

ADMISSION FEES

| SINGLE ADMISSION FEES | | Under 6 Years | 6 - 18 Years | 19 - 59 Years | 60 Years + |
|--|---------|---------------|--------------|---------------|------------|
| Under 6 Years | FREE | | | | |
| 6 - 18 Years | \$3.50 | | | | |
| 19 - 59 Years | \$6.75 | \$31.50 | \$60.80 | \$49.50 | |
| 60+ Years | \$5.50 | \$74.50 | \$143.75 | \$117.00 | |
| Family | | \$140.00 | \$270.00 | \$220.00 | |
| 2 adults & up to 3 youth (max 18 years) or 1 adult & up to 4 youth (max 18 years) | \$13.50 | | | | |

ACTIVE PASSES (PER-VISIT)

| | 6 - 18 Years | 19 - 59 Years | 60 Years + |
|-----------|--------------|---------------|------------|
| 10 Visits | \$31.50 | \$60.80 | \$49.50 |
| 25 Visits | \$74.50 | \$143.75 | \$117.00 |
| 50 Visits | \$140.00 | \$270.00 | \$220.00 |

ACTIVE PASSES (MONTHLY)

Active Passes can be purchased & renewed online at panoramarecreation.ca

| | 18 Years & Under | 19 Years+ | 90 Years+ |
|--------------------------|---|----------------------|-----------------------------------|
| NEW PASS BENEFITS | | | |
| 1 Month | n/a | \$57 | Lifetime Pass for those 90 years+ |
| 3 Month | n/a | \$136 | |
| 6 Month | n/a | \$39 / month (\$234) | |
| 12 Month Basic Pass | n/a | \$31 / month (\$372) | FREE |
| 12 Month Deluxe Pass | \$69 or FREE with an Adult Deluxe Annual Pass | \$35 / month (\$420) | FREE |
| 12 Month Regional Pass | \$41 / month \$492* | \$41 / month \$492* | \$41 / month \$492* |

*Enjoy all drop-in activities at any of the 13 regional recreation centres. \$25 administration fee is charged at the time of registration on monthly scheduled payments.

Annual Deluxe Pass - Over \$250 value in added benefits!!

See our brochure or contact reception for more details.

SPRING & EASTER BREAK 2018



- Swimming
- Fitness Classes
- Skating
- Weight Room
- Pottery
- Childminding
- Sports
- Kindergym
- Camps

March 17 - April 2, 2018



PANORAMA RECREATION CENTRE

1885 Forest Park Drive, North Saanich, BC, V8L 4A3
250 656 7271

GREENGLADE COMMUNITY CENTRE

2151 Lannon Way, Sidney, BC, V8L 3Z1
250 656 7055

panoramarecreation.ca [f /panoramarecreation](https://www.facebook.com/panoramarecreation)
@sliderpenguin @panoramarec

POOL SWIM DROP-IN SCHEDULE



Effective Mar 17 - Apr 2, 2018

Please enjoy the swirl pool, sauna, steam room and river run any time or day of the week!

LAP SWIMMING

Minimum of 3 single lanes in the main pool. Please visit our on-line schedule for more availability for lane swimming.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | HOLIDAY |
|----------------|----------------|----------------|----------------|----------------|------------|------------|-----------------------------------|
| 6-8:30AM | 6-8:30AM | 6-8:30AM | 6-8:30AM | 6-8:30AM | 6AM-1:15PM | 6AM-1:15PM | Mar 30 & Apr 2 7:30AM - 1:15PM |
| 10:30AM-1:15PM | 10:30AM-1:15PM | 10:30AM-1:15PM | 10:30AM-1:15PM | 10:30AM-1:15PM | | | |
| 3:30-10:30PM | 3:30-6PM | 3:30-6PM | 3:30-6PM | 3:30-6PM | 3:30-8PM | 4-8PM | |
| | 8-10:30PM | 8-10:30PM | 8-10:30PM | 8-10:30PM | | | |

LEISURE SWIM

Leisure pool available. Spray toys are available in the leisure pool except during aquafit times.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | HOLIDAY |
|-------------|-------------|-------------|-------------|----------|----------|----------|--------------------------------|
| 6AM-10:30PM | 6AM-10:30PM | 6AM-10:30PM | 6AM-10:30PM | 6AM-10PM | 6AM-10PM | 6AM-10PM | Mar 30 & Apr 2 7:30AM - 8PM |

WATER WALKING

Beat joint pain by taking your walking routine to the pool. Water walking will take place in the leisure pool lane.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | HOLIDAY |
|--------------|--------------|------------|--------------|------------|--------------|--------------|--|
| 6AM - 12PM | 6AM - 1:30PM | 6AM - 12PM | 6AM - 1:30PM | 6AM - 12PM | 6AM - 1:30PM | 6AM - 1:30PM | Mar 30 & Apr 2 7:30AM - 1:30PM 4-8PM |
| 3:30-10:30PM | 3:30-6PM | 3:30-6PM | 3:30-6PM | 3:30-6PM | 4-8PM | 3:30-10PM | |
| | 8-10:30PM | 8-10:30PM | 8-10:30PM | 8-10:30PM | | | |

