SPRING BREAK 2017

Swimming
Fitness Classes
Skating
Weight Room
Pottery
Childminding
Sports
Kindergym
Camps

March 18 - April 2, 2017

PANORAMA RECREATION CENTRE
1885 Forest Park Drive, North Saanich, BC, V8L 4A3
GREENGLADE COMMUNITY CENTRE
2151 Lannon Way, Sidney, BC V8L 3Z1

panoramarecreation.ca
/panoramarecreation
@sliderpenguin
@panoramarec

Panorama RECREATION
Live well. Have fun.

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***

	18 Years & Under	19 Years+	90 Years+
	NEW PASS BENEFITS		Lifetime Pass for those 90 years+
1 Month	n/a	$57	
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.

POOL SWIM DROP-IN SCHEDULE

Effective Mar 18 - Apr 2, 2017
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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6–8:30AM	6–8:30AM	6–8:30AM	6–8:30AM	6–8:30AM	6–8:30AM	6–8:30AM
10:30AM-1:30PM*	10:30AM-1:30PM*	10:30AM-1:30PM*	10:30AM-1:30PM*	10:30AM-1:30PM*	9:30-11:30AM	9:30AM - 1:15PM
	3:30-10:30PM	3:30-5PM	3:30-10:30PM	3:30-6PM	11:30AM - 1:15PM	
		5-7:30PM		5-6PM	6:30-8PM	7:30-10PM
7–10:30PM		7:30–10:30PM		9–10:30PM		

* Swim lessons take place during this time. Reduced leisure pool space available.

LEISURE SWIM

Leisure pool available. Spray toys are available in the main pool except during aquafit times. (Please note: School bookings may occur during the day, please check the online schedule.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6–11:30AM*	6–11:30AM*	6–11:30AM*	6–11:30AM*	6–11:30AM*	6–9:30AM	6AM-3:30PM
11:30AM-3PM	11:30AM-3PM	11:30AM-3PM	11:30AM-3PM	11:30AM-3PM	9:30-11:30AM	
3-10:30PM	3-10:30PM	3-10:30PM	3-10:30PM	3-10:30PM	11:30AM - 10PM	5:30-6:30PM
						6:30-7:30PM ($2 ADMISSION)
						7:30-10PM

* Swim lessons take place during this time. Reduced leisure pool space available.

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 **Wibit Inflatable 2-3PM**	1:30 - 3:30PM	1:30 - 3:30PM **Wibit Inflatable 2-3PM**	1:30 - 3:30PM	1:30 - 3:30PM **Wibit Inflatable**	1:30 - 3:30PM **Wibit Inflatable**
		6–7:30PM ($2 ADMISSION)		7:30–9PM	8 -10PM*	

* This time is for all ages but caters to youth 11-16yrs.

Waterslide Open	Monday - Friday, 1:30-3:30PM	Friday Saturday Sunday	4–6PM, 7:30–9PM 1:30–3:30PM 9:30–11:30AM, 1:30–3:30PM, 5:30–7:30PM
Wibit Inflatable	The wibit is open 7 years+. Come test your abilities on our water obstacles and inflatable tracks, where you can run, jump, slide and swim your way to a whole lot of fun!		

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 18 - Apr 2, 2017
Classes subject to cancellation due to low attendance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Swim 4 Fitness 6:30 - 7:15AM		Swim 4 Fitness 6:30 - 7:15AM			
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 Tot 10:30 - 11:30AM				
Light & Easy Aquafit* 12 - 12:45PM	Aqua Spin 11:30AM - 12:30PM	Light & Easy Aquafit* 12 - 12:45PM	Aqua Spin 11:30AM - 12:30PM	Light & Easy Aquafit* 12 - 12:45PM		
	Aqua HIIT 8 - 8:45PM		Aqua HIIT 8 - 8:45PM			

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

North Saanich Drop-in Schedule

Effective Mar 18 - Apr 2, 2017 **(No Badminton Mar 28)**
@ 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+ Play recreational level Pickleball. Balls are provided. Please bring your own paddle.

