

# Panorama RECREATION

FALL  
2024



REGISTRATION OPENS 6:30AM



General  
Programs



Swim  
Lessons

CRD

Making a difference...together

[panoramarecreation.ca](https://www.panoramarecreation.ca)

[/panoramarecreation](https://www.facebook.com/panoramarecreation)

[@Panorama\\_Rec](https://www.twitter.com/Panorama_Rec)

[@panoramarec](https://www.instagram.com/panoramarec)

  
Panorama  
RECREATION  
Live well. Have fun.

# WELCOME!

Panorama Recreation promotes individual and community wellness by providing recreation opportunities in an effective and efficient manner reflecting the needs of our communities. We believe that everyone should have an opportunity to participate in recreation activities and, with that, are committed to providing a safe, welcoming, positive and inclusive environment where everyone is valued and respected.

**WE ARE  
HIRING**  
JOIN OUR TEAM



View current opportunities at [panoramarecreation.ca](http://panoramarecreation.ca)

Like free drop-in? Come work with us! We are pleased to offer all staff free access to swimming, skating, weight room and fitness classes\*, plus discounted court rentals and program registrations\*. \* Some restrictions apply.

## PROGRAM REGISTRATION DATES

ACTIVITY	REGISTRATION DATE
General Programs	Tuesday, Jul 23 @ 6:30am
Swim Lessons	Tuesday, Aug 27 @ 6:30am (Visible online Tuesday, Aug 20)

For more registration information, see p 58 & 59.

## LET'S CONNECT

- [panoramarecreation](#)
- [Panorama\\_Rec](#)
- [panoramarec](#)

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## CONTACT US

- [info@panoramarec.bc.ca](mailto:info@panoramarec.bc.ca)
- [panoramarecreation.ca](http://panoramarecreation.ca)
- 250 656 7271 / 250 656 7055

## FACILITIES

Located on the beautiful Saanich Peninsula, Panorama Recreation offers innovative facilities and quality programs and services to accommodate our growing community. Panorama Recreation operates Panorama Recreation Centre and Greenglade Community Centre, and provides programs and services in additional facilities such as the Central Saanich Cultural Centre and North Saanich Middle School.

Visit us online at [panoramarecreation.ca](http://panoramarecreation.ca) for current facility hours.



Panorama Recreation is a space where the LGBTQI+ community can freely express themselves without fear. It is a space that does not tolerate violence, bullying, or hate speech towards the LGBTQI+.

### PANORAMA RECREATION CENTRE

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



- Two arenas
- An indoor swimming pool and indoor leisure pool with the tallest wheelchair-accessible waterslide in the region
- Indoor tennis courts, two outdoor tennis courts, squash, and racquetball courts
- Weight room and fitness studio
- Three small multi-purpose rooms
- Accessible playground
- Outdoor Jumpstart Multi Sport Court

### GREENGLADE COMMUNITY CENTRE

2151 Lannon Way, Sidney, BC, V8L 3Z1



- Gymnasium
- Activity rooms for program use
- Pottery studio
- Weight and fitness room, mind and body studio, and dance studio
- Lounge and sports fields
- Licensed childcare
- Community Garden
- Accessible playground

## TERRITORIAL ACKNOWLEDGMENT

The CRD conducts its business within the traditional territories of many First Nations, including but not limited to BOKÉCEN (Pauquachin), MÁLEXEL (Malahat), P'a:chi:da?ah (Pacheedaht), Pune'laxutth' (Penelekut), Sc'ianew (Beecher Bay), Songhees, STÁUTW (Tsawout), T'Sou-ke, WJOLEP (Tsartlip), WSIKEM (Tseycum), and x<sup>w</sup>sepsəm (Esquimalt), all of whom have a long-standing relationship with the land and waters from time immemorial that continues to this day.

# ADMISSION FEES

## SINGLE ADMISSION FEES

Rates in effect September 1, 2023

Under 6 Years	FREE
6 - 18 Years	\$3.90
19 - 59 Years	\$7.25
60 Years+	\$5.85
Family (2 adults & up to 3 youth (max 18 years) or 1 adult & up to 4 youth (max 18 years))	\$14.50

# ACTIVE PASSES

Pick up an Active Pass and get access to swim, skate, fitness, weight room and sport drop-ins.

Some restrictions apply. All rates include GST.