EVERYONE WELCOME

The entire pool is open for recreational swimming. Fun leader will be available to open the waterslide, rope swing, climbing wall, diving board and spray toys for portions of the swim.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | HOLIDAY |
|-------------|-------------|-------------|------------------------|-------------|---------------|---------------|----------------------------|
| 1:30-3:30PM | 1:30-3:30PM | 1:30-3:30PM | 1:30-3:30PM | 1:30-3:30PM | 1:30 - 3:30PM | 1:30 - 3:30PM | Mar 30 & Apr 2 1:30-4PM |
| | 6-8PM | 6-8PM | 6-8PM \$2 ADMISSION | 6-8PM | 8-10PM | | |

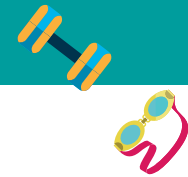
WATERSLIDE & WIBIT INFLATABLE

Must be 42" to ride the slide. The waterslide is wheelchair accessible.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | HOLIDAY |
|-------------|-------------|-------------|------------------------|-------------|-------------|-------------|----------------------------|
| 1:30-3:30PM | 1:30-3:30PM | 1:30-3:30PM | 1:30-3:30PM | 1:30-3:30PM | 1:30-3:30PM | 1:30-3:30PM | Mar 30 & Apr 2 1:30-4PM |
| | 6-8PM | 6-8PM | 6-8PM \$2 ADMISSION | 6-8PM | 8-10PM | 6:30-7:30PM | 1:30-2:30PM Wibit |
| | | | | | | | |

7 YEAR RULE: Children under the age of 7 must be accompanied in the water and stay within arm's reach of a responsible caregiver of at least 16 years of age. The ratio of adults to children under 7 is 1:3.

AQUATIC FITNESS



Effective Mar 17 - Apr 2, 2018 (No classes Mar 30 & Apr 2)
Classes subject to cancellation due to low attendance.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|----------------------------------|--------------------------------------|----------------------------------|--------------------------------------|--------------------------------|--------------------------------|
| Deep Aquafit 8:30 - 9:25AM | Shallow Aquafit 8:30 - 9:25AM | Deep Aquafit 8:30 - 9:25AM | Shallow Aquafit 8:30 - 9:25AM | Deep Aquafit 8:30 - 9:25AM | Combo Aquafit 8:30 - 9:25AM | Combo Aquafit 8:30 - 9:25AM |
| Shallow Aquafit 9:30 - 10:25AM | Deep Aquafit 9:30 - 10:25AM | Shallow Aquafit 9:30 - 10:25AM | Deep Aquafit 9:30 - 10:25AM | Shallow Aquafit 9:30 - 10:25AM | | Aqua Spin 9:30 - 10:30AM |
| Light & Easy Aquafit 12 - 12:45PM | Aqua Spin 11:30AM - 12:15PM | Light & Easy Aquafit 12 - 12:45PM | Aqua Spin 11:30AM - 12:15PM | Light & Easy Aquafit 12 - 12:45PM | | |
| | Aqua HIIT 8 - 8:45PM | | Aqua HIIT 8 - 8:45PM | | | |

| | |
|-------------------------------|---|
| Aqua Spin | (Main Pool) Taught on our Hydrorider bikes causing less impact on your back and joints. Bike classes are limited to 13 participants on a first-come, first serve basis. |
| Deep, Shallow, Combo | (Main Pool) All classes will provide you with a challenging workout with little to no impact on your joints! Start each class with 5-10 min of warm-up, 30-35 min of cardio and 10-15 min of strength and stretching. |
| Aqua HIIT | (Main Pool) A high-intensity intervals aquafit class designed to get your heart pumping. Includes warm-up, 30-35 minutes of cardio and stretching at the end. |
| Light and Easy Aquafit | (Main & Leisure Pool) A light version of Shallow Aquafit designed for people who have recovered from an injury and/or surgery, live with arthritis or are currently sedentary. |
| Swim 4 Fitness | Join us for a lap-swimming workout with a certified instructor who is available to correct technique and help you work on swimming strokes. |



NORTH SAANICH DROP-IN SCHEDULE

Effective Mar 17 - Apr 2, 2018 (No Badminton Apr 2)
@ North Saanich Middle School Classes subject to cancellation due to low attendance.

| MONDAY | WEDNESDAY | THURSDAY |
|----------------------------|----------------------------|-----------------------------|
| Badminton 7:30 - 9:30PM | Badminton 7:30 - 9:30PM | PickleBall 6:30 - 8:30PM |

| | |
|-------------------|--|
| Badminton | 12 yrs+. Organized games for the recreational badminton player. Birds are provided. Please bring your own racquet. |
| Pickleball | 16 yrs+ Play recreational level Pickleball. Balls are provided. Please bring your own paddle. |

