - 6 pm

**\*Dryland Training\***  
(Sylvie/Craig)  
6:30 - 7:45 pm

**\*Spin for Begin\***  
(Beth)  
6:45 - 7:45 pm

**Gentle Yoga**  
(Beth)  
8 - 8:45 pm

**Spin'n'Sculpt**  
(Beth)  
5 - 6 pm

**Hatha Yoga**  
(Carrie)  
6:15 - 7:15 pm  
(Nov 2 & 9 only)

**Box Fit**  
(J.P.)  
6:15 - 7:15 pm  
(starts Nov 16)

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

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

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

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

**\*Spin for Begin\***  
(Beth)  
6:45 - 7:45 pm

**Yin Yoga**  
(Rya)  
8 - 8:45 pm

No classes on REMEMBRANCE DAY  
Nov 11th

**Box Fit**  
(J.P.)  
5 - 6 pm  
(Nov 4th only)

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

**\*Akhanada Yoga\***  
(Rya)  
7:30 - 8:30 am  
**MAC**  
(Beth)  
9 - 10:15 am  
**\*Yoga For Kids\***

**Yoga For Kids Saturdays!**  
5-7 years  
10:30 am - 11:15 am  
8-12 years  
11:30 am - 12:15 am

	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

**Upcoming Group Fitness Classes!**

Spin #15467 Starts Nov 2nd  
Spin For Beginners #15504 Starts Oct 25th  
Yoga for Kids #15569 & 15573 Starts Nov 19th  
TBC #15485 Starts Oct 31st  
Boot Camp Xpress #15489 Starts Nov 1st  
Spyn 2 Yin #15593 Starts Nov 1st  
Mom and Bay Fit #15579 Starts Nov 4th  
Qi Gong #15589 Starts Nov 9th  
T'ai Chi #15614 Starts Nov 9th  
Akhanada Yoga #15493 Starts Nov 19th

Courses will run only if minimum registration has been met 3 days prior to the start date. SIGN UP!

**Adult Drop in Sports @ Myrtle Phillip Community Centre**

Basketball 8:30-10:30pm Tuesdays  
Basketball 8:15-10:15pm Wednesdays  
Volleyball 7:30-9:30pm Thursdays  
Badminton 6:00-7:30pm Fridays  
Soccer 8:00-10:00pm Fridays  
Soccer 7:00-9:00pm Sundays

Just \$8 drop in or buy a 10x pass. LUNA members \$6.00

**Attention:**

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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**POOL**

**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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6 am - 8:30 am

**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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9 am - 9 pm

**Swim Lessons \***  
9 am - 12 pm

**Swim Lessons \***  
9 am - 12 pm

**Swim Lessons \***  
9 am - 2 pm

**Swim Lessons \***  
9 am - 2 pm

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

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

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

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3:45 pm - 5:30 pm

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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

**Swim Lessons \***  
3 pm - 6 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



**Drop-in Aquafit (Deep) \***  
7:15 pm - 8:15 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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9 pm - 10 pm

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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

**On-Ice Intervals**  
9 am - 10 am  
(Nov 1st and 8th only)

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

**NEW 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.**

**Regular Drop In Hockey**  
10 am - 11:30 am

**Parent and Tot**  
9 am - 10 am  
(Nov 15th, 22nd, and 29th only)

**Regular Drop In Hockey**  
10 am - 11:30 am

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

**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

**Shinny Hockey**  
10:15 am - 11:30 am

**Public Skate**  
12 pm - 3 pm

**Public Skate**  
12 pm - 3 pm

**Evening Public Skate**  
6:30 pm - 8 pm

**Disco Skate**  
Saturday Nov 26th  
6:30pm-8:00pm

**Shinny Hockey**  
For those interested in the all Canadian hockey experience without the gear or expertise required. Helmets are mandatory, plastic sticks are provided and regular admission rates apply.

**Public Skate**  
12 pm - 3 pm

**Evening Public Skate**  
6:30 pm - 8 pm

**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.