

ADMISSION FEES

Regular admission rates apply unless otherwise stated.



SINGLE ADMISSION	
Under 6 yrs	FREE
6 to 18 yrs	\$3.50
19 to 59 yrs	\$6.75
60 yrs+	\$5.50
Family *	\$13.50
Childminding	\$3.50/hr or \$33.60/10hrs
Skate Rentals	\$3.50

All rates include GST.

Active passes are non-refundable & non-transferable & must be scanned for admission. Your lost pass can be replaced at a cost of \$10.

*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

*** Enjoy all drop-in activities at any of the 13 regional recreation centres.

Active passes can be purchased & renewed online at www.panoramarecreation.ca

\$15 Finance fee applies to each returned/declined monthly payments. Active passes & benefits are non-transferable. Some restrictions apply.

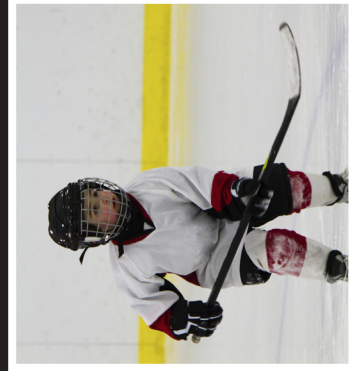
CONTACT US

Phone:
Panorama Recreation Centre - 250.656.7271
Greenglade Community Centre - 250.656-7055

Drop-in Schedules.....Press 1
Arena & Room Rentals, Birthday Parties & Private Swim Lessons.....Press 2
Staff Directory.....Press 3
Program Information /Registration & Court Bookings.....Press 4

Spring Break

March 9 - 22, 2015



NEW Wibit Inflatable!
Check them out during our Everyone Welcome swims.

Find us on Facebook Follow us on Twitter

250.656.7271

1885 Forest Park Dr.

N. Saanich, BC V8L 4A3

www.panoramarecreation.ca



Panorama RECREATION

Live well. Have fun.

POOL SWIM DROP-IN SCHEDULE

Effective March 9 - 22, 2015

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

PLEASE NOTE: This is a multiuse shared facility. Please visit our online drop-in schedule for a listing of specialty classes, swim clubs and other rentals that may be sharing the facility. Private swim lessons may not be noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LENGTHS & LEISURE 6-8:30am						
LEISURE & WIDTHS 8:30-10:30am	LEISURE 8:30-10:30am	LEISURE & WIDTHS 8:30-10:30am	LEISURE 8:30-10:30am	LEISURE & WIDTHS 8:30-10:30am	LEISURE 8:30-9:30am	
LENGTHS & LEISURE 10:30am-1pm					LENGTHS & LEISURE 9:30-11:30am	LENGTHS & LEISURE 9:30-11:30am
EVERYONE WELCOME NEW WIBIT INFLATABLE 1-3pm						
LENGTHS & LEISURE 3-5pm					LENGTHS & LEISURE 11:30am-1:30pm	
LENGTHS & LEISURE 5-6:30pm	LENGTHS & LEISURE 5-8pm	LENGTHS & LEISURE 5-6pm	LENGTHS & LEISURE 5-8pm	LENGTHS & LEISURE 5:30-6:30pm	EVERYONE WELCOME 1:30pm - 3:30pm	
LEISURE 6:30-7:30pm		EVERYONE WELCOME 6-7:30pm		LEISURE 6:30-7:30pm	LENGTHS & LEISURE 3-6:30pm	LENGTHS & LEISURE 3-5pm
LENGTHS & LEISURE 7:30-9pm	LEISURE 8-9pm	LENGTHS & LEISURE 7:30-8:30pm	LEISURE 8-9pm	EVERYONE WELCOME 7:30-9pm	LENGTHS & LEISURE 5-6:30pm	
LENGTHS & LEISURE 9-10:30pm		LEISURE 8:30-9:30pm	LENGTHS & LEISURE 9-10:30pm		LENGTHS & LEISURE 6:30-8pm	\$2 LEISURE 6:30-7:30pm
		LENGTHS & LEISURE 9:30-10:30pm			EXTREME SWIM 8-10pm	LENGTHS & LEISURE 7:30-10pm

Private pool rentals are available. Please call 250.655.2182 for more information.

