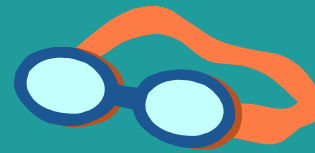


# AQUATIC SCHEDULE

Effective September 2 - December 20, 2024



Holiday hours in effect for September 2, Sep 30, Oct 13, Oct 14, Nov 11

For holiday hours and our most current schedule visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.

Schedule subject to change without notice.

Children under the age of 7 must be within arms reach of an adult (16 yrs+).



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lanes, Water Walking, Leisure 6-7:45am	Lanes, Water Walking, Leisure 6-7:45am	Swim Club, Lanes, Water Walking, Leisure 6-7:45am	Swim Club, Lanes, Water Walking, Leisure 6-7:45am	Lanes, Water Walking, Leisure 6-8:45am	Lanes, Water Walking, Leisure 7-9am	Programs, Lanes, Water Walking, Leisure 7-8am
Main Pool Transition 7:45-8am	Main Pool Transition 7:45-8am	Main Pool Transition 7:45-8am	Main Pool Transition 7:45-8am	Main Pool Transition 8:45-9am	Swim Lessons, Water Walking, Leisure 9-1130am	Swim Club, Lanes, Leisure 8-11am
Water Walking, Aquafit, Leisure 8-10am	Water Walking, Aquafit, Leisure 8-9am	Water Walking, Aquafit, Leisure 8-9am	Water Walking, Aquafit, Leisure 8-9am	Water Walking, Aquafit, Leisure 9-10am		
Lanes, Water Walking, Leisure 10am-12pm	Lanes, Water Walking, Leisure 9am-4pm	Lanes, Water Walking, Leisure 9am-12pm	Lanes, Water Walking, Leisure 9am-3:15pm	Lanes, Water Walking, Leisure 10am-2pm		Lanes, Water Walking, Leisure 11am-12pm
Lanes, Aquafit, Leisure 12-1pm		Lanes, Aquafit, Leisure 12-1pm		Lanes, Aquafit, Leisure 2-3pm	Pool Transition, Leisure 11:30am-12pm	
Lanes, Water Walking, Leisure 1-3:15pm			Programs, Lanes, Water Walking, Leisure 3:15-4pm		Fun Swim 12-3pm	Fun Swim 12-2:45pm
Programs, Lanes, Water Walking, Leisure 3:15-4pm	Swim Lessons, Water Walking, Leisure 4-6:30pm	Lanes, Water Walking, Leisure 1-3:15pm	Swim Lessons, Water Walking, Leisure 4-6:30pm	Lanes, Water Walking, Leisure 3-4pm	Pool Transition Lanes*, Leisure 3-4pm	Pool Transition Lanes, Leisure 2:45-3pm
Swim Club, Lanes, Leisure 4-7pm	Lanes, Water Walking, Leisure 6:30-7pm	Programs, Lanes, Water Walking, Leisure 3:15-4pm	Lanes, Water Walking, Leisure 6:30-7pm			Swim Lessons, Lanes, Water Walking, Leisure 3-5:30pm
Swim Club, Water Walking, Lanes, Leisure 7-8pm	Programs, Lanes, Water Walking, Leisure 7-8pm	Swim Lessons, Lanes, Water Walking, Leisure 4-6:30pm	Programs, Lanes, Water Walking, Leisure 7-8pm	Swim Club, Lanes, Leisure 4-7pm	Swim Club, Lanes, Leisure 4-7pm	Lanes, Water Walking, Leisure 5:30-6:30pm
Lanes, Water Walking, Leisure 8-9:30pm	Lanes, Water Walking, Leisure 8-9:30pm	Lanes, Leisure Pool Fun Swim 6:30-9:30pm	Lanes, Water Walking, Leisure 8-9:30pm	Lanes, Leisure Pool Fun Swim 7-9:30pm	Swim Club, Lanes, Leisure Pool Fun Swim 7-8:30pm	2\$ Fun Swim 6:30-8:30pm