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 3:30pm - 5pm Mar 15 - Mar 24 4/$45 104390

Sports

Youth Introduction to Rowing

12 - 17yrs

Participants will learn the basic movements of the rowing stroke in sculling boats (single, double, quad). We will review the following elements of the sport of rowing for the participants: basic movements of the stroke; oar grip; balance drills; safety; terminology. This is a must for anyone wanting to move into more advanced rowing programs!

Location: Elk Lake - Victoria City Rowing Club

ITR Beginner Spring 1

M - F 10am - 12pm Mar 20 - Mar 24 5/$140 105364

ITR Beginner Spring 2

M - F 10am - 12pm Mar 27 - Mar 31 5/$140 105367

Leadership

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 a babysitting training course manual prior to the course, and bring a drink, lunch, pen and paper.

Location: Greenglade Community Centre Room #8

W 9am - 5pm Mar 22 $60 105156
W 9am - 5pm Mar 29 $60 105157

Teen Lounge

Greenglade Community Centre Teen Lounge will be open on Friday and Saturdays from 6-8pm during Spring Break.

Brentwood Bay Teen Lounge will be closed for Spring Break and will reopen April 7th.

See page 56 of our Winter Spring brochure for further Teen Lounge details.

Aquatics Training

Bronze Medallion

13 yrs+

If you wish to become a lifeguard, this is a mandatory step. Learn the basics of water rescues and first aid techniques. Candidates must complete a timed swim of 500 m in 15 minutes. 100% attendance is required. Course includes CPR Level A certification. Prerequisite: 13 years or Bronze Star.

Location: Panorama Recreation Boardroom

M-W 9am - 5pm Mar 20 - Mar 22 3/$149 105033
Su 9:30am - 2:30pm Apr 23 - May 14 4/$149 105034

Bronze Cross

13 yrs+

This course is the next step in advanced lifesaving. Build on team rescues and aquatic first aid skills. Candidates must complete a timed swim of 600 m in 18 min. 100% attendance required. Course includes CPR Level C certification. Prerequisite: Bronze Medallion.

Location: Panorama Recreation Boardroom

W 1pm - 5pm
Th, F 9am - 5pm Mar 22 - Mar 24 3/$149 105036

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 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 20 - Mar 24 5/$270 105038

AQUATICS

CREATIVE CRAFT & SPLASH CAMP

3 - 5yrs

Drop off your child for a morning of fun and games. Children will enjoy a morning of games outside & morning crafts with messy hands before we head to the water for a Red Cross swimming lesson. Each day will consist of creative play followed by a swimming adventure. Children should be dropped off wearing a dry bathing suit and an old t-shirt. Please bring a water bottle, snack and dress for rain or shine. Let us know your child's level at the time of registration and pick up your report card and badge/sticker on the last day. Only chidren who register for the full-week get a report card.

Location: Panorama Recreation Poolside Room

M - F	9:30am - 11:30am Mar 20 - Mar 24	5/$75	105074
M	9:30am - 11:30am Mar 20	$15	105075
Tu	9:30am - 11:30am Mar 21	$15	105076
W	9:30am - 11:30am Mar 22	$15	105077
Th	9:30am - 11:30am Mar 23	$15	105078
F	9:30am - 11:30am Mar 24	$15	105855
M - F	9:30am - 11:30am Mar 27 - Mar 31	5/$75	105079
M	9:30am - 11:30am Mar 27	$15	105080
Tu	9:30am - 11:30am Mar 28	$15	105081
W	9:30am - 11:30am Mar 29	$15	105082
Th	9:30am - 11:30am Mar 30	$15	105083
F	9:30am - 11:30am Mar 31	$15	105084

H2O ADVENTURE CAMP

6 - 11yrs

This camp is full of aquatic adventure. Games outside, field trips, and supervised play during our Everyone Welcome swim! Play a new aquatic sport everyday like surfing, diving, snorkeling, underwater hockey, and many more. Please dress appropriately for rain or shine.