WATERSLIDE OPEN	The waterslide will be open during portions of these swims: Monday - Friday, 1-3pm, Friday 6:30-9pm, Saturday 1:30-3:30pm & 6:30-10pm, Sunday 9:30-11:30am, 1:30-3:30pm & 5-7:30pm.
EVERYONE WELCOME	Fun for the whole family! Waterslide, spray toys and diving board open! 1 Lane is available in the main pool for length swimming.
LENGTHS & LEISURE	Lane swimming available in the main pool. Lane ropes are removed 5 minutes before the swim ends. Spray toys are available except during aquafit. Please visit our online drop-in schedule for a listing of specialty classes, swim clubs and other rentals that may be sharing the facility. Private swim lessons may not be noted.
LEISURE & WIDTHS	Width swimming is available in the main pool while aquafit takes place. Leisure lane and leisure pool are available during this time.
LESSONS & LENGTHS	Swim lessons have priority. A minimum of one public lane is available. Paid drop in admission required to use any aquatic facility at this time. River run is open!
LEISURE	Limited space in main pool at this time due to aquafit or swim club. A minimum of 1 lane is available in main and leisure pool. Waterslide is open during portions of swim times shaded in blue.
EXTREME SWIM	This time is for all ages but caters to youth 11-16yrs. Loud music and extreme games will be taking place in the pool. Extreme pool parties are also available upon request.

Panorama Presents:

Guardians of the Galaxy (PG)

Saturday, March 21, 8pm - 10pm,

Peter Quill and a band of misfits try to save the galaxy from a menacing alien trying to obtain a mysterious orb. Enjoy this film on the big screen from a comfy spot. Make sure to get here on time to watch it all and have some pizza. 11 - 16 years.

FREE Everyone Welcome Swim
Sunday, March 8, 1:30 - 3:30pm

Presented by



AQUATIC FITNESS

Effective March 7 - 21, 2015

Classes subject to cancellation due to low attendance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Power Aquafit 8:30 - 9:25AM	Shallow Water Aquafit 8:30 - 9:25AM	Deep Power Aquafit 8:30 - 9:25AM	Shallow Water Aquafit 8:30 - 9:25AM	Deep Power Aquafit 8:30 - 9:25AM	Combo Aquafit 8:30 - 9:25AM	Combo Aquafit 8:30 - 9:25AM
Shallow Water Aquafit 9:30 - 10:25AM	Deep Water Aquafit 9:30 - 10:25AM	Shallow Water Aquafit 9:30 - 10:25AM	Deep Water Aquafit 9:30 - 10:25AM	Shallow Water Aquafit 9:30 - 10:25AM		Aqua Spin 9:30 - 10:30AM
Aqua Yoga 10:30AM - 11:15AM	Aqua Spin 11:30AM - 12:30PM	Aqua Yoga 10:30AM - 11:15AM	Aqua Spin 11:30AM - 12:30PM			
Light & Easy Aquafit 12 - 12:45PM		Light & Easy Aquafit 12 - 12:45PM		Light & Easy Aquafit 12 - 12:45PM		
	Aqua Bootcamp 8 - 9PM	Aqua Spin 7:30 - 8:30PM	Aqua Bootcamp 8 - 9PM			

Aqua Spin	The Aqua Spin classes are similar to land spinning class but take place on a Hydorrider bike that has been built for the water. Cycling in the water causes less impact on your back and joints and the constant water massage enhances circulation and increases blood flow. Bike classes are limited to 13 participants and are available on a first-come, first served basis. See below on how to reserve Spin bikes.
Aqua Yoga	Aqua Yoga takes the principles and movements of Yoga and adapts them to the water environment. You feel virtually weightless in water so the stretches and movements can be accomplished without strain. It makes exercising safer for many people; especially those with weight problems, injuries or who are pregnant.
Deep Power, Shallow, Combo, Aqua Boot Camp	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.
Light and Easy Aquafit	This exercise program is suitable for people who have recovered from an injury and/or surgery, live with arthritis or are currently sedentary. Our instructors will take you through exercises that work on range of motion, flexibility and light walking. Great peer support and social interaction.

To reserve Spin bikes:

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: To reserve in advance, book a bike 60 minutes or more prior to the start of the class online at www.panoramarecreation.ca.
 A \$2+gst reservation fee per bike per class applies. Bikes must be claimed by class start time, or your reservation is no longer valid. No refunds. Upon arrival, pay the drop-in rate or swipe your active pass and pick up your ticket from reception.

