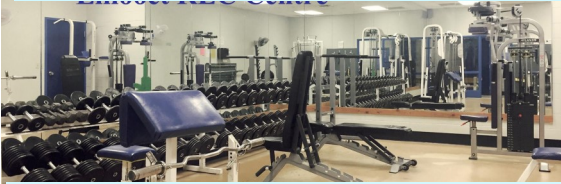


# LILLOOET & DISTRICT REC CENTRE



## 2020 March Drop-In Schedule

### Monday

9:00am —12:00pm Carpet Bowling

9:30-10:30am Gym Walking

12:00—1:30pm Public Skate-ends **March 9th**

5-6:30pm Drop-in Basketball

**5:30-6:45pm Yoga with Kathryn**

7-9pm Family Drop-in Pickleball

### Tuesday

10:00am—11:00am DVD led Exercise

12:00pm—1:30pm Drop in Hockey (Age 16+, gloves and helmet mandatory)- **ends March 10th**

1:00-3:00pm Carpet Bowling

1:00pm—3:00pm Drop in Pickleball

### Wednesday

9:30-10:30am Gym Walking

10:00am—11:00am Golden ZUMBA DVD

3:30-4:30pm Public Skate— **ends March 11th**

**5:30-6:30pm Nia with Gillian**, no class March 11. \$8 drop-in or \$80 Fitness Class 11-punch.

7:00-9:00pm Adult Drop-in Volleyball (age 16+)

### Thursday

9:00am —12:00pm Carpet Bowling

12:00pm—1:30pm Drop in Hockey (age 16+, gloves and helmet mandatory)— **ends March 12th**

1:00pm - 3:00pm Drop in Pickleball

**7:00-8:00pm Zumba with Karime**, Feb.6 -Mar.12 & Apr.2-May 7.\$42/6 classes or \$8 drop-in

### Friday

9:30am - 10:30am Gym Walking

10:00am—11:00am DVD led Exercise

12:00pm—1:30pm Public Skate -**Ends March 13th**

\*8:15-9:45pm Teen Skate—**Last day March 6, 2020.**

### Saturday

Main Building Open 9am-5pm

Weight Room: 9am-4:30pm

Library Open 11am-2pm

### Sunday

**Main Building & Library Closed**

### Lillooet REC Centre Drop in Rates & Membership Prices

	Drop In	11 Punch Pass	1 Month Pass	3 Month Pass	6 Month Pass	Annual Pass
Child (4 – 12)	\$3.00	\$30.00	\$27.00	\$64.80	\$113.40	\$194.40
Youth (13 – 18)	\$4.00	\$40.00	\$36.00	\$86.40	\$151.20	\$259.20
Adult (19 - 54)	\$5.50	\$55.00	\$49.50	\$118.80	\$207.90	\$356.40
Senior (55 +)	\$4.00	\$40.000	\$36.00	\$86.40	\$151.20	\$259.20
Family	\$10.50	\$105.00	\$94.50	\$226.80	\$396.90	\$680.40
Instructor Led Class	\$8.00/ Adult					

### Weight Room Hours

#### With Membership:

Monday to Friday

7:00am—9:00pm

Sat. 9:00am—4:30pm

Sundays: Closed

#### Drop In Customers:

Monday to Friday

9:00am —8:00pm

Sat. 9:00am—4:30pm

Sundays: Closed

**All users must bring clean indoor athletic footwear**

## Something for everyone at the Lillooet REC Centre!



### ARENA

**Public Skating Ends Friday March 13.**

**Arena Closed for the Season March 16.**

Midgets Regionals March 13-15.

Final Teen Skate Friday March 6.

Sunday Public Skates finished for the season.

### REC Centre Bouldering Wall

Open: 9am - 8:00pm Mon to Fri

9:00am - 4:30pm Saturday

For all ages (3yrs to Senior)

Orientation must be completed prior to first climb: Waiver & Instructional DVD

**Regular drop in rates apply**



### Regular Rate Activities:

Included in Membership

#### Arena:

- All Public Skates
- Noon Drop in Hockey

#### Gymnasium:

- Drop in Pickleball
- Drop in Basketball
- Adult Drop in Volleyball (16yrs+)

#### Main Core:

- Weight Room [15yrs of age & older]
- Squash Court
- Bouldering Wall
- Carpet Bowling
- DVD-led exercises



### Instructor-Led Programs:

**Ages 15+**

**\$8 drop-in or \$80 Fitness 11-Punch Card**

**YOGA** with Kathryn Young

Monday 5:30-6:45pm in the mezz

\$8 drop-in or Fitness 11-Punch



**NIA** with Gillian Smith

Experience the bliss of movement!

Wednesday 5:30-6:30pm in the mezz.



No class March 11, 2020

\$8 drop-in.

**ZUMBA** with Karime Jolly

Thursday 7:00-8:00pm in the gym

Dates: Feb.6-Mar.12 & April 2-May 7, 2020

\$42/6 classes or \$8 drop-in



### Weight Room Age Policy:

Users must be **15 years old** to use unaccompanied.

Children aged 12-14 may use equipment **other than free weights** if accompanied and directly supervised by a parent/guardian.

### Gym Drop-In Sports

**Pickleball:** Family Monday 7-9pm

Adult Tues/Thurs 1-3pm

**Adult Volleyball:** Wednesday 7-9pm age 16+

**Basketball:** Monday 5:00-6:30pm



**Drop-in Schedule is subject to change. Call 250-256-7527 for the most up-to-date information.**

**We are on Facebook: [www.facebook.com/LillooetRec/](http://www.facebook.com/LillooetRec/)**