For all pass details, visit [panoramarecreation.ca](http://panoramarecreation.ca)

PER-VISIT PASSES	6 - 18 Years	19 - 59 Years	60 Years+
10 Visits	\$35.10	\$65.25	\$52.65
25 Visits	\$82.90	\$154.05	\$124.30
50 Visits	\$156	\$290	\$234

Active Passes can be purchased & renewed online at [panorama-recreation.ca](http://panorama-recreation.ca)

MONTHLY PASSES	ONE MONTH PASS	CONTINUOUS PASS Cost per month	ANNUAL PASS (Paid in full)
Adult (19 yrs+)	\$62.10	\$62.10 (1st month) \$33.70	\$404.15
Family - One Adult*	\$72.10	\$72.10 (1st month) \$41.85	\$501.90
Family - Two Adults**	\$124.20	\$124.20 (1st month) \$67.40	\$808.30
Youth (18 years & Under)	n/a	n/a	\$97.75

\*Family - 1 adult and up to 4 youth (max 18 yrs) living in the same household.

\*\*Family - 2 adult and up to 3 youth (max 18 yrs) living in the same household.

Regional Annual Pass	PER-MONTH COST \$46	PAID IN FULL \$552
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Annual regional passes are not eligible for cancellation or extensions. A \$25 administration fee is applied at time of purchase if using monthly payment plan to purchase the annual regional pass.



## What is the Continuous Pass?

Much like the 12- or 6-month Active Pass with scheduled payments, but without the renewal process. Your pass will be valid continuously until you request to cancel it. Prefer to pay in full? No problem! Purchase a One Month or Annual Pass.

## Changed your mind?

Cancel your Continuous Pass any time before your next scheduled payment. You will continue to have access until the end of your current paid month.

## Convert your existing pass to a Continuous Pass!

Any current Active Pass may be converted to a Continuous Pass up to seven days after expiry.

## Fee Increases

All passes including the Continuous Pass are subject to fee increase per the Fees & Charges Bylaw.

## Failed Payments

After 3 failed attempts to obtain payment, your Continuous Pass will be cancelled and must be re-purchased as a new pass.

## More Information

- Active Passes are valid at Panorama Recreation Centre & Greenglade Community Centre.
- In accordance with our Terms & Conditions no refunds or cancellations are offered on Per Visit or Paid in Full Active Passes unless for compassionate or medical reasons. The Continuous Active Pass can be cancelled at any time.
- Replacement fee for lost or stolen cards is \$10.50.
- Visit us online for a complete list of our Active Pass policies.

## FINANCIAL ASSISTANCE

A regional initiative supported by the Greater Victoria Active Communities committee, the LIFE Program is intended to reduce financial barriers to recreation. For more information visit us online at [panoramarecreation.ca](http://panoramarecreation.ca)



# COURT BOOKINGS



## TENNIS, SQUASH, RACQUETBALL, WALLYBALL AND TABLE TENNIS

### @ PANORAMA RECREATION CENTRE

**SINGLE SESSIONS** - Book a single session online or via Reception up to 7 days in advance.

**RECURRING BOOKINGS** - Request a weekly or bi-weekly timeslot for the season or a portion of it. For more details or to submit a request, please see the Book a Court section of our website at [panoramarecreation.ca](http://panoramarecreation.ca)

TENNIS	Indoor	Outdoor
Prime Mon - Fri, 9 AM - 1 PM & 6 - 9 PM	\$29.30/hr*	\$6.25/hr
Economy Mon - Fri, 1 - 6 PM & Weekends, All Day	\$27.30/hr*	
Non-Prime All days before 9 AM	\$16.80/hr*	

SQUASH, RACQUETBALL, WALLYBALL AND PINGPONG	Indoor
Prime Mon - Fri, 5:15 - 9 PM	\$16/45 mins*
Non-Prime Mon - Fri Before 5:15 PM & Weekends, All Day	\$12.80/45 mins*

## PICKLEBALL

### @ GREENGLADE COMMUNITY CENTRE

**RECURRING BOOKINGS** - Build your own group and join us for a weekly court rental. Visit the Programs > Adult > Sports section of our website for more details and to view the days and times available this season.