NORTH SAANICH DROP-IN SCHEDULE

Effective Jan 5 - Jun 26, 2015 (No Badminton Apr 6, May 18, No Ballroom Dancing Apr 3,

No Pickleball May 14, Jun 4)

@ North Saanich Middle School *Classes subject to cancellation due to low attendance.*

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
Badminton 7:30 - 9:30PM	Badminton 7:30 - 9:30PM	PickleBall 6:30 - 8:30PM	Ballroom Dancing 7 - 8:15PM

Badminton	12 yrs+. Organized games for the recreational badminton player. Birds are provided. Please bring your own racquet.
Ballroom Dancing Practice	16 yrs+ To get the most out of your dance lessons, and keep your dancing skills fresh, it is recommended that you attend weekly practice sessions. \$5 drop-in.
Pickleball	16 yrs+ Drop-in and play recreational level Pickleball. Balls are provided. Please bring your own paddle.

GREENGLADE DROP-IN ACTIVITY SCHEDULE

Effective Mar 7 - 21, 2015

@ Greenglade Community Centre (2151 Lannon Way. 250.656.7055)

Classes subject to cancellation due to low attendance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Greenglade Weight Room 8:30AM - 8PM	Greenglade Weight Room 8:30AM - 8PM	Greenglade Weight Room 8:30AM - 8PM	Greenglade Weight Room 8:30AM - 8PM	Greenglade Weight Room 8:30AM - 4PM	Greenglade Weight Room 9AM - 1PM	Greenglade Weight Room 9AM - 1PM
Total Body Conditioning 9:15 - 10:15AM	Total Body Toolbox 9:15-10:15AM	Fitness Yoga* 9:15-10:15AM	Total Body Conditioning 9:15-10:15AM	Yoga Strength* 9:15-10:15AM		
Pottery 8:30AM - 8PM	Pottery 8:30AM - 8PM	Pottery 8:30AM - 8PM	Pottery 8:30AM - 8PM	\$3 PickleBall 9AM -12PM		Kindergym 9 - 10:30AM
\$3 PickleBall 9AM -12PM	Childminding 9-11:30AM	PickleBall 9 - 11AM	Childminding 9-11:30AM	Pottery 12:30 - 4PM	Pottery 9AM - 1PM	Pottery 9AM - 1PM
	Kindergym 9:30 - 11:30AM	FREE Parent & Tot Open Gym 11AM - 12PM	Kindergym 9:30 - 11:30AM	NEW \$3 Badminton 1 - 3PM		If your child is participating in a registered program @ Greenglade, enjoy \$2 drop-in admission to the Greenglade Weight Room during their program.
NEW \$3 Table Tennis 1 - 2:45PM	Jazzercise 10:30 - 11:25AM	NEW \$3 Table Tennis 1 - 2:45PM		Teen Sports FREE 5 - 6PM		
Family Circuit 5 - 6PM	NEW \$3 Badminton 1 - 3PM		Fitness Yoga 5 - 6PM	FREE Teen Weight Room 5 - 7PM	FREE Teen Lounge 6 - 8PM	
\$3 Volleyball 6 - 8PM	\$2 Kindergym 6 - 7PM	\$3 Volleyball 6 - 8PM		FREE Teen Lounge 6 - 8PM		


*\$11.50 drop-in or swipe of an active pass.