WEIGHT ROOM DROP-IN SCHEDULE



Effective Mar 17 - Apr 2, 2018
@ Panorama Recreation Centre

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | HOLIDAYS |
|----------------------------------|-----------------------------------|----------------------------------|-----------------------------------|----------------------------------|---------------------------|--------------------|----------------------|
| OPEN 6AM - 10:30PM | OPEN 6AM - 10:30PM | OPEN 6AM - 10:30PM | OPEN 6AM - 10:30PM | OPEN 6AM - 10:30PM | OPEN 6AM - 10PM | OPEN 6AM - 10PM | OPEN 7:30AM - 8PM |
| SUPERVISED 7 - 9AM 4 - 9PM | SUPERVISED 8 - 10AM 4 - 9PM | SUPERVISED 7 - 9AM 4 - 9PM | SUPERVISED 8 - 10AM 4 - 9PM | SUPERVISED 7 - 9AM 3 - 7PM | SUPERVISED 10AM - 12PM | | MAR 30 & APR 2 |

Supervised Times A qualified weight room attendant will be available to assist you with your weight training program. If you are not familiar with the equipment or have questions regarding exercise technique, the attendant will be available for advice during these drop-in times.

Our weight room features:

- An extensive selection of strength training equipment, dumbbells & barbells
- Cardiovascular equipment including treadmills, elliptical trainers, AMT (adaptive motion trainers), upright and recumbent bikes that feature interactive displays with iPod/iPhone chargers, cable TV, internet and a personal account tracker
- Concept II Rowers, Keiser spin bikes, Stairclimbers, NUSTEPs & Interactive Espresso gaming bikes
- A variety of stability balls, BOSUs, medicine balls, balance boards, tubing & TRXs

Restricted to age 15 and older. 13 years+ who have taken Weight Training for Teens may attend during supervised hours or with a parent/guardian.

Effective Mar 17 - Apr 2, 2018 (Closed Mar 30 & Apr 2)
@ Greenglade Community Centre

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------|--------------------------|--------------------------|--------------------------|----------------------|------------------------|-------------------|
| OPEN 8:30AM - 8PM | OPEN 8:30AM - 8PM | OPEN 8:30AM - 8PM | OPEN 8:30AM - 8PM | OPEN 8:30AM - 4PM | OPEN 9AM - 1PM | OPEN 9AM - 1PM |
| SUPERVISED 5:30 - 8PM | SUPERVISED 5:30 - 8PM | SUPERVISED 5:30 - 8PM | SUPERVISED 5:30 - 8PM | | SUPERVISED 9 - 11AM | |

Featuring treadmills, bikes, elliptical trainers, AMT, rowing machine, a small selection of weight machines, dumbbells, tubing, medicine balls, BOSUs and more.

Personal Training

Did you know that changing your workout at least every 8 weeks will make your time spent in the weight room much more effective and prevent plateauing?

CHILDMINDING SCHEDULE



\$3.50 /hour


Effective Mar 18 - Apr 2, 2017 (No childminding Mar 30 & Apr 2)

Drop-in childminding available for children 0 - 5yrs. For children under 18 months, please call reception after 6pm the night before to reserve space (250.656.7271 ext 4). Parents/Guardians must be participating in a recreational activity at the facility listed.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|--------------------------------|------------------------------|-------------------------------|------------------------------|
| 8:45 - 12PM @ PANORAMA | 8:45AM - 11:30AM @ PANORAMA | 8:45 - 11:30AM @ PANORAMA | 9AM - 11:30AM @ GREENGLADE | 8:45 - 11:30AM @ PANORAMA |

Check out p. 81 of our Winter/Spring Brochure for parent & babe classes.

