

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

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 BREAK 2019



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

March 16 - 31, 2019

PANORAMA RECREATION CENTRE

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

GREENGLADE COMMUNITY CENTRE

2151 Lannon Way, Sidney, BC, V8L 3Z1



Live well. Have fun.

panoramarecreation.ca
f /panoramarecreation

250 656 7271
@sliderpenguin

250 656 7055

POOL SWIM DROP-IN SCHEDULE



Effective Mar 16 - 31, 2019

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

LEISURE SWIM

Enjoy the leisure pool and lazy river anytime! Spray toys are available in the leisure pool except during lessons and aquafit times. Please note, swim lessons have priority and tot area may not be open to the public. See p. 21-25 of the winter/spring brochure for swim lesson times. Designated public areas will be clearly identified.

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
6-8:30AM	6-8:30AM	6-8:30AM	6-8:30AM	6-8:30AM	6AM-8:30AM	6AM-8:30AM
10:30AM-1:15PM	10:30AM-1:15PM	10:30AM-1:15PM	10:30AM-1:15PM	10:30AM-1:15PM	9:30AM-1:15PM	9:30AM -1:15PM
3:30-10:30PM	3:30-10:30PM	3:30-10:30PM	3:30-10:30PM	3:30-10:30PM	6:30-8PM MAR 16	3:30-10PM
*Minimum of one lane in the water 5-7pm.					3:30-8PM MAR 23 & 30	

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
6AM - 12PM	6 - 10:30AM	6AM - 12PM	6 - 10:30AM	6AM - 12PM	6AM - 1:30PM	6AM - 1:30PM
3:30-10:30PM	11:30AM-1:30PM	3:30-10:30PM	11:30AM-1:30PM	3:30-6:30PM		
	3:30-10:30PM		3:30-10:30PM	9-10:30PM	6 - 8PM MAR 16	3:30 - 10PM
					3:30 - 8PM MAR 23 & 30	

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
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
	5-7PM	6:30-8:30PM	5-7PM	6:30-9PM \$2 ADMISSION	8 -10PM	

WATERSLIDE & WIBIT INFLATABLE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
	5-7PM	6:30-8:30PM	5-7PM	6:30-9PM \$2 ADMISSION	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 16 - 31, 2019
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
	Aqua Joints 10:30-11:25AM		Aqua Joints 10:30-11:25AM			
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 7:30 - 8:15PM		Aqua HIIT 7:30 - 8:15PM			

Aqua Joints	(Leisure Pool) Our instructors will guide you through a number of water exercises in our leisure pool to relieve stiffness, maintain joint range of motion as well as maintain muscle strength. This class focuses on exercise for people with arthritis.
Aqua Spin	(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.
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.



WEIGHT ROOM DROP-IN SCHEDULE



Effective Mar 16 - 31, 2019

@ **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 16 - 31, 2019

@ **Greenglade Community Centre**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN 8AM - 8PM	OPEN 8AM - 8PM	OPEN 8AM - 8PM	OPEN 8AM - 8PM	OPEN 8AM - 8PM	OPEN 9AM - 2PM	OPEN 9AM - 2PM
SUPERVISED 5:30 - 8PM	SUPERVISED 5:30 - 8PM	SUPERVISED 5:30 - 8PM	SUPERVISED 5:30 - 8PM			

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

Personal Training

Spring clean your gym routine with a personal trainer! A trainer can create a specialized exercise program designed for you for maximum efficiency and results.

CHILDMINDING

Participating in a recreational activity at Panorama or Greenglade & have a little one needing supervision? We offer drop-in childminding Monday to Thursday mornings!



