

FITNESS - POOL - ARENA
DROP IN SPORTS - EVENTS

May 2022 SWIM, SKATE & FITNESS SCHEDULE

Open Daily 6 a.m. – 9 p.m.

Register and view online:
whistler.ca/recreation

Information line:
604-935-PLAY (7529)

GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Mountain Ready Conditioning 7:30-8:30 a.m. <i>No class May 23!</i></p> <p>Yin & Yang Yoga 9-10 a.m. Heidi <i>No class May 9 & 23!</i></p> <p>Zumba 5:45-6:45 p.m. Carmen <i>No class May 23!</i></p>	<p>Full Body Boost 7:30-8:30 a.m. Lou</p> <p>Aqua Fit Deep 8:30-9:30 a.m. Marie-Anne</p> <p>Strength & Stretch 9-10 a.m. Lou</p> <p>Zumba 12:15-1:15 p.m. Carmen</p> <p>Mountain Ready Conditioning 5:45-6:45 p.m. Carly/Courtney <i>May 3 & 10 only!</i></p> <p>H.I.I.T 5:45-6:45 p.m. Alex <i>May 17, 24 & 31 only!</i></p> <p>Slow Flow Yoga 7:30-8:30 p.m. Laura</p>	<p>Strength & Stretch 7:30-8:30 a.m. Lou</p> <p>Full Body Boost 9-10 a.m. Lou</p> <p>Gentle Fit for Seniors 10:30-11:30 a.m. Diana</p> <p>TRX Mixer 6:15-7:15 p.m. Courtney</p>	<p>Aqua Fit Shallow 8:30-9:30 a.m. Marie-Anne</p> <p>Low Impact Strength 9-10 a.m.</p> <p>Zumba 11:15 a.m.-12:15 p.m. Susie/Andrea</p>	<p>Low Impact Strength 7:30-8:30 a.m. MA/Diana</p> <p>Full Body HIIT 9-10 a.m. M-A/Alex</p> <p>Gentle Fit for Seniors 10:30-11:30 a.m. Diana</p>	<p>Strong Glutes & Core 7:45-8:45 a.m.</p> <p>Low Impact Strength 9-10 a.m.</p> <p>Zumba 10:30-11:30 a.m. Susie</p>	
<p>NO CLASSES Victoria Day Monday, May 23</p>		<p>NEW TIMES!</p>		<p>NEW TIMES!</p>		
<p>Instructors vary for select classes. Please consult PerfectMind for the most up to date information.</p>						
<p>Included Classes All of the classes noted on this schedule are included with your admission fee or pass. The minimum age for the fitness centre and fitness classes is 16 yrs. Schedule is subject to change without notice. Classes are not available on statutory holidays. Class descriptions and registered program information can be found in the 'Fitness Services Brochure'. Group fitness participants are asked to arrive at least 5 minutes prior to the class start time. The studio door will be locked at the start of class.</p>						

RATES

	Drop In	All Day*	10 Time	20 Time	30 Time	1 Month	3 Month	6 Month	1 Year
Adult/senior (19+)	\$9.25	\$14.00	\$78.65	\$138.75	\$185.00	\$83.25	\$203.50	\$342.25	\$582.75
Youth (13-18)	\$5.50	\$8.25	\$46.75	\$82.50	\$110.00	\$49.50	\$121.00	\$203.50	\$346.50
Child (4-12)	\$4.75	\$7.25	\$40.40	\$71.25	\$95.00	\$42.75	\$104.50	\$175.75	\$299.25
Family	\$18.50	\$27.75	\$157.25	\$277.50	\$370.00	\$166.50	\$407.00	\$684.50	\$1,165.50
Court upgrade adult	+\$4.50								
Drop-in hockey	\$12.00		\$102.00						