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# AQUAFIT SCHEDULE

Effective September 2 - December 20, 2024



**Holiday hours in effect for September 2, Sep 30, Oct 13, Oct 14, Nov 11. No classes.**  
**For holiday hours and our most current schedule visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.**  
**Schedule subject to change without notice.**



Children under the age of 7 must be within arms reach of an adult (16 yrs+).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Deep Water Aquafit</b> 8-9am	<b>Combo Aquafit</b> 8-9am	<b>Combo Aquafit</b> 8-9am	<b>Combo Aquafit</b> 8-9am	<b>Combo Aquafit</b> 9-10am
<b>Shallow Water Aquafit</b> 9-10am		<b>Light &amp; Easy</b> 12-1pm		<b>Light &amp; Easy</b> 2-3pm
<b>Light &amp; Easy</b> 12-1pm				

## AQUATIC SESSION DESCRIPTIONS

Aquafit Deep/Shallow/ Combo	All classes will provide you with a challenging workout with little to no impact on your joints! The instructor will provide different options for cardio training, strength exercise, and stretching. Includes warm-up, 30-35 minutes of cardio and strength, and stretching at the end. Class length will be 55 minutes. Combo Aquafit will take place in both the shallow and deep ends of the Main Pool, Deep Water Aquafit will take place in the deep end of the main pool, and Shallow Water Aquafit in the shallow end of the main pool.
Aquafit Light & Easy	Located either in the main pool or leisure pool, Light & Easy is a light version of Shallow Water Aquafit designed for people who have recovered from an injury and/or surgery, live with arthritis or are currently sedentary. Class length will be 55 minutes.
Fun Swim	Spray toys, diving board, climbing wall, and waterslide available. Leisure pool only Fun Swim times will not have access to the diving board or climbing wall in main pool.
Lanes	Minimum 3 lanes available in main pool.
Leisure	Leisure, Hot Tub, River, Sauna and Steam open.
Main Pool Transition	Lanes ropes are removed or changed for swim club/aquafit.
Programs	Programs running in pool such as group lessons, contracted lane bookings and adult swim teams.
Saturday Lanes* 3-4pm	Lanes are available as they are set up for Swim Club, until 4pm.
Swim Club	Swim Club practicing in the pool.
Swim Lessons	Panorama Swim Lessons in the pool. Space priority goes to Swim Lessons.
Water Walking	1 lane in Leisure pool for Water Walking.

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# FITNESS SCHEDULE

Effective September 3, 2024 - December 20, 2024



Holiday hours in effect for Sep 30, Oct 14 and Nov 11.

For holiday hours and our most current schedule visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.

12 yrs+. Schedule subject to change without notice.



**MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY**

## @ Panorama Recreation Centre

<b>Bootcamp</b> 6-6:45am	<b>Spin</b> 6:00-6:45am	<b>Bootcamp</b> 6-6:45am	<b>Spin</b> 6:15-7am	<b>Circuit</b> 6-6:45am	<b>Spin</b> 8:15-9am	<b>Jazzercise**</b> 8:15-9:15am
<b>TBC</b> 9-10am	<b>Spin</b> 8-8:45am	<b>Spin</b> 8-8:45am	<b>Spin</b> 8-8:45am	<b>TRX</b> 9-10am	<b>Spin</b> 9:15-10am	<b>Sports Step</b> 9:30-10:30am
<b>TRX</b> 9-10am	<b>TBC</b> 9-10am	<b>Cardio Plus</b> 9:15-10:15am	<b>TBC</b> 9-10am	<b>Cardio Plus</b> 9:15-10:15am	<b>Jazzercise **</b> 10:15-11:15am	
<b>Spin and Strength</b> 12-1pm	<b>TRX</b> 10:30-11:30am	<b>Spin and Strength</b> 12-1pm	<b>TRX</b> 10:30-11:30am	<b>Spin and Strength</b> 12-1pm		
<b>Spin</b> 5-5:45pm	<b>HIIT</b> 5:30-6:15pm	<b>TBC</b> 1:30-2:30pm	<b>HIIT</b> 5:30-6:15pm	<b>TBC</b> 1:30-2:30pm		
<b>HIIT</b> 6-6:45pm		<b>Spin</b> 5:30-6:15pm		<b>HIIT</b> 5:30-6:15pm		
<b>Jazzercise **</b> 7-8pm		<b>TRX</b> 6:30-7:30pm				
		<b>Jazzercise **</b> 7-8pm				