FITNESS DROP-IN SCHEDULE

Cardio +	An extended cardio session with hi/lo impact moves followed by floor work. A variety of small equipment may also be used during the class. All levels welcome.
Circuit Training	An efficient, all in one workout within the weight room 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. Registered course, drop-in if space available.
Fitness Yoga	Tighten & tone with Fitness Yoga, an invigorating combination of traditional fitness training and yoga poses. *\$12 drop-in or swipe of active pass.
Hatha Yoga (Sunrise)	Embrace the light of the morning and set your energy for the day! Move through a flow of warming poses embracing body, mind and spirit. *\$12 drop-in or swipe of an active pass.
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.
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.
Spin Classes (Indoor Cycling)	The ultimate 45 minute indoor cycling 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). Spin Glow - Turn off the lights and enhance your spin experience with this class in the dark! Spin 60 - Enjoy an extended ride with this 60 minute class to build endurance, increase your cardio output and build stamina through speed drills and intervals.
Spin & Strength	Combine the power of Spin and Strength training in this high powered class. Start with 20 minutes of indoor cycling drills, followed by a 20 minute strength training circuit.
Spin/TRX Challenge	Push yourself with this cardio/strength combo class! Start with 30min of intensive spin, followed by a TRX strength and core workout and end with stretching it all out.
Sport Step	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!
Total Body Conditioning	Work your entire body using weights, body bars, resistance tubing, stability balls, gliders and the BOSU. No class is the same! If you like variety and strength training, this is the class for you!
Tri Circuit	An interval based class with 3 stations combining cardio, strength and core. Work your way through stations of Spin, strength training using bodyweight and equipment and concentrated core work for a perfectly balanced workout.
Triple Training	Focus on three training components in this functional class: Cardio, Strength & Core (20/20/20). 20 mins of cardio work to warm the body and increase the heart rate. 20 mins of total body strength and muscle activation. Then finish with concentrated core work to build stability and strength.
TRX (Suspension Training)	This intense workout will use your own body weight and gravity to build long lean muscle, balance, stability and flexibility in one efficient class. 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 is an excellent cross training tool to reach your fitness goals!
Yoga HIIT	Turn up the heat with a seamless blend of yoga flow and high intensity yoga posture intervals. Ignite your internal flame while strengthening and lengthening your muscles and invigorating your mind and body. *\$12 drop-in or swipe of active pass
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. A perfect way to de-stress for a good weekend ahead. *\$12 drop-in or swipe of active pass.
Jazzercise	Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost. **Regular drop-in rates do not apply. See p. 84 for more details and rate information.

To reserve a spot in Yoga, Spin, Mezzanine 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/TRX & YOGA DROP-IN SCHEDULE AND FOLLOW THE PROMPTS TO RESERVE.

FITNESS DROP-IN SCHEDULE



Effective Mar 16 - 31, 2019

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
Cardio +	8:30-9:30AM		8:30-9:30AM		8:30-9:30AM		
Hatha Yoga*			6:30-7:30AM				
Jazzercise**	6:45-7:45PM		6:45-7:45PM			10-11AM	8:15-9:15AM
Movin' on Up		9-10AM		9-10AM			
Sport Step & Strength	9:40-10:40AM 5:30-6:30PM				9:40-10:40AM	8:45-9:45AM	
Triple Training		5:30-6:30PM		7:50-8:50AM			
Total Body Conditioning	10:50-11:50AM	7:50-8:50AM	9:40-10:40AM	5:30-6:30PM			9:30-10:30AM
Yoga HIIT*					7:30-8:15AM		

SPIN ROOM

To reserve your spot in Spin, see previous page.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin & Strength	6:15-7AM		12:15-1:15PM		4:15-5:15PM		
Spin 60						8:45-9:45AM	8:45-9:45AM
Spin	9-9:45AM 12:15-1PM 5-5:45PM 6:45-7:30PM	6:15-7AM 9-9:45AM	9-9:45AM 6:45-7:30PM	6:15-7AM 7:30-8:15AM 9-9:45AM	6:15-7AM 9-9:45AM	10-10:45AM	10-10:45AM
Spin Glow		5:30-6:15PM		5:30-6:15PM	5:30-6:15PM		
Spin/TRX Challenge***				6:30-7:45PM			

Childminding available!
See reception for details.

MEZZANINE

To reserve your spot in mezzanine classes, see previous page.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT	5:30-6:15PM	6:15-7AM	6:45-7:30PM	6:15-7AM	12:15-1PM		
Kettlebell			5:30-6:30PM			10:15-11AM	
Max Interval Training						8-9AM	
Tri Circuit			6:15-7AM				
TRX	9-10AM 6:45-7:45PM	6-7PM	9-10AM 10:15-11:15AM	6-7PM	9-10AM	11:05-11:50AM	11-11:45AM

GREENGLADE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit Training***	5:15-6:15PM	12-1PM	5:15-6:15PM	12-1PM			
Fitness Yoga*	9:15-10:15AM	8:15-9:05AM 5-6PM	9:15-10:15AM	5-6PM			
Jazzercise**		10:30-11:30AM		10:30-11:30AM			
Total Body		9:15-10:15AM		9:15-10:15AM			
Yoga Stretch*					9:15-10:15AM		

*Panorama Recreation regular drop-in rates do not apply. **See p. previous page for rate information. ***Registered course, drop-in if space available.