FITNESS DROP-IN SCHEDULE

| | |
|---|---|
| Cardio + | An extended cardio session with hi/lo impact moves and some floor work. Small equipment may be used during the class. All levels welcome. |
| Hatha Sunrise Yoga | Embrace the light of the morning and set your energy for the day! This heart inspired practice will have you moving from the "inside out", embracing body, mind and spirit. **\$11.50 drop-in or swipe of an active pass. |
| Kettlebell | The unique design of the Kettlebell will challenge your core to the max! Not only does Kettlebell training improve strength, balance and core conditioning, it also challenges your cardiovascular fitness. Your heart will be pumping! |
| Movin' On Up | Self-paced, mild to moderate, low impact aerobic workout, followed by a strengthening session. Coffee time follows. |
| HIIT | Rev up your metabolism in this High Intensity Interval Training class. Shown to improve endurance, strength and power while burning fat, this workout will feature a selection of training accessories such as the TRX Rip Trainer, ViPR Trainers, TRXs and more! Previous experience recommended |
| Sport Step & Strength | Put the power into your step with this high energy workout combining cardio on the step and strength conditioning. This class will blend step choreography with all the moves followed by strength training using weights, body bars, bands and balls to tone your mind and body. All levels welcome! |
| Spin Classes (Indoor Cycling) | The ultimate 45 minute workout combining aerobic and anaerobic exercise through drills and speed work. Build endurance, cardio and flexibility in this fun class while working at your own intensity level. Please bring a water bottle & towel. Reserve a spin bike (see below). NEW Spin Glow - Turn off the lights and enhance your spin experience with this 45 minute indoor cycling class in the dark! Feel the music as you work through spin drills, hill climbs and speed bursts surrounded by low lighting to set the mood. NEW Spin 60 - Enjoy an extended ride with this 60 minute indoor cycling class to build endurance, increase your cardio output and build stamina through speed drills and intervals. |
| Strength Blast | Bring your energy to this fast paced, full body strength class that has a built in cardio component. Be prepared to work up a sweat and burn calories in this super functional class. |
| Strength Express | 45 minute class focusing on strength and muscle activation. Format will vary and strength will increase. |
| Strength & Core | Join us for this circuit-style class focusing on strengthening your whole body with focus on your core! |
| Total Body Conditioning | Work your entire body using resistance tubing, weights, body bars, stability balls, gliders and the BOSU. If you like variety and strength training, this is the class for you! |
| Tri Circuit | Fit it all in with this ever-changing circuit style and interval based class. Combine segments of spin, high intensity interval training and strength conditioning followed with a stretch for a complete full body workout. |
| TRX Suspension Training | This intense workout will build your strength, balance and flexibility and burn fat. You control how easy or hard you want to work. Whether you are an athlete or just want to get back into shape, the TRX will help you reach your fitness goals! Registered program. |
| TRX Express | Same great TRX workout in a 45 minute class. |
|  | A pulse-pounding, bass-dropping fitness program that gets results...fast. It's a calorie-torching, hip-swiveling dance party workout with a hot playlist to distract from the burn. Customers can incinerate up to 800 calories in one 60-minute class. Format ranges from Dance Mixx, Interval, Fusion, Core, Strength and Strike. *Regular Panorama drop-in rates do not apply. See p. 77 for more details and rate information. |

To reserve a spot in Spin, TRX & HIIT classes:

OPTION 1: PAY THE DROP-IN RATE OR SWIPE YOUR ACTIVE PASS AND PICK UP YOUR TICKET FROM RECEPTION UP TO 30 MINUTES PRIOR TO THE CLASS START TIME.

OPTION 2: VISIT OUR ONLINE SPIN SCHEDULE AND FOLLOW THE PROMPTS TO RESERVE.

FITNESS DROP-IN SCHEDULE



Effective Mar 17 - Apr 2, 2018 (No classes Mar 30 & Apr 2)

12 yrs+. For fitness class descriptions, see previous page. Classes subject to cancellation due to low attendance.

STUDIO FITNESS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|--|---|
| | | Hatha Sunrise Yoga* 6:30 - 7:30AM | | | | Jazzercise* 8:15 - 9:15AM |
| Cardio + 8:30 - 9:30AM | Total Body Conditioning 7:50 - 8:50AM | Cardio + 8:30 - 9:30AM | Strength Blast 7:50 - 8:50AM | Cardio + 8:30 - 9:30AM | Sport Step & Strength 8:45 - 9:45AM | |
| Sport Step & Strength 9:40 - 10:40AM | Movin' on Up 9 - 10AM | Total Body Conditioning 9:40 - 10:40AM | Movin' on Up 9 - 10AM | Sport Step & Strength 9:40 - 10:40AM | | Total Body Conditioning 9:30 - 10:30AM |
| Total Body Conditioning 10:50 - 11:50AM | | | | | Jazzercise* 10 - 11AM | |
| Sport Step & Strength 5:30 - 6:30PM | Strength & Core 5:30 - 6:30PM | | Total Body Conditioning 5:30 - 6:30PM | | | |
| Jazzercise* 6:45 - 7:45PM | | Jazzercise* 6:45 - 7:45PM | | | | |

*Panorama Recreation drop-in rates do not apply.

Childminding available!
See reception for details.

SPIN ROOM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|-------------------------------------|-------------|-------------------------------------|-------------------------------------|-----------------------------------|-----------------------------------|
| | 7:30-8:15AM | 6:15-7AM | 7:30-8:15AM | 6:15-7AM | NEW Spin 60 8:45-9:45AM | NEW Spin 60 8:45-9:45AM |
| 9-9:45AM | 9-9:45AM | 9-9:45AM | 9-9:45AM | 9-9:45AM | 10 - 10:45AM | 10 - 10:45AM |
| 12:15-1PM | | 12:15-1PM | | 12:15-1PM | | |
| 5-5:45PM | NEW Spin Glow 5:30-6:15PM | | NEW Spin Glow 5:30-6:15PM | NEW Spin Glow 5:30-6:15PM | | |
| 6:45-7:30PM | | 6:45-7:30PM | | | | |