# SPECIAL EVENTS

## SEPTEMBER



**Wednesday, 5:15-6:15pm**  
**FREE - HAVE A GO**  
**WHEELCHAIR TENNIS FOR KIDS**  
Panorama Recreation Centre

Come give wheelchair tennis a try! Kids of all abilities welcome, 6-15 yrs. RSVP appreciated (ID# 139205) but, drop-ins welcome. Some equipment, wheelchairs and racquets, will be available for borrow or bring your own.



**Thursday, 6:45-8:15pm**  
**FREE - HAVE A GO**  
**WHEELCHAIR TENNIS FOR ADULTS**  
Panorama Recreation Centre

Come give wheelchair tennis a try! Individuals of all abilities welcome, 15 yrs+. RSVP appreciated (ID# 139207) but, drop-ins welcome. Some equipment, wheelchairs and racquets, will be available for borrow or bring your own.



**Friday - Sunday**  
**MIXED SINGLES TRIPLE KNOCKOUT**  
**TENNIS TOURNAMENT**  
Panorama Recreation Centre

Each player guaranteed at least 3 matches! Registration required (ID# 139443). Matches will be scheduled Friday evening and Saturday/ Sunday through the day. View the online listing of the event for full details. Early bird pricing in effect until early September!



**Monday, 1 - 2:20pm**  
**PRO-D DAY \$2 SKATE**  
Panorama Recreation Arena A

**Monday, 12 - 3pm**  
**PRO-D DAY \$2 SWIM**  
Panorama Recreation Pool

Join us for a fun-filled Pro-D day! Bring your family and friends for swimming and skating fun, music, games and prizes. Helmets available free of charge for skating.

# SPECIAL EVENTS

## OCTOBER



**Friday, 1 - 2:20pm**  
**PRO-D DAY \$2 SKATE**  
Panorama Recreation Arena A

Join us for a fun-filled Pro-D day! Bring your family and friends for swimming and skating fun, music, games and prizes. Helmets available free of charge for skating.

**Friday, 12 - 3pm**  
**PRO-D DAY \$2 SWIM**  
Panorama Recreation Pool

**Friday, 6:30pm**  
**SLIDER'S 15TH BIRTHDAY**  
Panorama Recreation Arena

Join Panorama Recreation and the Peninsula Panthers as we celebrate Slider's 15th birthday! Stop by the Arena Lobby at 6:30pm for some treats. Have a ticket to the Peninsula Panther's game? Slider will be on the ice during the first intermission for a stuffy toss!



**Saturday, 12 - 1:20pm**  
**HALLOWEEN SKATE**  
Panorama Recreation Arena A

Celebrate spooky season by wearing your costume on ice. Goblins, ghouls and witches all welcome at this Halloween-themed leisure skate intended for all ages. Skates are available for rent. Helmets available free of charge. Skating aids available upon request.



**Thursday, 9:30-11am**  
**SPOOKY SESSION @ KINDERGYM**  
Greenglade Community Centre

Pop on your favorite costume and step into our spooky Halloween event. Themed activity stations, decorations, and face painting will take place in addition to our regular Kindergym equipment. For children 1-5 years with guardian participation.

## TRICK OR TREAT? TREAT...THE KIDS TO A FREE SWIM OR SKATE!

Give a healthy treat this Halloween with Panorama's free swim or skate passes.

Drop-in passes are valid for youth 6 - 18 years.

\$7 for 5 passes, \$25 for 25 passes.  
On sale October 15th. Passes valid November 1-30 2024.





# SPECIAL EVENTS

## NOVEMBER



**Sunday, 12:40-1:40pm**  
**JERSEY SKATE**  
Panorama Recreation Arena A

All ages welcome for a jersey-themed skate extravaganza! Skates are available for rent. Helmets available free of charge. Skating aids can be used upon request.



**Monday, 1 - 2:20pm**  
**PRO-D DAY \$2 SKATE**  
Panorama Recreation Arena A

**Monday, 12 - 3pm**  
**PRO-D DAY \$2 SWIM**  
Panorama Recreation Pool

Join us for a fun-filled Pro-D day! Bring your family and friends for swimming and skating fun, music, games and prizes. Helmets available free of charge for skating.



# SPECIAL EVENTS



## DECEMBER



**GINGERBREAD HOUSE  
CHALLENGE**  
Panorama Recreation Centre

Pick up a gingerbread house kit from Panorama or Greenglade starting November 15 and decorate with your family, friends, teammates and co-workers! Deliver back to Panorama on December 1st to be displayed in our CFA Santa's Anonymous challenge! \$26 per house (family/friends entry) \$55 per house (business entry) All proceeds support CFA Santa's Anonymous.