Badminton	16 yrs + Drop-in and play recreational level Badminton. Birdies are provided; please bring your own racquet. Participants responsible for set-up/take down and organizing games. Two courts available.
Childminding	Drop-in childminding is available for children 0 - 5 years. See p. 84 for more details. NEW Childminding is now offered on Thursday mornings!
Fitness Yoga	Tighten & tone with Fitness Yoga, an invigorating combination of traditional fitness training and yoga poses.
Kindergym	1 - 5 yrs 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.
Parent & Tot Open Gym	1-5 yrs with a Parent. Come on in where it's warm and dry to burn some energy with your little one! Balls, mats and other sports equipment will be available for your use. Unsupervised. FREE
PickleBall	16 yrs + Drop-in and play recreational level Pickle ball. Balls are provided; please bring your own paddle. Bring a friend or try playing against someone else! NEW \$3 on Fridays.
Pottery	16 yrs+. Extra pottery practice time available for pottery students in the community. Orientations are required for experienced students who have not taken a course through Panorama Recreation. \$8 Drop-in or Pottery Pass Only. Pottery Pass info found on page 25. Additional drop-in times may be available. Please check our online schedule.
Table Tennis	16 yrs + Drop-in and play recreational level Table Tennis. 3 Tables available. Participants responsible for set-up/take down. Only \$3! Only \$3!
Teen Lounge	Grades 6 - 10. See website for details.
Teen Sports Drop-in	Before Teen Lounge starts, join us for some fun, organized sport. Each evening we will play a different sport.
Teen Weight Room	13-18yrs supervised drop in weight room. Weight training for teens card not required.
Total Body Toolbox	This fitness class will provide a ton of variety, from Outdoor TRX to BOSU, from interval training to body bar.
Total Body Conditioning	Work your entire body using resistance tubing, weights, body bars, stability balls and the BOSU. If you like variety and strength training, this is the class for you.
Yoga Strength	Enjoy a strong strength based yoga practice focusing on slow methodical movements building muscular endurance with light weights. Students will develop strength, flexibility, peace and balance on and off the mat.
Volleyball	14 yrs + Drop-in and play recreational level Volleyball. Balls are provided and two courts are available. Bring a friend or try playing against someone else. Youth under the age of 16yrs must have a parent present. Drop-in \$3

ARENA DROP-IN SCHEDULE

Effective Mar 7 - 20, 2015

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Parent & Tot Skate 10:40-11:30AM		Parent & Tot Skate 10:15 - 11:30AM		Everyone Welcome Skate 1-2:20pm	
Stick & Puck 11:40AM-12:50PM	Everyone Welcome Skate 11:40AM-2:20PM	Shinny Hockey 11:40AM-12:50PM	Adult Skate 11:40AM-1PM	Shinny Hockey 12:20-1:30PM		Parent & Child Hockey 11:50AM - 12:50PM
Everyone Welcome Skate 1-2:20PM		Everyone Welcome Toonie (\$2) Skate 1-4:20PM	Everyone Welcome Skate 1-2:20PM	Everyone Welcome Skate 1-2:20PM		Everyone Welcome Skate 1-2:20PM
	Adult Skate 8:10-9:30PM		Evening Shinny 9:10-10:30PM Mar 19th only	Extreme Skate 11 - 16yrs 8:15-9:35PM		FREE Skate Mar 22 Provided by 

Everyone Welcome	Tuesday	This quiet, leisurely skate provides a great opportunity to practice your skating skills!
	Wednesday	Toonie (\$2) Skate! Soft puck hockey is available on 1/3 of the ice.
	Saturday & Sunday	Bring your family & friends, skate to the music and have some frozen fun! Brushing up on your skating skills? Instructors will be available to provide some tips!
Parent & Tot	Children 6 years & under. Strollers are welcome with use of a helmet. Helmets are required for both parent and child(ren). *Special rate applies (\$6.75 includes admission and rentals for 1 parent and 1 tot).	
Parent & Child Hockey	An opportunity for you and your young player to bring your sticks and soft pucks to shoot around. Helmets with full face guards are mandatory for all children. For children up to 12 years and parent.	
Extreme	11 - 16yrs. Free Panago pizza and prizes. (Valid student ID card may be required).	
Adult	18 yrs+. Brushing up on your skating skills? Instructors will be available to give you some tips.	
Shinny Hockey	16yrs+ Requires full gear. Reserve a spot by calling 250.656.7271, ext. 4 after 6:30pm the evening before. \$6.75/player, goalies play for free. Mar 19th only.	
Stick & Puck	16yrs+. For those who are new or want to brush up on their hockey skills. Equipment required: helmet and hockey gloves mandatory. 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. Wear your helmet and you'll be automatically entered to win FREE skating passes and other great prizes!