## @ Greenglade Community Centre

<b>Fitness Yoga*</b> 8-9am	<b>Moving On Up</b> 9am-10am	<b>Fitness Yoga*</b> 8-9am	<b>Moving On Up</b> 9-10am	<b>Fitness Yoga*</b> 8-9am	<b>TBC</b> 9:15-10:15am	
	<b>Circuit</b> 12-1pm		<b>Circuit</b> 12-1pm	<b>TBC</b> 9:15-10:15am	<b>Fitness Yoga*</b> 10:30-11:30am	
	<b>Hatha Yoga*</b> 5:15-6:15pm	<b>Circuit</b> 6:45-7:45pm	<b>Hatha Yoga*</b> 5:15-6:15pm			

\*Hatha Yoga - \$13.50 drop-in or swipe of an Active Pass, \*\*Jazzercise - \$15 drop-in

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# WEIGHT ROOM SCHEDULE

Effective September 3, 2024 - December 20, 2024



**Holiday hours in effect for Sep 30, Oct 14 and Nov 11.**

**For holiday hours and our most current schedule visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.**

Schedule subject to change without notice.

15 yrs+ (13 -15 yrs with Regional Weight Room Orientation course).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>@ Panorama Recreation Centre</b>						
<b>Weight Room</b> 6am-9:30pm	<b>Weight Room</b> 6am-9:30pm	<b>Weight Room</b> 6am-9:30pm	<b>Weight Room</b> 6am-9:30pm	<b>Weight Room</b> 6am-9:30pm	<b>Weight Room</b> 7am-8:30pm	<b>Weight Room</b> 7am-8:30pm
Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 8am-12pm 4:30-8:30pm	Supervised 8am-12pm 4:30-8:30pm
<b>@ Greenglade Community Centre</b>						
<b>Weight Room</b> 8am-8pm	<b>Weight Room</b> 8am-8pm*	<b>Weight Room</b> 8am-6:45pm	<b>Weight Room</b> 8am-8pm*	<b>Weight Room</b> 8am-8pm	<b>Weight Room</b> 9am-3pm	<b>Weight Room</b> 9am-3pm
Supervised 10am-12pm	Supervised 8-10am	Supervised 10am-12pm	Supervised 8-10am			

\*Weight Room closed 12-1pm for circuit class.

Supervised	A qualified weight room attendant will be able to assist you with basic equipment set-up and exercise technique.
Personal Training	A personal trainer will assist in developing an individualized workout and movement plan based on your history and specific goals. Our coaches will begin by observing your current movement patterns and look to optimize a routine to move with greater efficiency and function. Visit our website for more details and to download your package. Personal Training packages may also be picked up from reception.

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# SPORTS SCHEDULE

Effective October 1-December 20, 2024



Schedule subject to change without notice.

For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan this QR code.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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## FREE on Jumpstart Multi Sport Court at Panorama Recreation Centre

Court opening hours are conditional upon weather. Sun shades and evening lighting are seasonal.

<b>Badminton/ Volleyball</b> 8am-10pm*	<b>Badminton/ Volleyball</b> 8am-10pm*	<b>All Levels Pickleball</b> 8am-10pm*	<b>All Levels Pickleball</b> 8am-10pm*	<b>All Levels Pickleball</b> 8am-10pm*	<b>All Levels Pickleball</b> 8am-10pm*	<b>All Levels Pickleball</b> 8am-10pm*
<b>Basketball/ Open Court</b> 8am-10pm*	<b>Basketball/ Open Court</b> 8am-10pm*	<b>Basketball/ Open Court</b> 8am-10pm*	<b>Basketball/ Open Court</b> 8am-10pm*	<b>Basketball/ Open Court</b> 8am-10pm*	<b>Basketball/ Open Court</b> 8am-10pm*	<b>Basketball/ Open Court</b> 8am-10pm*