Your completed creation will be left on display in the lobby over the month of December. The public will vote for their favourite creation, and the winners will receive a prize!



**Monday, 9:30-11am**  
**FROZEN FUN @ KINDERGYM**  
Greenglade Community Centre

Welcome the winter at our themed Kinderygm event. Enjoy winter crafts, games, and more seasonal surprises alongside our regular Kinderygm equipment during this exciting morning. For children 1-5 years with guardian participation.

## GIVE THE GIFT OF RECREATION - STOCKING STUFFERS

Give a gift of recreation with Panorama's drop-in passes. Drop-in passes are valid for youth 6 - 18 years.

\$7 for 5 passes, \$25 for 25 passes.

On sale December 1st. Passes valid December 26, 2024 - January 31, 2025



# SPECIAL EVENTS



## DECEMBER



**Daily Skates**  
**WINTER WONDERLAND**  
Panorama Recreation Centre

The arena will be decorated with penguins, polar bears, lights, a Christmas tree and of course, Santa Claus. Skate amongst the lights or take a break and watch the excitement around you. Please note: Skate aids available upon request.



**Saturday, 11am - 3pm**  
**WINTER WONDERLAND**  
**FAMILY CARNIVAL**  
Panorama Recreation Centre

Join us on the ice for some holiday fun for the whole family! Enjoy hot chocolate, kids games, painting on the ice, and a special visit from Santa in this beautiful winter wonderland. Please note: Skate aids available upon request.

# WINTER WONDERLAND

Friday, December 20th to Tuesday, Dec 31st

EACH YEAR, OUR ARENA IS TRANSFORMED TO BECOME A BEAUTIFUL

WINTER SCENE WITH LIGHTS, TREES, PENGUINS AND POLAR BEARS, AND OF COURSE A CHRISTMAS TREE AND SANTA CLAUS!

THROUGHOUT THIS WINTER SEASON, IGNITE YOUR HOLIDAY SPIRIT AND DROP-BY FOR ONE OF OUR DAILY PUBLIC SKATES, OR BOOK THE ICE FOR A PRIVATE FAMILY OR CORPORATE FUNCTION.



## FAMILY CARNIVAL!

**SATURDAY, DEC 21**  
**11 AM to 3 PM**

Join us for a special family carnival, complete with holiday tunes, hot chocolate, children's games and activities, and a special visit from Santa!



**BOOK YOUR PRIVATE**  
**SKATE FOR ONLY**  
**\$233! 250 655 2181**

**PLEASE NOTE: SKATE AIDS PERMITTED UPON REQUEST**

# PARTIES

## GYM PARTIES

Celebrate your next birthday with a Gym Party! Each party includes 1 hour of gymnasium free play, followed by 1 hour in a party room for up to 25 guests.

All Gym Parties include use of the giant inflatable obstacle course. Additional equipment include: kindergym toys, sports equipment, tumbling mats, and a mini bouncy castle! Gym parties are now double hosted and include face painting at every party.

**\$250**

1 yrs+

**Greenglade Community Centre Gymnasium & Room 7/9**

<b>SATURDAYS</b>	10am-12pm	11:30am-1:30pm
	1-3pm	2:30-4:30pm
<b>SUNDAYS</b>	11:30am-1:30pm	1-3pm
		2:30-4pm

### NOTES:

- Must be at least 36 inches tall to use the giant inflatable obstacle course. A mini bouncy castle is available for those less than 36 inches tall.
- All Gym Parties include 1 hour of gymnasium time followed by 1 hour in a party room. During the gymnasium time, the giant inflatable obstacle course is set up along with sports equipment, tumbling mats, kindergym toys, and a mini bouncy castle. Please bring your own decorations or activities for the party room. Fridge/freezer available.

## PARTY CANCELLATION POLICIES

Gym Party Cancellation Policy: Full refund if cancelled with more than 14 days' notice. 50% refund if cancelled with less than 14 days' notice. Parties cancelled with less than seven days notice will not receive a refund. Rebooking may be accommodated without penalty pending future availability.

## SKATING PARTIES

All Ages

Do it yourself party for 15 children or less. **\$129**  
Includes 3 hour room rental, 15 children & 5 adult admissions and rentals to the Everyone Welcome Skate.