MEZZANINE

To reserve your spot in TRX and HIIT, see p. 54 of the Winter/Spring brochure.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------------|--------------------------------------|------------------------------|--------------------------------------|--------------------|--|---------------------------|
| Strength Express 6:15-7AM | HIIT 6:15-7AM | Strength Express 6:15-7AM | HIIT 6:15-7AM | | Kettlebell 9:45-10:45AM | |
| TRX 9-10AM | | TRX 9-10AM | | TRX 9-10AM | TRX EXPRESS 11-11:45AM | TRX EXPRESS 11-11:45AM |
| | NEW Tri Circuit 12-12:45PM | | NEW Tri Circuit 12-12:45PM | HIIT 12-12:45PM | Flexibility, Stretching & Mobility 12-1PM | |
| HIIT 5:30-6:15PM | TRX 6-7PM | Kettlebell 5:30-6:30PM | TRX 6-7PM | | | |
| TRX 6:45-7:45PM | | HIIT 6:45-7:30PM | | | | |

ARENA DROP-IN SCHEDULE



Effective Mar 17 - Apr 2, 2018

Drop-in activities subject to cancellation due to low attendance.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|-------------------------------------|--|---------------------------------|--|
| 11:40AM - 12:50PM Stick & Puck | 10:40 - 11:30AM Parent & Tot Skate | 11:40AM - 12:50PM Shinny Hockey | | 12:20 - 1:20PM Shinny Hockey No session Oct 30 | | 11:50AM - 12:50PM Parent & Child Hockey |
| 1-2:20PM Everyone Welcome | 11:40AM - 1PM Everyone Welcome | 3 - 4:20PM \$2 Everyone Welcome | 12 - 1:20PM Adult Skate | | 12 - 1:20PM Everyone Welcome | 1 - 2:20PM Everyone Welcome Skate |
| | | 3:10 - 4PM Youth Stick & Puck | 1:30 - 2:30PM Youth Stick & Puck | | | |
| 7:30 - 8:45PM Shinny Hockey No session Apr 2 | 8:10 - 9:30PM Stick & Puck | | 6:40 - 8:10PM Shinny Hockey | | | |
| Everyone Welcome | Wednesday | \$2 Skate! Soft puck hockey is available on 1/3 of the ice. | | | | |
| | Saturday & Sunday | Bring your family and friends for skating fun, music and games. | | | | |
| Parent & Child Hockey | For children up to 12 years with an adult. An opportunity for you and your young player to bring your sticks and soft pucks to shoot around. Helmets mandatory for all, full face masks are mandatory for children. | | | | | |
| Parent & Tot | For children 7 years & under. Join us in the arena for this skate which provides an opportunity for young ones to get comfortable on the ice. Toys and skating aids are provided along with child-friendly music. Strollers are welcome. \$6.75 drop-in includes admission and rentals for 1 parent and 1 tot. | | | | | |
| Shinny Hockey | 16yrs+ Requires full gear. New Reserve a spot online anytime at www.panoramarecreation.ca \$6.75/player, Goalies play for free. | | | | | |
| Stick & Puck | Youth | 10 yrs+. For those who want to brush up on their hockey skills. Helmet with face mask and hockey gloves required. Goalies, games & scrimmages of any kind are not permitted. | | | | |
| | Adult | 16yrs+. For those who want to brush up on their hockey skills. Helmet and hockey gloves required. Goalies, games & scrimmages of any kind are not permitted. | | | | |

Please wear a helmet. Don't have one? Borrow one of ours! We have over 100 helmets in various styles and sizes to choose from.

Skate rentals \$3.50/ person. Ice cleats are permitted on the ice during weekend Everyone Welcome skates for those who wear a helmet. A small section of the ice will be designated for these non-skaters and beginners. This area will be sectioned off with cones and identified with signage. Please note that patrons wearing ice cleats must pay the drop-in admission.

Weekend Special! A family of 5 can skate for just \$18 (including rentals) during Saturday & Sunday Everyone Welcome Skates.

Family = 2 adults & up to 3 youth (max 18 years) or 1 adult & up to 4 youth (max 18 years) living at the same address



GREENGLADE DROP-IN ACTIVITY SCHEDULE

Effective Mar 17 - Apr 2, 2018 (Closed Mar 30, & Apr 2)

@ Greenglade Community Centre Classes subject to cancellation due to low attendance.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|------------------------------------|--------------------------|--------------------------|
| Weight Room 8:30AM - 8PM | Weight Room 8:30AM - 8PM | Weight Room 8:30AM - 8PM | Weight Room 8:30AM - 8PM | Weight Room 8:30AM - 4PM | Weight Room 9AM - 1PM | Weight Room 9AM - 1PM |
| Fitness Yoga 9:15 - 10:15AM | Total Body Conditioning 9:15 - 10:15AM | Fitness Yoga 9:15 - 10:15AM | Total Body Conditioning 9:15 - 10:15AM | Yoga Stretch 9:15 - 10:15AM | | |
| | Jazzercise* 10:30 - 11:30AM | | Jazzercise* 10:30 - 11:30AM | | | |
| | NEW Lunch Circuit Express 12 - 12:45PM | Jazzercise* 5:15 - 6:15PM | NEW Lunch Circuit Express 12 - 12:45PM | NEW TGIF Yoga 12- 1PM | | |
| NEW Circuit Training 6 - 7PM | Fitness Yoga 5-6PM | NEW Circuit Training 6 - 7PM | Fitness Yoga 5 - 6PM | | | |