### Jumpstart Multi Sport Court

Accessible, recreational play for all ages. Includes 8 basketball nets (2 adjustable), a convertible net (set to badminton/volleyball height or pickleball height dependent on the day), picnic tables and a free play space. Bring or borrow equipment. Equipment may be signed out at Reception (available first come, first served).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## @ Greenglade Community Centre (GG) or North Saanich Middle School (NSMS)

<b>Badminton</b> (at NSMS) 7:30-9:30PM	<b>All Levels Pickleball</b> (at GG) 8:15-10:10AM* 10:15AM-12:10PM* (*No sessions Oct 22)	<b>All Levels Pickleball</b> (at GG) 8:15-10:10AM* 10:15AM-12:10PM 5-6:55PM 7-8:55PM* (*No sessions Oct 23)	<b>All Levels Pickleball</b> (at NSMS) 6:30-8:30PM* (*No sessions Nov 7 & Dec 5)	<b>All Levels Pickleball</b> (at GG) 8:15-10:10AM 10:15AM-12:10PM
<b>All Levels Pickleball</b> (at GG) 5-6:55PM			<b>Intermediate (3.0-3.5) Pickleball</b> (at GG) 5-6:55PM 7-8:55PM	
<b>NEW Advanced (4.0+) Pickleball</b> 7-8:55pm* (*No session Oct 21)			<b>All Levels Pickleball</b> (at NSMS) 6:30-8:30PM* (*No session Oct 18)	

On Saanich School District school holidays, schedule may differ. Please refer to website for most accurate schedule.

<b>Reservable Pickleball</b>  16 yrs+	<b>All Levels</b> - All skill levels welcome. Bring a paddle and ball (a couple paddles available for borrow from Reception).	<b>Reserve your spot online</b> on the Activity Schedules > Sports section of our website. Reservations open at 7:30am every other Friday for all sessions within the upcoming two calendar weeks.
	<b>Intermediate</b> - 3.0-3.5 skill levels welcome (as per Pickleball Canada 2-digit rating guide). Bring a paddle and ball.	
	<b>Advanced</b> - 4.0+ skill levels welcome (as per Pickleball Canada 2-digit rating guide). Bring a paddle and ball.	
<b>Badminton</b> 12 yrs+	Recreational-level play. All skill levels welcome. Birds provided. Bring or borrow a racquet. Drop-in using your Active Pass or by paying cash at the door.	

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# COMMUNITY RECREATION SCHEDULE

Effective September 13 - December 20, 2024



For holiday hours and our most current schedule visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code. Schedule subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Kindergym</b> 9:30-11am Starts Sep 16			<b>Kindergym</b> 9:30-11am Starts Sep 16	<b>Teen Lounge</b> 6-8pm Starts Sep 13		<b>Toys &amp; Tumbles</b> 9:30-11am Starts Sep 15

Kindergym	1 - 5 yrs. Featuring ride-on toys, mini bouncy castle, tumbling mats, slides & more! Parent participation required. Reserve your spot online. \$4/child. Drop-in if space available. Available at Greenglade Community Center.
Toys & Tumbles	2 - 5 yrs. Featuring sports equipment, tumbling mats, small bouncy castle, ride-on toys & more. Parent participation required. Reserve your spot online. Drop-in if space available. \$4.50/child. Available at Greenglade Community Center.
Teen Lounge	11-16 yrs. A safe and inclusive atmosphere for local teens to meet, connect, and relax with friends. Shuttle provided to Panorama for swimming and skating. First Session is September 13th. No session on October 25th. Final Session of season on December 20th. Reserve your spot online. Drop-in space available. <b>FREE</b> at Greenglade Community Center.

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# ARENA SCHEDULE

Effective October 1 - December 20, 2024



Schedule subject to change without notice.



For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan this QR code.

See reverse for session descriptions.