ARENA DROP-IN SCHEDULE



Effective Mar 16 - 31, 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:40AM – 12:50PM Stick & Puck				12:20 – 1:20PM Shinny Hockey		11:50AM – 12:50PM Parent & Child Hockey
1–2:20PM Everyone Welcome	1–2:20PM Everyone Welcome	3 – 4:20PM \$2 Everyone Welcome	12 – 1:20PM Everyone Welcome		12 – 1:20PM Everyone Welcome	1 – 2:20PM Everyone Welcome Skate
		3:10 – 4PM Youth Stick & Puck	1:30 – 2:30PM Youth Stick & Puck			
6 – 7:20PM 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.	
Shinny Hockey	16yrs+ Requires full gear. 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



COMMUNITY RECREATION DROP-IN SCHEDULE

Effective Mar 16 - 31, 2019

POTTERY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAR 18 12 - 8PM	MAR 19 12 - 8PM	MAR 20 12 - 8PM	MAR 21 12 - 8PM	MAR 22 12 - 4PM	MAR 16,23,30 9AM - 2PM	MAR 17,24,31 9AM - 2PM
MAR 25 8AM - 8PM	MAR 26 8AM - 8PM	MAR 27 8AM - 8PM	MAR 28 8AM - 8PM	MAR 29 8AM - 4PM		

Pottery
@ GREENGLADE

13 yrs+. \$8 drop-in or scan of Pottery Pass. See pg 65 of full seasonal brochure for more details. Studio Orientation required for anyone new to our space.

SPORTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Reservable* Pickleball 8:30 - 10:30AM 10:30AM-12:30PM @ GREENGLADE		Reservable* Pickleball 8:30 - 10:30AM 10:30AM-12:30PM @ GREENGLADE	Reservable* Pickleball Lessons 5:30-6:30PM 6:30-7:30PM @ GREENGLADE	Reservable* Pickleball 8:30 - 10:30AM 10:30AM-12:30PM @ GREENGLADE		
Drop-in Pickleball 5:30-9:30PM @ GREENGLADE	Drop-in Pickleball 5:30-9:30PM @ GREENGLADE		Drop-in Beginner Pickleball 7:30-9:30PM @ GREENGLADE			Drop-in Pickleball 4-8PM @ GREENGLADE
Drop-in Badminton** 7:30-9:30PM @ NORTH SAANICH		Drop-in Badminton** 7:30-9:30PM @ NORTH SAANICH	Drop-in Pickleball 6:30-8:30PM @ NORTH SAANICH			

Badminton

12 yrs+. Recreational-level. See p. 98 of the brochure for details. **No sessions Mar 25 & Mar 27 due to school closure.

Pickleball

16 yrs+. Recreational-level. See p. 98 for more information. No afternoon sessions Mar 18-29 due to seasonal camp programs.

***Reserve your spot online!** See p. 98 of the brochure and website for more details. Available time slots M, W, F 8:30-10:30am and 10:30am-12:30pm. Drop-ins and continued play welcome space permitting.

Court
bookings
available!

More details on
p. 8 of brochure.

KINDERGYM, TOYS & TUMBLES, CRAFT 'N' PLAY, CHILDMINDING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Childminding 9 - 11:30AM @ PANORAMA	Childminding 9 - 11:30AM @ GREENGLADE	Childminding 9 - 11:30AM @ PANORAMA	Childminding 9 - 11:30AM @ GREENGLADE			Toys & Tumbles 9 - 11AM STARTS JAN 12 @ GREENGLADE
	Kindergym 9:30 - 11:30AM @ GREENGLADE		Kindergym 9:30 - 11:30AM @ GREENGLADE			

Childminding

0 - 5yrs. For children under 18 months and personal training clients, please call 250.656.7271 after 6pm the night before to reserve space. Parents/Guardians must be participating in an activity at the same facility. \$3.75/hour