| | |
|-------------------------|---|
| Circuit Training | An efficient, weight room workout combining stations of cardio and strength training intervals. Stations will incorporate a variety of equipment including free weights, tubing, exercise balls and BOSUs to increase strength, cardio and core followed with a guided stretch. |
| JAZZERCISE | A pulse-pounding, bass-dropping fitness program that gets results...fast. It's a calorie-torching, hip-swiveling dance party workout with a hot playlist to distract from the burn. *Drop-in rates do not apply. |
| Total Body Conditioning | A total body workout using an assortment of equipment put together in an ever changing format. |
| TGIF Yoga | A perfect time for distressing and resetting for a good weekend ahead. Focus on breathing, chanting, gentle yin movements to create a practice of whole-body healing. |
| Yoga Stretch | A slower yoga practice to open the body and receive the breath. Yoga Stretch combines flowing movement with poses held in stillness to provide release and relaxation. \$11.50 drop-in or swipe of active pass. |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------|--------------------------|
| Pickleball 8:30AM -12:30PM | | Pickleball 8:30AM -12:30PM | | Pickleball 8:30AM -12:30PM | | |
| Pottery MAR 19 12:30 - 8PM | Pottery MAR 20 12:30 - 8PM | Pottery MAR 21 12:30 - 8PM | Pottery MAR 22 12:30 - 8PM | Pottery MAR 23 12:30 - 4PM | | |
| MAR 26 8:30AM - 8PM | MAR 27 8:30AM - 8PM | MAR 28 8:30AM - 8PM | MAR 29 8:30AM - 8PM | | | |
| | | | Childminding 9 - 11:30AM | | | |
| | Kindergym 9:30 - 11:30AM | | Kindergym 9:30 - 11:30AM | | | Kindergym 9 - 10:30AM |
| Volleyball 6 - 8PM | Pickleball 5:30 - 9PM | Toys & Tumbles 5:30 - 7:15PM | Pickleball 5:30 - 9PM | | | Pickleball 4 - 7PM |

| | |
|----------------|---|
| Childminding | Drop-in childminding is available for children 0 - 5 years. |
| Kindergym | 1 - 5yrs with parent. Featuring ride-on toys, tumbling mats, slides and more! Group games, music, stories and art materials will allow children to creatively explore. Drop-in \$5/child \$2/sibling. |
| Pickleball | 16 yrs + Play recreational level Pickle ball. Basic balls are provided; please bring your own paddle. Participants responsible for set-up/take down. |
| Pottery | 16 yrs+. Extra practice time available for pottery students in the community. Orientations are required for experienced students who have not taken a course through Panorama Recreation. Additional drop-in times may be available. Please check our online schedule. \$8 Drop-in or Pottery Pass Only. |
| Toys & Tumbles | 2 - 6yrs with parent. Stop by for some pre-bedtime open gym fun! This NEW drop-in play time features sports equipment, tumbling mats, ride-on toys and more! Drop-in \$3/child \$2/sibling. |
| Volleyball | 14 yrs +, Balls are provided and two courts are available. Youth under the age of 16 yrs must have a parent present. Participants responsible for set-up/take down. |

SPRING BREAK CAMPS

SPRING-SEEKERS SPRING BREAK CAMP

Kindergarten - 7 yrs

Join us for a couple weeks of spring break camp adventure! This dynamic day camp program is perfect for those interested in doing a little bit of everything as each week includes a couple out-trips, colourful crafts & outrageous games. Have a blast & make some new friends! Activity schedules will be posted on the camp section of our website by March 1st. Daily registration available.

Greenglade Community Centre Room 7

| | | | | |
|--------|---------------|---------|---------|------|
| M - F | Mar 19-Mar 23 | 9am-4pm | 5/\$160 | 8030 |
| M - Th | Mar 26-Mar 29 | 9am-4pm | 4/\$128 | 8031 |

OUTDOOR EXPLORERS SPRING BREAK CAMP

8 - 12 yrs

Get active & adventurous this spring break with Outdoor Explorers Camp! Each week will feature a few out-trips, along with plenty of engaging activities & group games. Whether bowling, hiking, swimming or skating, we'll be sure to make the most out of your holiday! Activity schedules will be posted on the camp section of our website by March 1st. Daily registration available.

Greenglade Community Centre Room 9

| | | | | |
|--------|---------------|---------|---------|------|
| M - F | Mar 19-Mar 23 | 9am-4pm | 5/\$175 | 8048 |
| M - Th | Mar 26-Mar 29 | 9am-4pm | 4/\$140 | 8050 |

PRE & POST CAMP CARE

Kindergarten - 12yrs

Available for attendees of Greenglade Community Centre camps only.