Location: Panorama Recreation Poolside Room

FULL DAY

M - F	9am - 4pm	Mar 20-Mar 24	5/$175	105050
M	9am - 4pm	Mar 20	$40	105051
Tu	9am - 4pm	Mar 21	$40	105052
W	9am - 4pm	Mar 22	$40	105053
Th	9am - 4pm	Mar 23	$40	105054
F	9am - 4pm	Mar 24	$40	105055
M - F	9am - 4pm	Mar 27-Mar 31	5/$175	105056
M	9am - 4pm	Mar 27	$40	105057
Tu	9am - 4pm	Mar 28	$40	105058
W	9am - 4pm	Mar 29	$40	105059
Th	9am - 4pm	Mar 30	$40	105060
F	9am - 4pm	Mar 31	$40	105061

HALF DAY

M - F	12:30pm - 4pm	Mar 20-Mar 24	5/$90	105062
M	12:30pm - 4pm	Mar 20	$20	105063
Tu	12:30pm - 4pm	Mar 21	$20	105064
W	12:30pm - 4pm	Mar 22	$20	105065
Th	12:30pm - 4pm	Mar 23	$20	105066
F	12:30pm - 4pm	Mar 24	$20	105067
M - F	12:30pm - 4pm	Mar 27-Mar 31	5/$90	105068
M	12:30pm - 4pm	Mar 27	$20	105069
Tu	12:30pm - 4pm	Mar 28	$20	105070
W	12:30pm - 4pm	Mar 29	$20	105071
Th	12:30pm - 4pm	Mar 30	$20	105072
F	12:30pm - 4pm	Mar 31	$20	105073

YOUTH INTRODUCTION TO ROWING – BEGINNER

12 - 17 yrs

Participants will learn the basic movements of the rowing stroke in sculling boats (single, double, quad). We will review the following elements of the sport of rowing for the participants: basic movements of the stroke; oar grip; balance drills; safety; terminology. This is a must for anyone wanting to move into more advanced rowing programs!

Location: Elk Lake - Victoria City Rowing Club

TR Beginner Spring 1

M - F 10am - 12pm Mar 20 - Mar 24 5/$140 105364

ITR Beginner Spring 2

M - F 10am - 12pm Mar 27 - Mar 31 5/$140 105367

WEIGHT ROOM DROP-IN SCHEDULE

Effective Mar 18 - Apr 2, 2017

@ 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	

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 Expresso 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 18 - Apr 2, 2017

@ 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		Teen Only* Weight Room 5 – 7PM	

* 11-18 years only

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?

CHILDMINDING SCHEDULE

Effective Mar 18 - Apr 2, 2017

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. Parents/Guardians must be participating in recreational activity at the facility listed.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 - 11:45AM @ PANORAMA	9AM – 11:30AM @ GREENGLADE	8:45 - 11:45AM @ PANORAMA	9AM – 11:30AM @ GREENGLADE	8:45 - 11:45AM @ 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.
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
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 interval 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 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!
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.
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. 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. 97 for more details and 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.

Ardmore Academy Spring Break Camp

6 - 12yrs

Join our fabulous half day March Break camps where your kids will learn the basics of golf. Based on Golf Canada's Long Term Player Development Program and the CN Future Links framework, children build confidence, honesty and integrity all while having fun! Using our proven camp work book, children will complete the week with increased golf knowledge, a camp certificate, and a camp parting gift.

Location: Ardmore Golf Course

M - F	8:30am - 12pm	Mar 20 - Mar 24	5/$129	105454
M - F	1pm - 4:30pm	Mar 20 - Mar 24	5/$129	105455
M - F	8:30am - 4:30pm	Mar 20 - Mar 24	5/$189	105882
M - F	8:30am - 12pm	Mar 27 - Mar 31	5/$129	105104
M - F	1pm - 4:30pm	Mar 27 - Mar 31	5/$129	105105
M - F	8:30am - 4:30pm	Mar 27 - Mar 31	5/$189	105883

Horseback Riding Spring Break Camp

6 - 12yrs

Learn to ride on safe, experienced schooled horses. This camp will cover basic riding skills, horse care and safety. Suitable for the beginner or novice riders. Please wear comfortable clothes, boots or shoes with a small heel and a bicycle helmet (boots and helmets are available at Westside, if needed). Please provide snack and drink.