Kindergym

1 - 5 yrs with parent participation. Featuring ride-on toys, a mini bouncy castle, tumbling mats, slides & more! \$5/child, \$2/sibling. [Reserve your spot online at panoramarecreation.ca](http://www.panoramarecreation.ca)

Toys & Tumbles

2 - 5 yrs with parent participation. Featuring sports equipment, tumbling mats, ride-on toys & our giant inflatable obstacle course (Min height 36"). A preschool bouncy castle is available for those under 36". \$5/child, \$2/sibling. [Reserve your spot online at panoramarecreation.ca](http://www.panoramarecreation.ca)

SPRING BREAK CAMPS

SPRING-SEEKERS SPRING BREAK CAMP

5 - 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 and outrageous games. Have a blast & make some new friends! Children must have completed, or be currently registered in, kindergarten. Activity schedules will be posted online by March 1st.

Greenglade Community Centre

DAILY

M	9am-4pm	Mar 18	\$38	24874
Tu	9am-4pm	Mar 19	\$38	24875
W	9am-4pm	Mar 20	\$38	24890
Th	9am-4pm	Mar 21	\$38	24878
F	9am-4pm	Mar 22	\$38	24879

M	9am-4pm	Mar 25	\$38	24933
Tu	9am-4pm	Mar 26	\$38	24881
W	9am-4pm	Mar 27	\$38	24882
Th	9am-4pm	Mar 28	\$38	24883
F	9am-4pm	Mar 29	\$38	24884

WEEKLY

M	9am-4pm	Mar 18-Mar 22	\$172/5	24873
M	9am-4pm	Mar 25-Mar 29	\$172/5	24876

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



OUTDOOR EXPLORERS SPRING BREAK CAMP

8 - 12 yrs

Get active and 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 it be bowling, hiking, beach combing, swimming or skating, we'll be sure to make the most out of your holiday! Activity schedules will be posted online by March 1st.

Greenglade Community Centre Room 9

DAILY

M	9am-4pm	Mar 18	\$40	24887
Tu	9am-4pm	Mar 19	\$40	24889
W	9am-4pm	Mar 20	\$40	24930
Th	9am-4pm	Mar 21	\$40	24931
F	9am-4pm	Mar 22	\$40	24932

M	9am-4pm	Mar 25	\$40	24935
Tu	9am-4pm	Mar 26	\$40	24936
W	9am-4pm	Mar 27	\$40	24937
Th	9am-4pm	Mar 28	\$40	24938
F	9am-4pm	Mar 29	\$40	24939

WEEKLY

M	9am-4pm	Mar 18-Mar 22	\$184/5	24888
M	9am-4pm	Mar 25-Mar 29	\$184/5	24929

H2O SPRING ADVENTURE CAMP

K - 12 yrs

Join us for a week of H2O adventures! Activities may include snorkeling, underwater hockey, diving, fun swims plus more! Spring, jump and splash into our fun filled week of water adventures! Daily registration available, space permitting, for \$45/day.

Panorama Recreation Centre Arena Concourse Room

M-F	8:30am-4:30pm	Mar 18-Mar 22	\$225/5	26718
M-F	8:30am-4:30pm	Mar 25-Mar 29	\$225/5	26719

EUREKA! MAD INVENTORS

K - 9 yrs

Inventing means curiosity, practicality, cooperation, and dreaming! Children will overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all - their mind. With a little bit of ingenuity children will create catapults and forts, and assemble a set of circuits with batteries and light bulbs. While Thomas Edison said "invention is 10% inspiration and 90% perspiration", this camp is 100% FUN!!

Greenglade Community Centre Room 6

Instructor: Mad Science Vancouver Island

M-F	9am-3:30pm	Mar 18-Mar 22	\$260/5	27194
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3, 2, 1... BLAST OFF!

6 - 10 yrs

This is your chance to be a rocket scientist! Discover the science needed for rockets & learn what it takes to study space from the ground & from the air. Investigate the four forces of flight and learn the Rocket Safety. In addition, experience the life of an astronaut as you suit up for a space flight. Explore the farthest reaches of our solar system, planets and moons. Explore how astronauts live in a space.