Skate rentals \$3.50/ person. Ice cleats are permitted on the ice during weekend Everyone Welcome skates for those who wear a helmet. 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

You're probably not expecting to need a helmet today.

preventable.ca

WEIGHT ROOM DROP-IN SCHEDULE

Effective Jan 5 - Jun 26, 2015

@ Panorama Recreation Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
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	

Holiday Schedule APR 3, APR 6, MAY 18: OPEN 7:30AM - 8PM SUPERVISED 9AM - 1PM

Our weight room features:

- An extensive selection of strength training equipment, dumbbells & barbells
- Cardiovascular equipment including treadmills, elliptical trainers, AMT (adaptive motion trainers), upright bikes 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*. *NOTE: *13+ who have taken Weight Training for Teens (p. 50) may attend during supervised hours or with a parent/guardian*

Supervised Drop-in 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.
--------------------------	--

Effective Jan 5 - Jun 26, 2015

@ 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 4 - 8PM	SUPERVISED 4 - 8PM	SUPERVISED 4 - 8PM	SUPERVISED 4 - 8PM			

Closed Apr 3, Apr 6, May 18

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

If your child is participating in a registered program @ Greenglade Community Centre, enjoy \$2 drop-in admission to the Greenglade Weight Room during their program.

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? *Need help? See p. 84.*

CHILDMINDING SCHEDULE

Effective Mar 9 - Jun 26, 2015

Please note: Drop-in childminding is available for children 0 - 5 years. For those children under 18 months, please call Reception 250.656.7271 ext. 4 after 6pm the night before.

NEW

COST (includes GST): \$3.50/hr;
\$33.60/10 hr. Punch card

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

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.
Core & More	This class blends fitness conditioning, core stabilization and Pilates which will strengthen and tone your whole body with extra attention to your core.
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 Core	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 the TRX Rip Trainer, ViPR Trainers, TRXs and more!
Power Body Step	Put the power into your step with this all in one workout of cardio and strength conditioning! A blend of step choreography, and athletic TABATA drills will be followed by strength training exercises using weights, body bars, bands and balls to shape and tone your mind and body. All levels welcome.
Sport Step	Come join this high energy step class with all the moves! Some instructors may use small equipment to add a strength component. Come prepared for the challenge!
Spin Classes (Indoor Cycling)	Join us for the ultimate workout combining both aerobic and anaerobic exercise through drills and speed work. Build strength, endurance and flexibility in a fun environment that allows you to modify to your own intensity level. Please bring a water bottle and towel. See below on how to reserve a spin bike.
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 & 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!
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, drop-in available if space permits.
 jazzercise it shows.	Join our specially trained Jazzercise instructors in a fun and effective total body workout. Burn up to 600 calories in one of our 60 minute classes choreographed to today's hottest music. *Panorama Recreation drop-in rates do not apply. See page 89 for rate information.

To reserve Spin bikes:

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: To reserve in advance, book a bike 60 minutes or more prior to the start of the class online at www.panoramarecreation.ca. A \$2+tax reservation fee per bike per class applies. Bikes must be claimed by class start time, or your reservation is no longer valid. No refunds. Upon arrival, pay the drop-in rate or swipe your active pass and pick up your ticket from reception.

FITNESS DROP-IN SCHEDULE

Effective Jan 5 - Jun 26, 2015 (No Classes Feb 9, Apr 3, Apr 6, May 18)
12 yrs+. For fitness class descriptions, see p. 66. Classes subject to cancellation due to low attendance.

STUDIO FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Core & More 6:30 - 7:30AM	Hatha Sunrise Yoga** 6:30 - 7:30AM	Core & More 6:30 - 7:30AM	Jazzercise* 6:30 - 7:30AM		
Cardio + 8:30 - 9:30AM	Total Body Conditioning 8 - 8:50AM	Cardio + 8:30 - 9:30AM	Strength Blast 8 - 8:50AM	Cardio + 8:30 - 9:30AM	Sport Step 8:45 - 9:45AM	
Sport Step 9:40 - 10:40AM	Movin' on Up 9 - 10AM	Total Body Conditioning 9:40 - 10:40AM	Movin' on Up 9 - 10AM	Sport Step 9:40 - 10:40AM		Total Body Conditioning 9:30 - 10:30AM
Total Body Conditioning 10:50 - 11:50AM					Jazzercise* 10 - 11AM	
Power Body Step 5:30 - 6:30PM	Strength & Core 5:30 - 6:30PM		Total Body Conditioning 5:30 - 6:30PM	Check out the Greenglade Drop-in Schedule for more Fitness & Yoga Classes		
Jazzercise* 6:45 - 7:45PM		Jazzercise* 6:45 - 7:45PM				

*Panorama Recreation drop-in rates do not apply. See page 89 for rate information. **\$11.50 drop-in or swipe of an active pass.