Location: Westside Stables

M - F	9am - 1pm	Mar 20 - Mar 24	5/$299	105413
M - F	9am - 1pm	Mar 27 - Mar 31	5/$299	105414

Kids in the Kitchen Camp

7 - 12yrs

Tap into your culinary creativity, and join us for Kids in the Kitchen Camp! Each day campers will be introduced to the creation of a couple of 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!

Location: North Saanich Middle School Foods Room

M - F	9am - 1pm	Mar 20 - Mar 24	5/$160	104779
M - F	9am - 1pm	Mar 27 - Mar 31	5/$160	105111

Carnival of the Arts - Spring Break Camp

10 - 16

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. Please send a nut free snack and an old t-shirt with your child each day.

Location: Greenglade Community Centre Room #3

Instructor: Monika Burrell

M - F	9am - 12pm	Mar 20 - Mar 24	5/$220	105351

SPRING BREAK CAMPS

SPRING-SEEKERS

5 - 7yrs

Join us for a couple fantastic weeks of spring break camp adventure! This dynamic camp program is perfect for those interested in doing a little bit of everything as each week includes at least one out-trip, colourful crafts, outrageous games, and an afternoon of swimming or skating at Panorama. Have a blast & make some new friends! Children 5 years old and currently attending Kindergarten are welcome to register. Camp activity schedules will be posted online by March 1st.

Daily registration is available for $35/day.

Location: Greenglade Community Centre Room #7

M - F	9am - 4pm	Mar 20 - Mar 24 5/$150	104781
M - F	9am - 4pm	Mar 27 - Mar 31 5/$150	104788

OUTDOOR EXPLORERS

8 - 12yrs

Get active and adventurous this Spring Break with Outdoor Explorers camp! With 3 full-days of out-trips planned for each week, this camp is all about exploring the great outdoors and the beautiful city in which we live. Whether bowling, hiking, beach combing, swimming, or skating, we'll be sure to make the most out of your holiday! Camp activity schedules will be posted online by March 1st.

Daily registration is available for $35/day.

Location: Greenglade Community Centre Room #9

M - F	9am - 4pm	Mar 20 - Mar 24 5/$160	105385
M - F	9am - 4pm	Mar 27 - Mar 31 5/$160	105396

SPORTBALL MULTI-SPORT CAMP

3 - 5yrs

Children participate in the skills and games of eight different ball sports. Camps will also incorporate arts and crafts, music, cooperative games, snack time and theme days. Please send a nut free snack, water bottle and hat each day.

Location: KELSET Elementary Gymnasium

M - F	9am - 12pm	Mar 20 - Mar 24 5/$140	104929

SWING INTO SPRING! RECREATIONAL GYMNASTICS CAMP

5½ - 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 (Nut Free)

Location: Falcon Gymnastics Facility

M - F	9am - 12pm	Mar 27 - Mar 31 5/$150	104892
M - F	1pm - 4pm	Mar 27 - Mar 31 5/$150	104893
M - F	9am - 4pm	Mar 27 - Mar 31 5/$250	104894

SPORTBALL MULTI SPORT CAMP

6 - 9yrs

Children participate in the skills and games of eight different ball sports. Camps will also incorporate arts and crafts, music, cooperative games, snack time and theme days. Please send a nut free snack, water bottle and hat each day.

Location: KELSET Elementary Gymnasium

M - F	1pm - 4pm	Mar 20 - Mar 24 5/$140	104930

MAD SCIENCE AGENT IN THE FIELD

6 - 12yrs

Have you ever wanted to be a detective? If so, this program is for you! From secret communications to detective crime scene science and cool chemistry, this program is sure to make you go hmmm… Every day we sleuth out the answers to many of life's mysteries with Mad Science Vancouver Island. Half-day option is available from 9am-12:30pm.

Location: KELSET Elementary Classroom

M - F	9am - 3:30pm	Mar 20 - Mar 24 5/$230	105094
M - F	9am - 12:30pm	Mar 20 - Mar 24 5/$135	105095

MAD SCIENCE - EUREKA! THE INVENTOR'S CAMP

6 - 12yrs

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!