Greenglade Community Centre Room 6

Instructor: Mad Science of Vancouver Island

M-F	9am-3:30pm	Mar 25-Mar 29	\$260/5	27195
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HORSE'N AROUND - SPRING CAMP

6 - 12 yrs

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

Instructor: Westside Stables Equestrian Centre

M-F	9am-1pm	Mar 18-Mar 22	\$299/5	26337
M-F	9am-1pm	Mar 25-Mar 29	\$299/5	26338

ARCHERY CAMP

8 - 13 yrs

If you've ever thought about archery this program is for you! Come learn the fundamentals that have propelled Archery to one of the fastest growing sports/lifestyle activities in the world. Pacific Archery Academy provides a safe and friendly environment where you can learn innovative techniques and shooting skills. These week long camps welcome all levels and equipment is provided!

North Saanich Middle School Gymnasium

Instructor: Pacific Archery Academy

M-F	9:30am-12pm	Mar 18-Mar 22	\$140/5	26380
M-F	1pm-3:30pm	Mar 18-Mar 22	\$140/5	26382



POTTERY & PAINTING

- CARNIVAL OF THE ARTS CAMP

9 - 14 yrs

Join us for three days of pottery and two of painting with our qualified fine arts instructor. Monday and Tuesday will focus on clay sculpture and handbuilding with coils and slabs, Wednesday and Thursday we will venture into watercolour and acrylic painting, then Friday we will loop back to glaze our clay creations. Finished clay pieces will be available for pick-up 2-3 weeks post camp. Families will be contacted when pieces are ready. All supplies provided. Registered pre-care available from 8-9am for \$5/day.

Greenglade Community Centre Pottery Studio

Instructor: Monika Burrell

M-F	9am-12pm	Mar 18-Mar 22	\$230/5	26341
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IN THE WEIGHT ROOM

WEIGHT TRAINING FOR TEENS

13 - 19 yrs

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.

Panorama Recreation Centre Weight Room

W,F	3:30pm-5pm	Mar 6-Mar 15	\$45/4	25755
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Does your child receive educational assistance at school? Would they benefit from one-on-one support within our programs?

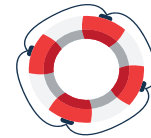
To ensure your child has the best possible experience and receives the support they need within camps, families are encouraged to arrange additional support prior to program participation. The Supported Child Development Program through VIHA works with families through offering observations, resources, ongoing support and training. We recommend contacting them early as demand is high.

Teen Lounge

Teen Lounge at Greenglade Community Centre is open on March 15th & 16th, but then takes time off for spring break. Teen Lounge reopens on April 5th.

See pages ?? of our Winter/Spring brochure for further details!

AQUATICS



PRESCHOOL SWIM LESSONS

Red Cross Swim Preschool is an eight-level stand-alone program for four-month to five-year-old children that allows swimmers to enter various levels based on age and ability. You will meet your instructor under the animal picture sign on the pool deck.

Lesson Set	# of Lessons	30 min Lesson	Starfish / Duck	Tadpole	Sea Turtle	Sea Otter	Salamander	Sunfish	Crocodile	Whale
M - F Mar 18 - 29	10	\$100		10am	10am	10am	10:30am	10:30am	11am	11am



SWIM KIDS SWIM LESSONS

Welcome to Red Cross Swim Kids. Our fun, learn-to-swim program for children ages six and older.

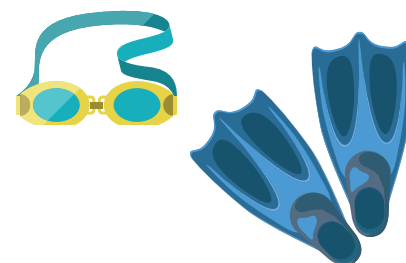
This 10-level program helps swimmers develop the five main swimming strokes—front crawl, back crawl, elementary back stroke, breast stroke, and sidestroke—which supports learning how to be safe in, on, and around the water. The program also increases fitness and endurance through enjoyable activities.

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 45 minutes	Swim Kids 7-10 60 minutes
M - F Mar 18 - 29	10	\$100	\$120		10:30am	10:30am	11am	11am	11:30am	11:30am

REGISTERED BLOCK PRIVATE SWIM LESSONS

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 18 - 29	10	\$240	10:30am	11am	11:30am	12pm	10:30am



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250 656 7271
1885 Forest Park Drive,
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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 almost all drop-in programs

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 most 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*
\$57 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