

FITNESS - POOL - ARENA
DROP IN SPORTS - EVENTS

December 1-18, 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. Steve</p> <p>Yin & Yang Yoga 9-10 a.m. Heidi</p> <p>TRX MIXER 5:15-6 p.m. Courtney</p> <p>Strong Glutes & Core 6:15-7:15 p.m. Carly</p>	<p>Strength & Cardio 7:30-8:30 a.m. Lou</p> <p>Aqua Fit Deep 8:45-9:45 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 5:30-6:30 p.m. Anna</p> <p>Slow Flow Yoga 8-9 p.m. Laura</p>	<p>Strength & Stretch 7:30-8:30 a.m. Lou</p> <p>Strength & Cardio 9-10 a.m. Lou</p> <p>Gentle Fit 1:30-2:30 p.m. Diana</p> <p>HIIT Express 5:15-6 p.m. Alex</p> <p>Zumba 6:30-7:30 p.m. Carmen</p>	<p>Full Body HIIT 7:30-8:30 a.m. Anna</p> <p>Aqua Fit Shallow 8:45-9:45 a.m. Marie-Anne</p> <p>Low Impact Strength 9-10 a.m. Mel <i>Except Dec 15!</i></p> <p>Yoga/Roll Combo 8-9 p.m. Laura</p>	<p>Kin Stretch 7:30-8:30 a.m. Elliot</p> <p>Full Body HIIT 9-10 a.m. Alex</p> <p>Gentle Fit 1:30-2:30 p.m. Diana</p>	<p>Strong Glutes & Core 7:30-8:30 a.m. Jess</p> <p>Low Impact Strength 9-10 a.m. Diana <i>Starts Dec 17!</i></p> <p>Zumba 10:30-11:30 a.m. Susie</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.

Participants are permitted to pre-register for one included fitness class per day.

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.-3:45 p.m. 6-8 p.m. Leisure Pool Open 9-11 a.m. 4-8 p.m.	Lap Pool Open 7:45 a.m.-8 p.m. Leisure Pool Open 4-8 p.m.	Lap Pool Open 7:45 a.m.-8 p.m. Leisure Pool Open 4-8 p.m.	Lap Pool Open 6 a.m.-3:45 p.m. 6-8 p.m. Leisure Pool Open 9-11 a.m. 4-8 p.m.	Lap Pool Open 6 a.m.-3:45 p.m. 6-8 p.m. Leisure Pool Open 4-8 p.m.	Lap Pool Open 8 a.m.-4 p.m. Leisure Pool Open 9 a.m.-4 p.m.	Lap Pool Open 8 a.m.-4 p.m. Leisure Pool Open 9 a.m.-4 p.m.
Whistler Tri Club 6:15-7:15 a.m. Tricks for Tots 10-11 a.m. *Whistler Sea Wolves 3:45-6 p.m. Whistler Sea Wolves 6-7 p.m. Sea Wolves Masters 7-8 p.m.	*Whistler Sea Wolves 6:15-7:45 a.m. Swim Fit 7:45-8:30 a.m. Aqua Fit Deep 8:45-9:45 a.m. Swim Lessons 4-7:45 p.m.	*Whistler Sea Wolves 6:15-7:45 a.m. Swim Lessons 4-8:15 p.m.	Swim Fit 7:45-8:30 a.m. Aqua Fit Shallow 8:45-9:45 a.m. Tricks for Tots 10-11 a.m. *Whistler Sea Wolves 3:45-6 p.m. Whistler Sea Wolves 6-7 p.m. Sea Wolves Masters 7-8 p.m.	Whistler Tri Club 6:15-7:15 a.m. *Whistler Sea Wolves 3:45-6 p.m. Whistler Sea Wolves 6-7 p.m.	Modified Pool Hours: Please read through the NOTICES section to the right for more details.	

ARENA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Women & 50+ 8:15-9:45 a.m. Public Skate 12-2 p.m.	Drop-in Hockey 10-11:30 a.m. Public Skate 12-2 p.m. Public Skate 6:30-8 p.m.	Women & Oldtimers 10-11:30 a.m. Public Skate 12-3 p.m.	Women & Oldtimers 8:15-9:45 a.m. Drop-in Hockey 10-11:30 a.m. Public Skate 12-2 p.m.	Drop-in Hockey 8:15-9:45 a.m. <i>Dec 2 & 9 only!</i> Public Skate 12-3 p.m. <i>Dec 2 & 9 only!</i> Public Skate 12:45-2:45 p.m. <i>Dec 16 only!</i> Public Skate 6:30-8 p.m. <i>Dec 2 only!</i>	Public Skate 12-3 p.m. <i>Dec 3 & 10 only!</i> Public Skate 12:45-2:45 p.m. <i>Dec 17 only!</i> Public Skate 6:30-8 p.m. <i>Dec 3 & 10 only!</i>	Public Skate 12-2 p.m. <i>Dec 4 & 11 only!</i> Public Skate 12:30-2 p.m. <i>Dec 18 only!</i>

Schedules are subject to change without notice.

NOTICES

Bookings

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

*Sessional Swim Times

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

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

Modified Pool Hours

Pool hours have been modified for December.

Leisure Pool Open:

- Monday-Friday, 4-8 p.m.
- Mondays & Thursdays, 9-11 a.m.
- Saturday & Sunday, 9 a.m.-4 p.m.

Lap Pool & Hot Spots Open:

- Monday-Friday, 6 a.m.-8 p.m. (*Except during sessional swim times listed above.)
- Saturday & Sunday, 8 a.m.-4 p.m.

Please continue to check whistler.ca/notices prior to each visit.

Drop-In Hockey

Three different sessions (drop-in, women's and old timers and 55+ hockey) are available, depending on your age and skill-level. Full hockey equipment is required for all three sessions. Aggressive play will not be tolerated.



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