

FITNESS - POOL - ARENA
ADULT SPORTS - EVENTS

December 21, 2024 – January 5, 2025

HOLIDAY ACTIVITY SCHEDULE

Register and view online:
whistler.ca/recreation

Information line:
604-935-PLAY (7529)



OUTDOOR SKATING WHISTLER OLYMPIC PLAZA

Join us daily:

11 a.m. - 1:30 p.m.
2:30 - 5 p.m.
6 - 8:30 p.m.

Weather dependent and limited capacity

Closed for ice resurfacing:
1:30 - 2:30 p.m. and 5 - 6 p.m.

Holiday hours:

- **December 24:** 11 a.m. - 1:30 p.m., 2:30 - 5 p.m. and 6 - 8 p.m.
- **December 25:** 12 - 4 p.m.
- **December 26:** 11 a.m. - 1:30 p.m., 2:30 - 5 p.m. and 6 - 8:30 p.m.
- **December 31:** 11 a.m. - 1:30 p.m., 2:30 - 5 p.m. and 6 to 9 p.m.
- **January 1:** 11 a.m. - 1:30 p.m., 2:30 - 5 p.m. and 6 - 8:30 p.m.

Skate rental: \$6.50

Admission: Family: \$13.75,
Adult (19+): \$5.50, Youth (13-18): \$4.50,
Child (4-12): \$3.25,
3 years old and under: free
Complimentary helmets (limited supply).

For the daily schedule:
604-935-PLAY (Press 3)

whistler.ca/skating

ADULT SPORTS

Drop-in sports will not be held from
December 23, 2023 - January 4, 2024.

For full schedule and more information
visit: www.whistler.ca/adultsports

MEADOW PARK SPORTS CENTRE

HOLIDAY FACILITY HOURS

Regular Facility Hours*

6 a.m. - 9 p.m.

*Exceptions noted below:

Tuesday, December 24

6 a.m. - 4 p.m.

Wednesday, December 25

CLOSED

Thursday, December 26

9 a.m. - 9 p.m.

Tuesday, December 31

6 a.m. - 4 p.m.

Wednesday, January 1

CLOSED



Photo Credit: Mike Crane

LOST LAKE NORDIC TRAILS

CROSS COUNTRY SKIING

Lost Lake Nordic Trails offer more than 25 km of pristinely groomed cross country ski trails for both classic and skate technique. Enjoy incredible views of iconic Lost Lake, Whistler and Blackcomb Mountains. Suitable for all ages and abilities. Ski at night with 4km of lit trail.

SNOWSHOEING

Discover nature with over 15 km of snowshoe specific trails, where you can choose your own adventure ranging from hour-long walks to half day explorations.

PASSIVHAUS DAY LODGE

TICKETS | RENTALS | LESSONS | CAFE
Your adventure starts at Lost Lake Passivhaus where Cross Country Connection offers day tickets, ski/snowshoe rentals, lessons, and a full service ski shop to get you started for the day. The onsite Connection Café serves organically-minded soup, sandwiches, snacks and gourmet coffees.

HOURS*

Daily 8 a.m. - 8 p.m.
Daily Night Skiing 3 p.m. - 8 p.m.

HOLIDAY HOURS *

December 24: 8 a.m. - 5 p.m.
December 25: 12-5 p.m.
December 31: 8 a.m. - 5 p.m.
January 1: 10 a.m. - 8 p.m.

**hours are snow and weather dependent*

For more information call Cross Country
Connection 604-905-0071

whistler.ca/nordic

SATURDAY

21

POOL

Lap Pool & Hot Spots: 6 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Public Skate: 12-3 p.m. & 6:30-8 p.m.

FITNESS

Strong Glutes & Core (Jess): 7:30-8:30 a.m.
Low Impact Strength (Lauren): 9-10 a.m.
Zumba (Susie): 10:30-11:30 a.m.

SUNDAY

22

POOL

Lap Pool & Hot Spots: 6 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Public Skate: 12-2 p.m.

FITNESS

No fitness classes.

MONDAY

23

POOL

Lap Pool & Hot Spots: 6 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Women & 50+ Drop-in Hockey:
10:30 a.m.-12 p.m.
Family Stick & Puck: 12:30-1:30 p.m.
Public Skate: 2-6 p.m.

FITNESS

Mountain Ready Conditioning (Steve):
7:30-8:30 a.m.
Flex Reg - Yin & Yang Yoga (Heidi):
9-10 a.m.

