

FITNESS - POOL - ARENA
DROP IN SPORTS - EVENTS

September 22-30, 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>▲ Strength & Cardio 7-8 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>▲ POP UP CLASS – Sept. 27th only! Walk + Chair Yoga 1-2 p.m. Diana & Lisa</p> <p>▲ Mountain Ready Conditioning 5:30-6:30 p.m. Steve</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 1-2 p.m. Diana</p> <p>▲ Zumba 6:45-7:45 p.m. Carmen</p>	<p>▲ Full Body HIIT 7-8 a.m. Anna <i>Except Sept. 22!</i></p> <p>▲ POP UP CLASS – Sept. 22nd only! Strength & Run Outdoors 7:30-8:30 a.m. M-A & Lou</p> <p>▲ Aqua Fit Shallow 8:45-9:45 a.m. Marie-Anne <i>Except Sept. 22!</i></p> <p>▲ Low Impact Strength 9-10 a.m. Anna <i>Except Sept. 22!</i></p>			

Instructors may vary for select classes. Please consult Xplor Recreation for the most up to date information.

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
<p>Lap Pool Open 6 a.m.-3:45 p.m. & 6-9 p.m.</p> <p>Leisure Pool Open 9 a.m.-12 p.m. 4-8 p.m.</p> <p>*Whistler Sea Wolves 3:45-6 p.m.</p> <p>Whistler Sea Wolves 6-7 p.m.</p> <p>Sea Wolves Masters 7-8 p.m.</p>	<p>*Whistler Sea Wolves 6:15-7:45 a.m.</p> <p>Lap Pool Open 7:45 a.m.-9 p.m.</p> <p>Swim Fit 7:45-8:30 a.m.</p> <p>Aqua Fit Deep 8:45-9:45 a.m.</p> <p>Leisure Pool Open 9 a.m.-12 p.m. 4-8 p.m.</p>	<p>*Whistler Sea Wolves 6:15-7:45 a.m.</p> <p>Lap Pool Open 7:45 a.m.-9 p.m.</p> <p>Leisure Pool Open 9 a.m.-12 p.m. 4-8 p.m.</p>	<p>Lap Pool Open 6 a.m.-3:45 p.m. & 6-9 p.m.</p> <p>MAD Endurance 6:15-7:15 a.m.</p> <p>Swim Fit 7:45-8:30 a.m.</p> <p>Aqua Fit Shallow 8:45-9:45 a.m.</p> <p>Leisure Pool Open 9 a.m.-8 p.m.</p> <p>*Whistler Sea Wolves 3:45-6 p.m.</p> <p>Whistler Sea Wolves 6-7 p.m.</p> <p>Sea Wolves Masters 7-8 p.m.</p>	<p>Lap Pool Open 6 a.m.-3:45 p.m. 6-9 p.m.</p> <p>Leisure Pool Open 9 a.m.-8 p.m.</p> <p>Whistler Adaptive Swim Program (WASP) 12:45-3 p.m.</p> <p>*Whistler Sea Wolves 3:45-6 p.m.</p> <p>Whistler Sea Wolves 6-7 p.m.</p>	<p>Lap Pool Open 6 a.m.-9 p.m.</p> <p>MAD Endurance 6:15-7:15 a.m.</p> <p>Leisure Pool Open 9 a.m.-8 p.m.</p>	<p>Lap Pool Open 6 a.m.-9 p.m.</p> <p>Leisure Pool Open 9 a.m.-8 p.m.</p>
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Leisure Pool Closure Notice: The leisure pool will be closed Sept. 26, 27 and 28 from 12-4 p.m.</p> </div>						
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>There are 2 lanes for lap swim all day, except during Whistler Sea Wolves bookings.</p> </div>						

ARENA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Women & 50+ 8:15-9:45 a.m.</p> <p>Public Skate 12-2 p.m.</p>	<p>Drop-in Hockey 10-11:30 a.m.</p> <p>Public Skate 12-2 p.m.</p> <p>Public Skate 6:30-8 p.m.</p>	<p>Women & Oldtimers 10-11:30 a.m.</p> <p>Public Skate 12-3 p.m.</p>	<p>Women & Oldtimers 8:15-9:45 a.m. <i>September 29 only!</i></p> <p>Drop-in Hockey 10-11:30 a.m. <i>September 29 only!</i></p> <p>Public Skate 12-2 p.m. <i>September 29 only!</i></p>	<p>Drop-in Hockey 8:15-9:45 a.m. <i>September 30 only!</i></p> <p>Public Skate 12-2 p.m. <i>September 30 only!</i></p> <p>Public Skate 6:30-8 p.m. <i>September 30 only!</i></p>		<p>Public Skate 12-2 p.m. <i>September 25 only!</i></p>
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Please check dates and times carefully, as the schedule is not consistent.</p> </div>						

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.

Check before you rec (reate)!

Visit whistler.ca/notices for Meadow Park Sports Centre operational changes and closures.

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.

Schedules are subject to change without notice.



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