Discounted Passes

Midday/midweek
11 a.m. – 1 p.m. Mon to Fri
Drop-in \$7.00
10x pass – \$59.50

Early bird
Before 8:30 a.m..
Drop-in \$7.00
10x pass – \$59.50

Half price nights, Tues & Fri
from 6 p.m.
Drop-in \$4.50
5x pass – \$22.50

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Pool Open 6 a.m.-3:30 p.m. 6:30-9 p.m.	*Whistler Sea Wolves 6:15-7:45 a.m.	*Whistler Sea Wolves 6:15-7:45 a.m.	Lap Pool Open 6 a.m.-3:30 p.m. 6:30-9 p.m.	Lap Pool Open 6 a.m.-3:30 p.m. 6:30-9 p.m.	Lap Pool Open 6 a.m.-9 p.m.	Lap Pool Open 6 a.m.-9 p.m.
3-Lane Lap Swim 6-8:15 a.m.	Lap Pool Open 7:45 a.m.-9 p.m.	Lap Pool Open 7:45 a.m.-9 p.m.	6-Lane Lap Swim 6-8:15 a.m.	3-Lane Lap Swim 6-8:30 a.m.	6-Lane Lap Swim 6-8:30 a.m.	6-Lane Lap Swim 6-8:30 a.m.
	Aqua Fit Deep 8:30-9:30 a.m.	Swim Lessons 9 a.m.-12 p.m.	Aqua Fit Shallow 8:30-9:30 a.m.	Swim Lessons 9 a.m.-12 p.m.	Swim Lessons 8:30 a.m.-12 p.m.	Swim Lessons 8:45 a.m.-12 p.m.
Leisure Pool Open 9 a.m.-8 p.m.	Leisure Pool Open 9 a.m.-8 p.m.	Leisure Pool Open 9 a.m.-8 p.m.	Leisure Pool Open 9 a.m.-8 p.m.	Leisure Pool Open 9 a.m.-8 p.m.	Leisure Pool Open 9 a.m.-8 p.m.	Leisure Pool Open 9 a.m.-8 p.m.
<div style="border: 1px solid black; padding: 5px;"> There are 2 lanes for lap swim all day, except during Whistler Sea Wolves bookings. Times with more than 2 lanes guaranteed are also listed. </div>			<div style="border: 1px solid black; padding: 5px;"> Leisure and lap pool features (bears, slide, basketball hoop, etc.) may be unavailable during swim lessons. </div>		<div style="border: 1px solid black; padding: 5px;"> POOL CLOSURE NOTICE: May 28 & 29; 12-6:15 p.m. The entire pool area, including the main lap pool, leisure pool, hot tub, sauna and steam room will be closed for a Sea Wolves sanctioned meet. </div>	
*Whistler Sea Wolves 3:30-6:30 p.m.	Swim Lessons 4-7:45 p.m.	Swim Lessons 4-8:15 p.m.	*Whistler Sea Wolves 3:30-6:30 p.m.	*Whistler Sea Wolves 3:30-6:30 p.m.		
Sea Wolves Masters 6-7 p.m.			Sea Wolves Masters 6-7 p.m.			
4-Lane Lap Swim 7:30-8:30 p.m.	3-Lane Lap Swim 7:30-8:30 p.m.	3-Lane Lap Swim 7:30-8:30 p.m.	4-Lane Lap Swim 7:30-8:30 p.m.	4-Lane Lap Swim 7:30-8:30 p.m.	4-Lane Lap Swim 7:30-8:30 p.m.	4-Lane Lap Swim 7:30-8:30 p.m.

NOTICES

Bookings

Pre-booking is required for squash/basketball, group fitness classes and drop-in hockey. Bookings are not required for the fitness centre, pool and arena.

Spring Hockey Tournaments

The arena will be closed for spring hockey tournaments on the following weekends (Friday-Sunday):

- April 22-24
- May 6-8
- May 13-15

Sea Wolves Sanctioned Meet – May 28 & 29

The entire pool area, including the main lap pool, leisure pool, hot tub, sauna and steam room will be closed on Saturday & Sunday, May 28 & 29, from 12-6:15 p.m. for a Sea Wolves sanctioned meet.

*Sessional Swim Times

Whistler Sea Wolves Swim Club have exclusive use of the 25 m lap pool during the following times:

- Mondays: 3:30-6:30 p.m.
- Tuesdays: 6:15-7:45 a.m.
- Wednesdays: 6:15-7:45 a.m.
- Thursdays: 3:30-6:30 p.m.
- Fridays: 3:30-6:30 p.m.

Outside of these times, there will be at least 2 lap lanes available for length swimming from 6 a.m. to 8:30 p.m.

ARENA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Women's & Old Timers Drop-in Hockey 8:15-9:45 a.m. <i>Except May 30!</i>			Drop-in Hockey 8:15-9:45 a.m.	Drop-in Hockey 8:15-9:45 a.m. <i>Except May 13!</i>		
Drop-in Hockey 10-11:30 a.m. <i>Except May 23 & 30!</i>	Drop-in Hockey 10-11:30 a.m. <i>Except May 31!</i>	Drop-in Hockey 10-11:30 a.m.	Women's & 50+ Drop-in Hockey 10-11:30 a.m.		<div style="border: 1px solid black; padding: 5px;"> Please check dates and times carefully, as the schedule is not consistent. </div>	
Family Stick & Puck 10:30-11:30 a.m. <i>May 23 only!</i>				Family Stick & Puck 10:30-11:30 a.m. <i>May 6 only!</i>		
Public Skate 12-3 p.m. <i>Except May 30!</i>	Public Skate 12-2 p.m. <i>Except May 31!</i>	Public Skate 12-3 p.m.	Public Skate 12-2 p.m.	Public Skate 12-3 p.m.	Public Skate 12-3 p.m. <i>May 21 only!</i>	Public Skate 12-3 p.m. <i>May 1 & 22 only!</i>
	Public Skate 6:30-8 p.m. <i>Except May 31!</i> <i>Half-price admission & rentals!</i>			Public Skate 6:30-8 p.m. <i>Except May 6 & 13!</i> <i>Half-price admission & rentals!</i>	Public Skate 6:30-8 p.m. <i>May 21 only!</i>	

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