

# ADMISSION FEES

## SINGLE ADMISSION FEES

Under 6 Years	FREE
6 - 18 Years	\$3.50
19 - 59 Years	\$6.75
60+ Years	\$5.50
Family 2 adults & up to 3 youth (max 18 years) or 1 adult & up to 4 youth (max 18 years)	\$13.50

## ADDITIONAL SERVICES

Childminding	\$3.50 /hr \$33.60/10 hrs
Skate Rentals	\$3.50
Skate Sharpening	\$5.25 \$47.25/10

All rates include GST.

## 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](http://panoramarecreation.ca)

	18 Years & Under	19 Years+	90 Years+
<b>NEW PASS BENEFITS</b>			
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.



- 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](http://panoramarecreation.ca)

🐧 @sliderpenguin

📺 /panoramarecreation

📷 @panoramarec



# SPRING & EASTER BREAK 2018

# 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		

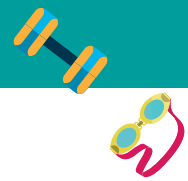
## WATERSLIDE & WIBIT INFLATABLE

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 Wibit 1:45-2:45PM	1:30-3:30PM Wibit 1:45-2:45PM	1:30-3:30PM Wibit 1:45-2:45PM	1:30-3:30PM	1:30-3:30PM Wibit 1:45-2:45PM	1:30-3:30PM Wibit 1:45-2:45PM	Mar 30 & Apr 2 1:30-4PM Wibit 1:30-2:30PM
	6-8PM	6-8PM	6-8PM \$2 ADMISSION	6-8PM	8-10PM	6:30-7:30PM	

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			

<b>Aqua Spin</b>	(Main Pool) Taught on our Hydroider bikes causing less impact on your back and joints. Bike classes are limited to 13 participants on a first-come, first serve basis.
<b>Deep, Shallow, Combo</b>	(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.
<b>Aqua HIIT</b>	(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.
<b>Light and Easy Aquafit</b>	(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.
<b>Swim 4 Fitness</b>	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)	<p>The ultimate 45 minute workout combing 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 &amp; towel. Reserve a spin bike (see below).</p> <p><b>NEW Spin Glow</b> - 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.</p> <p><b>NEW Spin 60</b> - 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.</p>
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	<b>NEW</b> Spin 60 8:45-9:45AM	<b>NEW</b> 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	<b>NEW</b> Spin Glow 5:30-6:15PM		<b>NEW</b> Spin Glow 5:30-6:15PM	<b>NEW</b> 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
	<b>NEW</b> Tri Circuit 12-12:45PM		<b>NEW</b> 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. <b>New</b> Reserve a spot online anytime at <a href="http://www.panoramarecreation.ca">www.panoramarecreation.ca</a> \$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			
	<b>NEW</b> Lunch Circuit Express 12 - 12:45PM	Jazzercise* 5:15 - 6:15PM	<b>NEW</b> Lunch Circuit Express 12 - 12:45PM	<b>NEW</b> TGIF Yoga 12- 1PM		
<b>NEW</b> Circuit Training 6 - 7PM	Fitness Yoga 5-6PM	<b>NEW</b> 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. <b>\$8 Drop-in or Pottery Pass Only.</b>
Toys & Tumbles	2 - 6yrs with parent. Stop by for some pre-bedtime open gym fun! This <b>NEW</b> drop-in play time features sports equipment, tumbling mats, ride-on toys and more! <b>Drop-in \$3/child \$2/sibling.</b>
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
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## 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
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## 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
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## 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
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## 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
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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.

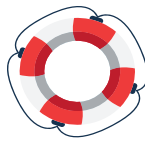
## Teen Lounge

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!

# 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

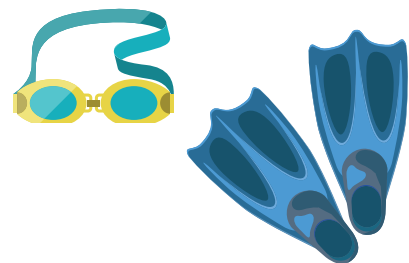
Set dates and times, no refund or re-scheduling of missed lessons. Choose between any time given for each day. Instructor requests are not guaranteed. Please call reception 250.656.7271 ext. 4 or you can book online. Registered block private lessons are now a flat rate of \$22/half hour and up to 3 children 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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250 656 7271  
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 Kindergym 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