Greenglade Community Centre

| | | |
|-----------|-----------|---------|
| Pre-Care | 8am - 9am | \$5/day |
| Post-Care | 4pm - 5pm | \$5/day |

SPRING, JUMP AND SPLASH CAMP

Kindergarten - 12 yrs

Join us this spring break for fun in the pool! We will have games outside, crafts, supervised play in the pool for our Everyone Welcome Swim. Included is Red Cross Swim Lesson in the morning and an aquatic sport in the afternoon like diving, underwater hockey, water polo and much more!

Panorama Recreation Centre

| | | | | |
|--------|---------------|---------------|---------|------|
| M - F | Mar 19-Mar 23 | 8:30am-4:30pm | 5/\$225 | 8670 |
| M - Th | Mar 26-Mar 29 | 8:30am-4:30pm | 4/\$180 | 8671 |

FOREST EXPLORERS - SPRING SAMPLERS

3 - 5yrs

Spring is here and the forest is beginning to change! Join Susi and our other Forest Explorers for a fun few days of games, crafts, music, and nature! Children have the opportunity to truly explore their surroundings, conquer their fears, and build independence. This program is a great opportunity for families to get a taste of the Forest Explorers program prior to the Spring session beginning in April.

Centennial Park Field House

Instructor: Susi McMillan

| | | | | |
|---------|---------------|----------|--------|------|
| Tu - Th | Mar 6-Mar 8 | 9am-12pm | 2/\$67 | 9899 |
| Tu - Th | Mar 13-Mar 15 | 9am-12pm | 2/\$67 | 9900 |



MAD SCIENCE EUREKA!

6 - 11 yrs

Creative Contraption Warning! This is a camp designed by our own creative inventors! Each day campers will be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all... their mind. While Thomas Edison said invention is 10% inspiration and 90% perspiration, this camp is 100% fun!

Greenglade Community Centre Room 8

| | | | | |
|-------|---------------|------------|---------|------|
| M - F | Mar 19-Mar 23 | 9am-3:30pm | 5/\$235 | 8641 |
|-------|---------------|------------|---------|------|

MAD SCIENCE MINING AND CRAFTING CAMP

6 - 11 yrs

Mining and crafting is the best way to explore our environment. Experience the Minecraft computer game in real life. Design and construct a 3D wooden replica of Minecraft tools to take home. (Camp-day themes include: Earthworks, Rock Cycle, Mineral Mania or Super structures.)

Greenglade Community Centre Room 8

| | | | | |
|--------|---------------|------------|---------|------|
| M - Th | Mar 26-Mar 29 | 9am-3:30pm | 4/\$195 | 8635 |
|--------|---------------|------------|---------|------|

HORSE'N AROUND - SPRING CAMP

6 - 12yrs

If you have ever wanted to ride a horse, this camp is for you! Learn to ride on safe, experienced schooled horses where we will cover basic riding skills, horse care and safety. Suitable for the beginner or novice riders and fun for everyone.

Westside Stables

| | | | | |
|--------|---------------|-----------|---------|------|
| M - F | Mar 19-Mar 23 | 9am - 1pm | 5/\$299 | 9442 |
| M - Th | Mar 26-Mar 29 | 9am - 1pm | 4/\$240 | 9443 |

IN THE WEIGHT ROOM

WEIGHT TRAINING FOR TEENS

13 - 19yrs

Get in shape for your favourite sport or work on muscle development and definition! You will learn how to use the equipment in the weight room and receive a strength program designed specifically for you! Upon successful completion of this course, participants under 15 may visit the weight room at Panorama during supervised times or with a parent/guardian. Call 250.655.2184 for weekend classes.

Location: Panorama Recreation Weight Room

| | | | | |
|-----|--------------|------------|--------|------|
| W-F | Mar 7-Mar 16 | 3:30pm-5pm | 4/\$45 | 8837 |
|-----|--------------|------------|--------|------|

CARNIVAL OF THE ARTS CAMP

9 - 14 yrs

This spring break camp will include three days of pottery and two days of painting. Children will be taught a wide variety of art techniques with artist quality materials and an instructor that has completed a fine art degree. The first two days will be in clay sculpture and hand building in clay with coils and slabs. Wednesday and Thursday will be classes focused on painting with water colour and acrylic paint. On Friday we will be glazing our pieces that we have made in clay.

Greenglade Community Centre Pottery Studio

Instructor: Monika Burrell

| | | | | |
|-------|---------------|----------|---------|------|
| M - F | Mar 19-Mar 23 | 9am-12pm | 5/\$230 | 8527 |
|-------|---------------|----------|---------|------|

KIDS IN THE KITCHEN

7 - 12 yrs

Tap into your culinary creativity, and join us for Kids in the Kitchen! Each day campers will be introduced to the creation of a couple exciting dishes; learning the basics of food preparation, kitchen skills, healthy eating, and the fun of creating & enjoying their own cuisine. As long as your child comes to camp prepared with a snack, water bottle and breakfast in their belly, we will tackle the creation of our lunches, hands-on! Planned menu will be posted on the camp section of our website by March 1st.