TUESDAY

24

Facility Hours:
6 a.m.—4 p.m.

POOL

Lap Pool & Hot Spots: 6 a.m.-4 p.m.
Leisure Pool: 9 a.m.-4 p.m.

ARENA

Public Skate: 11:30 a.m.-3:30 p.m.

FITNESS

Step (Liz): 9-10 a.m.

WEDNESDAY

25

CLOSED

THURSDAY

26

Facility Hours:
9 a.m.—9 p.m.

POOL

Lap Pool & Hot Spots: 9 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Women & 35+ Drop-in Hockey:
10:30 a.m.-12 p.m.
Family Stick & Puck: 12:30-1:30 p.m.
Public Skate: 2-6 p.m.
Drop-in Hockey: 6:30-8 p.m.

FITNESS

No fitness classes.

FRIDAY

27

POOL

Lap Pool & Hot Spots: 6 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Women & 35+ Drop-in Hockey:
10:30 a.m.-12 p.m.
Public Skate: 2-6 p.m.

FITNESS

Low Impact Strength (Andy): 7:30-8:30 a.m.
Full Body HIIT (Andy): 9-10 a.m.
Gentle Fit (Marie-Anne): 12:30-1:30 p.m.

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POOL

Lap Pool & Hot Spots: 6 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Public Skate: 2-6 p.m.
Drop-in Hockey: 6:30-8 p.m.

FITNESS

Strong Glutes & Core (Jess): 7:30-8:30 a.m.
Low Impact Strength (Jess): 9-10 a.m.
Zumba (Susie): 10:30-11:30 a.m.

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POOL

Lap Pool & Hot Spots: 6 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Family Stick & Puck: 12:30-1:30 p.m.
Public Skate: 2-6 p.m.
Drop-in Hockey: 6:30-8 p.m.

FITNESS

No fitness classes.

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POOL

Lap Pool & Hot Spots: 6 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Drop-in Hockey: 8:30-10 a.m.
Women & 50+ Drop-in Hockey:
10:30 a.m.-12 p.m.
Family Stick & Puck: 12:30-1:30 p.m.
Public Skate: 2-6 p.m.

FITNESS

Mountain Ready Conditioning (Steve):
7:30-8:30 a.m.
Flex Reg - Yin & Yang Yoga (Heidi):
9-10 a.m.

Facility Hours:
6 a.m.—4 p.m.

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POOL

Lap Pool & Hot Spots: 6 a.m.-4 p.m.
Leisure Pool: 9 a.m.-4 p.m.

ARENA

Public Skate: 11:30 a.m.-3:30 p.m.

FITNESS

Spin Mixer (Sylvie): 7:30-8:30 a.m.
Step (Liz): 9-10 a.m.

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CLOSED

2

POOL

Lap Pool & Hot Spots: 6 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Public Skate: 2-6 p.m.
Drop-in Hockey: 6:30-8 p.m.

FITNESS

Strength & Cardio (Lou): 7:30-8:30 a.m.
Strength & Stability (Lou): 9-10 a.m.

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POOL

Lap Pool & Hot Spots: 6 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Public Skate: 2-6 p.m.

FITNESS

Strength & Mobility (Anna): 7:30-8:30 a.m.
Functional Strength & Conditioning (Anna):
9-10 a.m.

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POOL

Lap Pool & Hot Spots: 6 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Public Skate: 12-3 p.m.
Drop-in Hockey: 6:30-8 p.m.

FITNESS

Morning Wake Up (Jess): 6:30-7:15 a.m.
Strong Glutes & Core (Jess): 7:30-8:30 a.m.
Low Impact Strength (Lauren): 9-10 a.m.
Zumba (Susie): 10:30-11:30 a.m.

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POOL

Lap Pool & Hot Spots: 6 a.m.-9 p.m.
Leisure Pool: 9 a.m.-7 p.m.

ARENA

Public Skate: 12-2 p.m.

FITNESS

No fitness classes.

Family Stick & Puck

Parent and youth/child Stick & Puck only—max ratio of 1 adult to 3 youth/children. Adults must be on ice. Youth and children must wear full hockey equipment. Adults must wear CSA approved helmet and gloves. All participants need to bring their own gear. Online sign-up is encouraged. More information online: whistler.ca/stickandpuck

Check before you rec(reate)!

Avoid disappointment. Visit whistler.ca/notices for operational changes and closures or call 604-935-PLAY.

Schedule is subject to change.