SPIN ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7AM	6:15-7AM	6:15-7AM	6:15-7AM	6:15-7AM		
9-9:45AM	9-9:45AM	9-9:45AM	9-9:45AM	9-9:45AM	8:45-9:45AM	8:45-9:45AM
1:15-2PM		1:15-2PM		1:15-2PM	10-10:45AM	10-10:45AM
5-5:45PM	5:30-6:15PM		5:30-6:15PM	5:30-6:15PM		
6:45-7:30PM	7:15-8:15PM	6:45-7:30PM				

MEZZANINE

To reserve your spot in TRX and HIIT with Rip classes see p. 88 & 89 for registration information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRX 9 - 10AM		TRX 9 - 10AM		TRX 9 - 10AM	Kettlebell Core 10 - 11AM	
					TRX 11AM - 12PM	TRX 11AM - 12PM
	HIIT 12 - 12:45PM			HIIT 12 - 12:45PM		
HIIT 5:30 - 6:15PM	TRX 6 - 7PM	TRX 5:30 - 6:30PM	TRX 6 - 7PM			
TRX 7:15 - 8:15PM		HIIT 6:45 - 7:30PM				



SPRING BREAK CAMPS

Sun-sational Spring Break Camp

6 - 11yrs

Spring Break is finally here! Get the most out of Spring Break this year by spending two fun filled weeks with Panorama Recreation. Each exciting day you will discover new games and activities, play fun filled sports, make creative crafts, and go swimming or skating at Panorama. This discovery inspired camp embarks on a new adventure each day. Children must have completed kindergarten prior to registration.

Location: Greenglade Community Centre Room #7

Week 1 Full Day

M	9am - 4pm	Mar 9	\$32	90780
Tu	9am - 4pm	Mar 10	\$32	90781
W	9am - 4pm	Mar 11	\$32	90782
Th	9am - 4pm	Mar 12	\$32	90783
F	9am - 4pm	Mar 13	\$32	90784

Week 2 Full Day

M	9am - 4pm	Mar 16	\$32	90846
Tu	9am - 4pm	Mar 17	\$32	90847
W	9am - 4pm	Mar 18	\$32	90848
Th	9am - 4pm	Mar 19	\$32	90849
F	9am - 4pm	Mar 20	\$32	90850

Week 1 Half Day AM

M	9am - 12:30pm	Mar 9	\$18	90834
Tu	9am - 12:30pm	Mar 10	\$18	90835
W	9am - 12:30pm	Mar 11	\$18	90836
Th	9am - 12:30pm	Mar 12	\$18	90837
F	9am - 12:30pm	Mar 13	\$18	90838

Week 2 Half Day AM

M	9am - 12:30pm	Mar 16	\$18	90851
Tu	9am - 12:30pm	Mar 17	\$18	90852
W	9am - 12:30pm	Mar 18	\$18	90853
Th	9am - 12:30pm	Mar 19	\$18	90854
F	9am - 12:30pm	Mar 20	\$18	90855

Week 1 Half Day PM

M	12:30pm - 4pm	Mar 9	\$18	90839
Tu	12:30pm - 4pm	Mar 10	\$18	90840
W	12:30pm - 4pm	Mar 11	\$18	90841
Th	12:30pm - 4pm	Mar 12	\$18	90842
F	12:30pm - 4pm	Mar 13	\$18	90843

Week 2 Half Day PM

M	12:30pm - 4pm	Mar 16	\$18	90856
Tu	12:30pm - 4pm	Mar 17	\$18	90857
W	12:30pm - 4pm	Mar 18	\$18	90858
Th	12:30pm - 4pm	Mar 19	\$18	90859
F	12:30pm - 4pm	Mar 20	\$18	90860

Spring Break Camp Pre Care

6 - 11yrs

Location: Greenglade Community Centre Room #7

Week 1

M	8am - 9am	Mar 9	\$5	90861
Tu	8am - 9am	Mar 10	\$5	90862
W	8am - 9am	Mar 11	\$5	90863
Th	8am - 9am	Mar 12	\$5	90864
F	8am - 9am	Mar 13	\$5	90865

Week 2

M	8am - 9am	Mar 16	\$5	90866
Tu	8am - 9am	Mar 17	\$5	90867
W	8am - 9am	Mar 18	\$5	90868
Th	8am - 9am	Mar 19	\$5	90869
F	8am - 9am	Mar 20	\$5	90870

