

Meadow Park Sports Centre

JULY 2010  
DROP-IN  
SCHEDULE

GROUP FITNESS  
EVENTS  
POOL  
ARENA

604-935-PLAY  
(7529)



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GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>*Total Body Conditioning*</b> 7:20-8:20 am		<b>*Rise'n'Shine*</b> 6:15-7:15am	<b>*Total Body Conditioning*</b> 7:20-8:20 am	<b>*Rise'n'Shine*</b> 6:15-7:15am			
<b>Circuit</b> 9-10:15 am		<b>Mature Adult Class</b> 9-10:15 am	<b>Circuit</b> 9-10:15 am	<b>Mature Adult Class</b> 9-10:15 am	<b>Circuit</b> 9-10:15 am	<b>Mature Adult Class</b> 9-10:30 AM	
<b>Step'n'Sculpt</b> 5:30-6:30 pm			<b>Spin'n'Sculpt</b> 5:30-6:30 pm				
		<b>Box Fit</b> 7-8 pm		<b>20/20/20</b> 7-8 pm		<b>\$2 Friday Toonie night</b> 6-10 pm	

	Adult 19+	Youth 13-18	Child 4-12	Family
<b>Drop In</b>	\$7.75	\$4.75	\$4.00	\$15.50
<b>All Day</b>	\$11.75	\$7.25	\$5.75	\$23.25
<b>10 Times</b>	\$65.50	\$40.50	\$33.50	\$131.50
<b>20 Times</b>	\$116.00	\$72.00	\$60.00	\$232.00
<b>30 Times</b>	\$154.80	\$96.00	\$80.10	\$309.00
<b>Monthly</b>	\$69.00	\$42.50	\$36.00	\$139.00
<b>3 Months</b>	\$170.00	\$105.00	\$88.00	\$340.00
<b>6 Months</b>	\$305.00	\$189.00	\$158.00	\$610.00
<b>Annual</b>	\$541.00	\$336.00	\$280.00	\$1082

	Youth Squash	Adult Squash	Ultra Squash
<b>Drop In</b>	\$5.25	\$9.00	\$13.50
<b>10 Times</b>	\$45.30	\$77.00	\$113.00
<b>20 Times</b>	\$80.00	\$136.00	\$200.00
<b>30 Times</b>	\$106.80	\$181.20	\$267.00
<b>Monthly</b>	\$46.30	\$79.00	\$116.00
<b>3 Months</b>	\$117.00	\$199.00	\$293.00
<b>6 Months</b>	\$208.00	\$353.00	\$520.00
<b>Annual</b>	\$362.00	\$616.00	\$906.00

Classes with \* require registration and have a fee. Sign up early!  
All other classes are Value-Added and are included with your drop-in fee or pass.

SPORTS

**Your Summer Workout Solutions!**

**\*Rise'n'Shine\***  
*Back by popular demand!!* Roll out of bed and into this cardio-based circuit style workout guaranteed to awaken your body and kickstart the day. Better than your morning coffee! Starts July 6th. Tues/Thurs 6:15-7:15am Course# 14134

**\*Total Body Conditioning\*** Get a full body workout in this efficient 1 hour class with motivating music, group atmosphere, and exercise variety. Starts July 14th. Mon/Wed 7:20-8:20am Course# 13359

*Check out our women's outdoor running programs brought to you by SoleSisters.  
See our full fitness program schedule at [www.whistlerisrecreation.com](http://www.whistlerisrecreation.com)*

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

\*\*\* Schedule subject to change without notice.

**Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday**

**POOL**

**Early Bird Swim**  
6 a.m.-8:30 am

**Early Bird Swim**  
6 a.m.— 8:30 am

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6 a.m.— 8:30am

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6 a.m.— 8:30am

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6 a.m.— 8:30am

**Early Bird Swim**  
6 a.m.— 8:30am

**Open Swim**  
9:00 a.m. - 9:00 p.m.

**Open Swim**  
9:00 a.m. - 9:00 p.m.

**Open Swim**  
9:00 a.m. - 9:00 p.m.

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9:00 a.m. - 9:00 p.m.

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9:00 a.m. - 9:00 p.m.

**Open Swim**  
9:00 a.m. - 9:00 p.m.

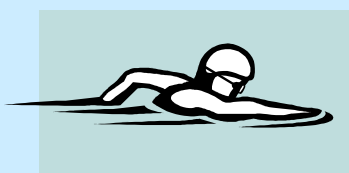
**Open Swim**  
9:00 a.m. - 9:00 p.m.

**Swim Lessons\***  
9:00 a.m.-12:00 p.m.

**Swim Lessons\***  
9:00 a.m.-12:00 p.m.

**Swim Lessons\***  
9:00 a.m.-1:00 p.m.

**Swim Lessons\***  
9:00 a.m.-1:00 p.m.



**Swim Lessons\***  
5:00 p.m.-8:00 p.m.

**Swim Lessons\***  
3:00 p.m.-6:00 p.m.

**Swim Lessons\***  
3:00 p.m.-6:00 p.m.

**\$2 Toonie Fridays\***  
6:00 p.m.-10:00 p.m.

\* During these times it is possible that features such as the slide, rope swing and vortex may be closed, and the lap lanes busy.

**Adult Swim**  
9:00 pm - 10:00 pm

**Adult Swim**  
9:00 pm - 10:00 pm

**Adult Swim**  
9:00 pm - 10:00 pm

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9:00 pm - 10:00 pm

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9:00 pm - 10:00 pm

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9:00 pm - 10:00 pm

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9:00 pm - 10:00 pm



**Public Skate**  
3:30pm - 7:30pm  
(July 13th only)

**Public Skate**  
3:30pm - 7:30pm  
(July 14th only)

**Public Skate**  
3:30pm - 7:30pm  
(July 15th only)

**Public Skate**  
3:30pm - 7:30pm  
(July 16th only)

**Public Skate**  
3:30pm - 7:30pm  
(July 17th, 24th & 31st only)

**Skate sharpening hours are very limited! Please call 604.935.PLAY for availability.**

**Drop In Hockey**  
8pm - 9:30pm  
(July 19th and 26th only)

**Drop In Hockey**  
8pm - 9:30pm  
(July 13th only)

**Drop In Hockey**  
8pm - 9:30pm  
(July 14th, 21st and 28th only)

**Drop In Hockey**  
8pm - 9:30pm  
(July 15th only)

**Drop In Hockey**  
8pm - 9:30pm  
(July 16th, 23rd & 30th only)

**Drop In Hockey**  
8pm - 9:30pm  
(July 17th, 24th & 31st only)

**Whistler All Star Hockey Tournament**  
June 19th—July 12th  
**Peak Performance Hockey Camp**  
July 18th—30th

Please note **NEW** Drop-in Hockey and Public Skate times!

**ARENA**