Location: North Saanich Middle School Classroom

M - F	9am - 3:30pm	Mar 27 - Mar 31 5/$230	105092
M - F	9am - 12:30pm	Mar 27 - Mar 31 5/$135	105093

FITNESS DROP-IN SCHEDULE

Effective Mar 18 - Apr 2, 2017

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* 6:30 - 7:30AM		
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 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			
Jazzercise* 6:45 - 7:45PM		Jazzercise* 6:45 - 7:45PM				

*Panorama Recreation drop-in rates do not apply. **$11.50 drop-in or swipe of an active pass.

For Greenglade Fitness & Yoga Drop-in Classes See next page.

SPIN ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7AM	7:30-8:15AM	6:15-7AM	7:30-8:15AM	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
12:15-1PM		12:15-1PM		12:15-1PM	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	7:15-8PM	6:45-7:30PM	7:15-8PM			

MEZZANINE

To reserve your spot in TRX and HIIT classes see p. 95 & 96 of the winter/spring 2017 brochure for information.

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 10:45-11:30AM	TRX Express 10:45-11:30AM
	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				

Arena Drop-in Schedule

Effective Mar 18 - Apr 1, 2017

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		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 Everyone Welcome Skate		12–1:20PM Everyone Welcome	1–2:20PM Everyone Welcome Skate
		4:30-5:30PM Youth Stick & Puck	1:30 - 2:30PM Youth Stick & Puck			
8:30 - 10PM Shinny Hockey	8:10 - 9:30PM Stick & Puck		6:40 - 8:10PM Shinny Hockey	8:25 - 9:35PM Extreme Teen Skate		

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.
Extreme Teen Skate	11 - 16yrs (valid student ID may be required). Lights will be dimmed & top 40 tunes playing!	
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. Reserve a spot by calling 250.656.7271, ext. 4 after 6:30pm the evening before. $6.75/player, Goalies play for free and can reserve a spot up to a week in advance.	
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 18 - Apr 2, 2017

@ 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			
Family Fitness 5 - 6PM		Family Fitness 5 - 6PM	Family Yoga 4 - 4:45PM			
		Jazzercise* 5:15 - 6:15PM	Fitness Yoga 5 - 6PM			

Family Fitness	7 yrs+. Circuit style fitness training in a fun informal setting for your whole family. At least 1 parent and 1 child must be present.
Family Yoga	7 yrs+. Fitness, Fun and Flow Yoga for 45 minutes for the whole family. At least one parent and 1 child must be present.
Fitness Yoga	Tighten & tone with Fitness Yoga, an invigorating combination of traditional fitness training and yoga poses. $11.50 drop-in or swipe of active pass.
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. *Regular drop-in rates do not apply. See p. 97 for more details and rate information.
Total Body Toolbox	A total body workout using an assortment of equipment put together in an ever changing format.
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.

Effective Mar 18 - Apr 2, 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball 8:30AM -12:30PM	Pottery PLEASE CHECK ONLINE	Pickleball 8:30AM -12:30PM	Pottery 8:30AM - 8PM	Pickleball 8:30AM -12:30PM		
Pottery 8:30AM - 8PM	Childminding 9 - 11:30AM	Pottery 8:30AM - 8PM	Childminding 9 - 11:30AM	Pottery 12:30 - 4PM	Pottery 9AM - 1PM	Pottery 9AM - 1PM
	Kindergym 9:30 - 11:30AM		Kindergym 9:30 - 11:30AM		Teen Weight Room 5 – 7PM	Kindergym 9 - 10:30AM
Volleyball 6 – 8PM	Pickleball 6 – 9PM	Volleyball 6 – 8PM	Beginner Pickleball 4 – 6PM	Teen Lounge 6 – 8PM	Teen Lounge 6 – 8PM	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. Balls are provided; please bring your own paddle. Participants responsible for set-up/take down. **$5 drop-in**
Beginner Pickleball	Volunteer instructors will help with drills, practice and information suitable for beginning players or those not comfortable at drop in play. Some paddles available.
Pottery	16 yrs+. Extra practice time available for pottery students in the community. Orientations are required for experienced students who have not taken a course through Panorama Recreation. Additional drop-in times may be available. Please check our online schedule. **$8 Drop-in or Pottery Pass Only.**
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. $5 drop-in