Spring Break Camp Post Care

6 - 11yrs

Location: Greenglade Community Centre Gym

Week 1

M	4pm - 5pm	Mar 9	\$5	90871
Tu	4pm - 5pm	Mar 10	\$5	90872
W	4pm - 5pm	Mar 11	\$5	90873
Th	4pm - 5pm	Mar 12	\$5	90874
F	4pm - 5pm	Mar 13	\$5	90875

Week 2

M	4pm - 5pm	Mar 16	\$5	90876
Tu	4pm - 5pm	Mar 17	\$5	90877
W	4pm - 5pm	Mar 18	\$5	90878
Th	4pm - 5pm	Mar 19	\$5	90879
F	4pm - 5pm	Mar 20	\$5	90880

Sportball Multi-Sport Camp

3 - 9yrs

Join the Sportball team for a camp experience that your child will never forget! Children will participate in the skills and games of eight different ball sports. Sports include: soccer, hockey, basketball, baseball, volleyball, tennis, golf and football. Camps also incorporate arts and crafts, music, co-operative games and theme days. Activities will run indoors and outdoors as weather permits. Please bring a nut free snack and drink.

Location: Greenglade Community Centre Room #8

Instructor: Sportball Staff

3 - 5yrs

M - F	9am - 12pm	Mar 9 - Mar 13	5/\$140	90133
-------	------------	----------------	---------	-------

6 - 9yrs

M - F	1pm - 4pm	Mar 9 - Mar 13	5/\$140	92686
-------	-----------	----------------	---------	-------



Sportball Hockey & Lacrosse Camp

3 - 9yrs

For those looking to apply some focus to their child's fundamental skills in hockey and lacrosse, Sportball is offering a new sport-specific camp! Certified Sportball coaches will further develop key skills and confidence-building in this non-competitive camp. Activities will run indoors and outdoors as weather permits. Please bring a nut free snack and drink.

Location: Greenglade Community Centre Room #8

Instructor: Sportball Staff

3 - 5yrs

M - F	9am - 12pm	Mar 16 - Mar 20	5/\$140	90148
-------	------------	-----------------	---------	-------

6 - 9yrs

M - F	1pm - 4pm	Mar 16 - Mar 20	5/\$140	90149
-------	-----------	-----------------	---------	-------

Swing into Spring!

Recreational Gymnastics Camp

5 - 14yrs

Our week long camp offers fun and fitness for all levels! Participants will have the opportunity to practice tumbling, balance beam, vaulting, trampoline, tumble track, bars, foam pit and many more fun activities. For half day camp, please bring a healthy snack and drink; for full day camp, please bring two snacks, lunch and drink. Please be aware that Falcon Gymnastics is a nut free facility.

Location: Falcon Gymnastics Facility

Instructor: Falcon Gymnastics Staff

M - F	9am - 12pm	Mar 16 - Mar 20	5/\$140	91281
M - F	1pm - 4pm	Mar 16 - Mar 20	5/\$140	91282
M - F	9am - 4pm	Mar 16 - Mar 20	5/\$240	91283

Mad Science 3,2,1, Blast Off!

6 - 12yrs

This is a chance to be a rocket scientist! Investigate the forces of flight and learn to apply them in your own original design. Build and test different flying devices and observe the difference in their performance. Explore the science involved in rocket construction and build your own rocket, ready to launch. Prepare for countdown 3...2...1...BLAST OFF!



Location: North Saanich Middle School Science Classroom

Instructor: Mad Science Staff

M - F	9am - 3pm	Mar 9 - Mar 13	5/\$205	90150
-------	-----------	----------------	---------	-------

Mad Science Secret Agent in the Field

7 - 12yrs

Mad Science Spy Academy will help you sharpen your special operative skills as you learn about the secret world of espionage! The key to being a great spy is your ability to use science to 'sniff' out your suspects and uncover their secrets. From decoding messages to metal detectors and night vision, you will have the opportunity to check out spy equipment and sharpen your surveillance skills with the science of security. Half-day option is available from 9am-12:30pm.

Location: North Saanich Middle School Science Classroom

Instructor: Mad Science Staff

M - F	9am - 3pm	Mar 16 - Mar 20	5/\$210	90151
-------	-----------	-----------------	---------	-------

Horse'n Around

Horseback Riding Camp

6 - 14yrs

Join Westside Stables this Spring Break! Learn to ride on safe, experienced schooled horses. This camp will cover basic riding skills, horse care and safety around horses. Suitable for the beginner or novice rider. Please wear comfortable clothes, boots or shoes with a small heel and a bicycle helmet (boots and helmets are available at Westside, if needed). Half Day Camp; please provide a snack & drink; Full Day Camp: Please provide lunch & snack.

