

FITNESS - POOL - ARENA
DROP IN SPORTS - EVENTS

October 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> Strength & Cardio 7-8 a.m. Lou</p>	<p> Strength & Stretch 7:30-8:30 a.m. Lou</p>	<p> Full Body HIIT 7-8 a.m. Anna</p>	<p> Strength & Stretch 7:30-8:30 a.m. Mel</p>	<p> Strong Glutes & Core 7:45-8:45 a.m. Diana/Liz/MA/Jess</p>	
<p> Yin & Yang Yoga 9-10 a.m. Heather/Heidi</p>	<p> Aqua Fit Deep 8:45-9:45 a.m. Marie-Anne</p>	<p> Strength & Cardio 9-10 a.m. Lou</p>	<p> Aqua Fit Shallow 8:45-9:45 a.m. Marie-Anne</p>	<p> Full Body HIIT 9-10 a.m. Alex</p>	<p> Low Impact Strength 9-10 a.m. Diana/Liz/MA</p>	
<p> TRX MIXER 5:15-6 p.m. Courtney</p>	<p> Strength & Stretch 9-10 a.m. Lou</p>	<p> Strength & Cardio 9-10 a.m. Lou</p>	<p> Low Impact Strength 9-10 a.m. Anna</p>	<p> Gentle Fit 1-2 p.m. Diana</p>	<p> Zumba 10:30-11:30 a.m. Susie</p>	
<p> Strong Glutes & Core 6:15-7:15 p.m. Carly</p>	<p> Zumba 1:15-2:15 p.m. Carmen</p>	<p> Gentle Fit 1-2 p.m. Diana</p>	<p> HIIT Express 5:15-6 p.m. Alex</p>	<p> Gentle Fit 1-2 p.m. Diana</p>		
<p> Mountain Ready Conditioning 5:30-6:30 p.m. Steve</p>	<p> Zumba 6:30-7:30 p.m. Carmen</p>	<p> Zumba 6:30-7:30 p.m. Carmen</p>	<p> Yoga/Roll Combo 8-9 p.m. Laura</p>			
<p> Slow Flow Yoga 8-9 p.m. Laura</p>						

NO classes October 10, Thanksgiving Monday.

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.-3:30 p.m. 6-9 p.m. Leisure Pool Open 9 a.m.-12 p.m. 4-8 p.m.	Lap Pool Open 7:45 a.m.-9 p.m. Leisure Pool Open 9 a.m.-12 p.m. 4-8 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.	Lap Pool Open 7:45 a.m.-9 p.m. Leisure Pool Open 9 a.m.-12 p.m. 4-8 p.m. *Whistler Sea Wolves 6:15-7:45 a.m. Swim Lessons 9 a.m.-12 p.m.	Lap Pool Open 6 a.m.-3:30 p.m. 6-9 p.m. Leisure Pool Open 9 a.m.-12 p.m. 4-8 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.	Lap Pool Open 6 a.m.-3:30 p.m. 6-9 p.m. Leisure Pool Open 9 a.m.-12 p.m. 4-8 p.m. Swim Lessons 9 a.m.-12 p.m. Whistler Adaptive Swim Program (WASP) 12:45-3 p.m. *Whistler Sea Wolves 3:45-6 p.m. Whistler Sea Wolves 6-7 p.m.	Lap Pool Open 6 a.m.-9 p.m. Leisure Pool Open 9 a.m.-8 p.m. Swim Lessons 8:30 a.m.-12 p.m.	Lap Pool Open 6 a.m.-9 p.m. Leisure Pool Open 9 a.m.-8 p.m. Swim Lessons 8:45 a.m.-12 p.m.
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Leisure Pool Closure Notice: The leisure pool will be closed Monday to Friday, from 12-4 p.m., starting Oct. 3. </div>						
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> *There are 2 lanes for lap swim all day, except during Whistler Sea Wolves exclusive use bookings, denoted with an asterisks. </div>						

ARENA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Women & 50+ 8:15-9:45 a.m. Family Stick & Puck 10:30-11:30 a.m. <i>Oct. 10 only!</i> 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. Public Skate 12-3 p.m. Public Skate 6:30-8 p.m.	Public Skate 12-3 p.m. Public Skate 6:30-8 p.m. <i>Disco skate Oct. 29!</i>	Public Skate 12-2 p.m.

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 25 m 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.

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.

October Pool Closures

The following pool closures will be in place for the month of October:

- Leisure Pool: Closed 12-4 p.m., Monday to Friday, starting Oct. 3.
- Oct. 19: Entire pool area closed at 7 p.m.
- Oct. 22: Entire pool area closed 1-7 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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