North Saanich Middle School Food/Textiles Room

| | | | | |
|-------|---------------|---------|---------|------|
| M - F | Mar 19-Mar 23 | 9am-1pm | 5/\$150 | 8537 |
|-------|---------------|---------|---------|------|



Teen Lounge

Greenglade Teen Lounge at 2151 Lannon Way in Sidney will be open Friday & Saturdays from 6-8pm through the break (excl. Mar 30).

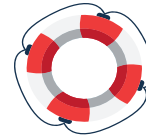
Brentwood Teen Lounge at 1233 Clarke Road in Central Saanich will be closed & reopen Apr 6.

See pages 47 & 48 of our Winter/Spring brochure for further details!

Does your child receive educational assistance at school? Would they benefit from one-on-one support within day camp programs?

To ensure your child has the best possible experience & receives the support they need, families are encouraged to take the initiative in arranging additional support prior to program participation. Check out the Supported Child Development Program through VIHA or Recreation Integration Victoria's booklet of Summer Services for Children with Disabilities for options! We recommend contacting these organizations early as support demands are high.

AQUATICS



REGISTERED BLOCK PRESCHOOL PRIVATE SWIM LESSONS SPRING BREAK

Set dates and times, no refund or re-scheduling of missed lessons. Choose between any time given for each day. Instructor requests are not guaranteed. Please call reception 250.656.7271 ext. 4 or you can book online. Registered block private lessons are a flat rate and up to 3 children may participate.

| Lesson Set | # of Lessons | 30 min Lesson | Start Times | | | |
|--------------------|--------------|---------------|-------------|------|---------|------|
| M - F Mar 19 - 29* | 9 | \$216 | 10:30am | 11am | 11:30am | 12pm |
| *No session Mar 30 | | | | | | |



REGISTERED BLOCK KIDS PRIVATE SWIM LESSONS SPRING BREAK

Set dates and times, no refund or re-scheduling of missed lessons. Choose between any time given for each day. Instructor requests are not guaranteed. Please call reception 250.656.7271 ext. 4 or you can book online. Registered block private lessons are now a flat rate of \$22/half hour and up to 3 children may participate.

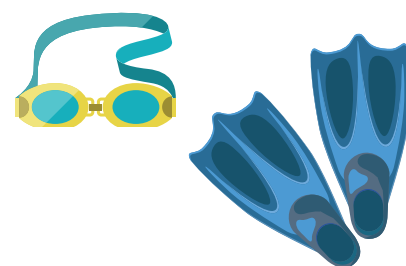
| Lesson Set | # of Lessons | 30 min Lesson | Start Times | | | |
|--------------------|--------------|---------------|-------------|------|---------|------|
| M - F Mar 19 - 29* | 9 | \$216 | 10:30am | 11am | 11:30am | 12pm |
| *No session Mar 30 | | | | | | |

LOW-RATIO GROUP SWIMMING LESSONS

Sign your kids up for new low-ratio swimming lessons for more individual attention in a comfortable and fun group lesson environment. Max 3 kids per lesson!

| Lesson Set | # of Lessons | 30 min Lesson | Starfish / Duck | Tadpole | Sea Turtle | Sea Otter | Salamander | Sunfish | Crocodile | Whale |
|-------------------|--------------|---------------|-----------------|---------|------------|-----------|------------|---------|-----------|-------|
| M - F Mar 19 - 29 | 9 | \$90 | | 10am | 10am | 10am | 10:30am | 10:30am | 11am | 11am |

| Lesson Set | # of Lessons | 30 min Lesson | 45 min Lesson | 60 min Lesson | Swim Kids 1 | Swim Kids 2 | Swim Kids 3 | Swim Kids 4 | Swim Kids 5/6 30 minutes | Swim Kids 7-10 45 minutes |
|-----------------|--------------|---------------|---------------|---------------|-------------|-------------|-------------|-------------|-----------------------------|------------------------------|
| M F Mar 19 - 29 | 9 | \$90 | \$108 | | 10:30am | 10:30am | 11am | 11am | 11:30am | 11:30am |



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1885 Forest Park Drive,
North Saanich, BC,
V8L 4A3

DELUXE ANNUAL ACTIVE PASS

ONLY \$35 PER MONTH
\$420 PER YEAR
OVER \$280 IN ADDED BENEFITS

ENJOY ALL THE BENEFITS (19 years+)

Unlimited access to all drop-in programs

NEW 5 Drop-in Admissions to Kinderym or Toys & Tumbles
Up to \$25 value

Free Annual Youth Active Pass for all dependant youth. (18 years and under, living at the same address as their parents)
\$69/youth value

One Month Free August pass for a friend with unlimited access to drop-in programs
\$57 value

20% discount on registered programs (Active Pass must be valid on course start date)

Five (non-prime) squash court bookings (19 years+)
Up to \$63 value

NEW Weight Room Orientation*
\$55 value
*during supervised times only

20% non-prime ice rental discount
\$33/hr value

NEW 5 Drop-in Admissions for 1 or more guests
\$33.75 Value

One skate sharpening
\$5.25 value

25 locker tokens
\$5 value

MONTHLY PAYMENT OPTIONS AVAILABLE