Location: Westside Stables

Instructor: Westside Stables Staff

M - F	9am - 1pm	Mar 9 - Mar 13	5/\$295	90125
M - F	9am - 1pm	Mar 16 - Mar 20	5/\$295	90126





AQUATIC CAMPS

Creative Craft & Splash Camp

3 - 5yrs

Drop off your child for a morning of arts and crafts followed by a pool adventure. Each day will consist of creative play followed by swimming adventure and a Red Cross Swimming lesson. Children should be dropped off wearing a dry bathing suit and an old T-shirt. Let us know your child's swim level at the time of registration and pick up your report card and badge or sticker on the last day.

Location: Panorama Recreation Poolside Room

M - F 9:30am - 11:30am Mar 9 - Mar 13 5/\$69 90358
 M - F 9:30am - 11:30am Mar 16 - Mar 20 5/\$69 90360

H2O Adventure Camp

6 - 9yrs

This half day camp is full of aquatic adventure. Each day will include a 1/2hr swimming lesson, supervised play during our Everyone Welcome swim and an introduction to a new water sport like surfing, diving, snorkeling, underwater hockey and more. Please let us know your current swim level at the time of registration and receive an updated report card at the end of the week. No two weeks are the same!

Location: Panorama Recreation Poolside Room

M - F 12:30pm - 4pm Mar 9 - Mar 13 5/\$89 90361
 M - F 12:30pm - 4pm Mar 16 - Mar 20 5/\$89 90363

Lifesaving Camp

(Bronze Medallion & Cross)

13 yrs+

Acquire Bronze Medallion and Bronze Cross in one week! Bronze Medallion is your starting point for becoming a Lifeguard. This challenging course includes instruction in lifesaving skills and first aid. With Bronze Cross, you increase your knowledge in aquatic rescues and fitness. Prerequisite is 13 years of age or Bronze Star. 100% attendance mandatory.

Location: Panorama Recreation Boardroom

M - F 9am - 5pm Mar 9 - Mar 13 5/\$259 90380

LEADERSHIP

Future Leaders

13 - 16yrs

Do you enjoy working with kids and have a special interest in recreation leadership? If so, this course is perfect for you! Focused on leadership skill development, topics covered will include: motivating others, behaviour management, clear communication, decision making and maintaining positive attitudes towards challenges. In addition, this course will touch upon resume & cover letter writing, as well as interview preparation for future employment. To be successful in this course, full attendance is required, and 35 hours of volunteer work must be completed within a Panorama program or recognized community equivalent. All participants will be asked to get a criminal record check completed prior to volunteering (free of charge).

Location: Greenglade Community Centre Room #9

Instructor: Hannah Nawroth

W, Th 10am - 4pm
 F 9am - 12pm Mar 11 - Mar 13 3/\$82 91387

Babysitting Training

11 - 15yrs

Designed by the Canada Safety Council, this course covers rights and responsibilities, child development, behavioral problems, nutrition, safety, handling emergencies or a sick child, games, and basic first aid. Participants will work from a child care manual; each course graduate is presented with a wall certificate and graduation wallet card. Please pick up the babysitting training course manual prior to the course date and bring a drink, lunch, pen and paper.

Location: Greenglade Community Centre

Instructor: Sharryl Pearce

W 9am - 5pm Mar 11 \$60 90819
 W 9am - 5pm Mar 18 \$60 90820



20% Off

Did you know that 3, 6 and 12 month Active Pass holders receive 20% discount on almost all registered programs.



REGISTERED BLOCK PRIVATE SWIM LESSONS SPRING BREAK (MARCH 9 - 20)

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

Day of Week	Lesson Set	# of Lessons	30 min Lesson	START TIMES Start times apply to all sets
Monday to Friday	Mar 9 - 13	5	\$110	10:30am 11am 11:30am
	Mar 16 - 20	5	\$110	
Tuesday/Thursday	Mar 10 - 19	4	\$88	5pm 5:30pm 6pm 6:30pm

SUMMER CAMPS

& Program Registration

begins online

April 22, 2015