## SKATING

See reverse for session descriptions.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Everyone Welcome</b> 12:45-1:45pm (No session Oct 13) 		<b>NEW</b> <b>Parent &amp; Tot Ice Play</b> 11:10-12:20pm <hr/> <b>Adult Skate</b> 1-2pm	<b>Toonie Skate</b> 3-4:20pm	<b>NEW</b> <b>Sensory Skate</b> 10-10:50am <hr/> <b>Everyone Welcome</b> 11-12:20pm	<b>Teen Skate</b> 8:30-9:30pm (No sessions on Oct 25 & Nov 18)	<b>Everyone Welcome</b> 12-1:20pm 

## SPECIAL SKATES

Friday, October 25	1-2:20pm	<b>Pro-D Day \$2 Skate</b>
Saturday, October 26	12-1:20pm	<b>Halloween Everyone Welcome</b>
Monday, November 11	1-2:20pm	<b>Everyone Welcome</b>
Monday, November 18	1-2:20pm	<b>Pro-D Day \$2 Skate</b>



Skate **rentals and sharpening** available! See reverse for details.



DIY **Skating Parties** offered during Everyone Welcome skates with this symbol. Visit [panoramarecreation.ca](http://panoramarecreation.ca) for details.

## HOCKEY & FIGURE SKATING

See reverse for session descriptions.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Parent &amp; Child Hockey</b> 11:35-12:35pm (No session Oct 13)	<b>Adult Stick &amp; Puck</b> (19 yrs+) <b>Reservation Required</b> 11:40-12:50pm (No session Oct 14)		<b>Youth Stick &amp; Puck</b> (10-16 yrs) <b>Reservation Required</b> 3:10-4pm <hr/> <b>Shinny Hockey</b> <b>Reservation Required</b> 10:30-11:30pm On Sep 11, 25, Oct 9, 23, Nov 13, 27, Dec 11 only.			

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# ARENA SCHEDULE

Effective October 1 - December 20, 2024



Schedule subject to change without notice.

For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan this QR code.

See reverse for schedule.



<b>SKATING</b> See reverse for schedule.	
Everyone Welcome Pro-D Day Skate Toonie \$2 Skate	Leisure skates for all ages and abilities.
Parent & Tot Ice Play	For 2-7yrs with guardian. An opportunity for littles to get comfortable on ice. Ice toys, hockey and skating aids provided with child friendly music. Wheelchairs and strollers permitted on ice.
Adult Skate	Leisure skate for adults. Enjoy skating in a relaxed and welcoming environment.
Sensory Skate	An inclusive ice experience for all ages, abilities and neurodiveristies. Expect gentle lighting and calm music. Wheelchairs and strollers permitted on ice.
Teen Skate	A leisure skate for ages 11-16. No skating aids available. Teen Lounge offered at Greenglade Community Centre beforehand.

<b>HOCKEY &amp; FIGURE SKATING</b> See reverse for schedule.	
Parent & Child Hockey	For children up to 12yrs with guardian. An opportunity for you and your young player to shoot around. <b>Helmets mandatory for all. Full face guards mandatory for children.</b>
Youth Stick & Puck	For 10-16yrs. Opportunity to practice shooting and stick handling. Goalies, games, scrimmages and/or drills not permitted. <b>Helmets mandatory for all.</b>
Adult Stick & Puck	For 19yrs+. <b>Reservation required</b> in advance via the Activity Schedules > Skating & Hockey section of <a href="http://panoramarecreation.ca">panoramarecreation.ca</a> .
Shinny Hockey	Hockey scrimmage. <b>Full gear mandatory.</b> Sessions scheduled: Sep 11, 25, Oct 9, 23, Nov 13, 27, Dec 11. <b>Reservation required</b> in advance via the Activity Schedules > Skating & Hockey section of <a href="http://panoramarecreation.ca">panoramarecreation.ca</a> .



**Skate rentals available** during all public skating, hockey and figure skating sessions. Rental tickets may be purchased from Reception for \$3.95 each.



We strongly encourage all skaters to wear a helmet. **Helmets are available for borrow** at no cost during all public skating, hockey and figure skating sessions.

**Skate sharpening available!** Drop off & pick up your skates from Reception. May require up to 48hrs to complete.  
\$6.05/sharpen or \$54.45 for 10.

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