**SATURDAYS** 11:45am-2:45pm

**SUNDAYS** 12:30pm-3:30pm

## AQUATIC PARTIES

All ages

Do it yourself party \$145

Hosted party\* \$180

Make a splash for your next birthday bash! These three hour parties are for 15 children and 5 adults.

**SATURDAYS & SUNDAYS** 12-3pm

### NOTES:

- Participants under 7 yrs must be within arms reach of an adult 16 yrs+. 1:3 ratio adults to children.
- Must be at least 42 inches tall to use the waterslide.
- 1.5 hours of pool time followed by 1.5 hours in the poolside room.
- Poolside and Island rooms seats up to 15 comfortably, 20 person maximum.
- Please bring your own decorations or activities for the poolside room. Fridge/freezer available.
- **\*Saturday hosted parties:** A party host will set up and play games, run age-appropriate activities, bring out pool equipment and lead an extra fun pool party! Party host will be in the water 12-1pm.
- Adult supervision required while participants are in the water.
- In the event a party host is not available host fees will be refunded and the party converted to a DIY pool party. Hosted parties booked within 7 days of party date require staff approval.



# SKATE & HOCKEY LESSONS

## PRIVATE & SEMI-PRIVATE SKATE LESSONS

### All ages

Private lessons are tailored to meet your skating needs.

- Pick your dates, times and number of sessions
- Lesson length flexibility (30, 45 or 60 mins)
- Go solo or sign up with friends (up to 3 people)
- Request your preferred instructor

Please contact Gabriella at [gzerr@panoramarec.bc.ca](mailto:gzerr@panoramarec.bc.ca) to book a custom lesson. \$30/30min.



For lesson dates and times, visit us online @ [panoramarecreation.ca](https://www.panoramarecreation.ca)

## GROUP SKATE LESSONS

### All ages

Learn to Skate Lessons for both preschool and youth run Friday afternoons and Saturday mornings.

### PARENT & TOT

#### 2 - 5 yrs

This class offers first time skaters an opportunity to get comfortable on the ice through play. The parent or guardian is shown tips and tricks to support their child in learning the skating fundamentals. Instructors will guide participants through activities to encourage skating physical literacy. Parents/Guardians may wear skates or ice cleats and a helmet.

### PRESCHOOL 1-4

#### 3 - 5 yrs

Preschool levels 1 to 4 are intended to build young skaters' confidence while having fun on the ice. Instructors will lead group games and activities to build fundamental skating skills such as balancing and marching!

### LEARN TO FIGURE SKATE

See p. 19

### SCHOOL AGE 1-7

#### 5 yrs+

School age levels 1 to 7 are geared towards children looking to gain fundamental skating skills in a small group setting. Children will have the opportunity to learn key skills such as skating backwards and crossovers through guided activities.

### MINI CANUCKS

See p. 20



## CONNECT WITH YOUR TEAM LEADER!

Have questions or concerns regarding your child's skating level or class?

Connect with the Team Leader wearing a red vest! They are there to support you and your child throughout the session.

# SWIM LESSONS

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## PROGRAM OVERVIEW

*Swim for Life! Never too young to learn, never too old to start!*

The Lifesaving Society Swim for Life® program is a comprehensive swim program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Learning Swim to Survive® skills are key foundations of the Swim for Life® program. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life® includes fun, hands-on activities that focus on teaching Water Smart® education for the whole family. Lessons that will last a lifetime!

## LESSON FORMATS

### Private Swim Lessons

Our private swim lessons can accommodate up to 3 participants of similar ability (within a 3-level range), making it an excellent option for small groups looking to learn and improve their swimming abilities together. The primary booker is responsible for coordinating participants and paying in full upon registration. Our experienced instructors provide personalized attention tailored to each individual's needs and swimming goals in a safe and supportive environment.

### Public Swim Lessons

Our weekly public swim lessons are organized by age and swimming ability as per the Lifesaving Society's Swim for Life® program. Participants learn in a group setting and are given the opportunity to improve their skills and abilities while making new friends! Individual feedback provided. Class sizes vary between 5-10 participants depending on level.

### Creative Craft'n Splash

Drop off your child for a morning of fun! Activities include play time outside, snack, story time, a creative craft and then a half-hour Swim lesson! Swimming ability is not required. Children should be dropped off wearing a dry bathing suit and old play clothes. Please dress for weather (rain or shine).



**Swim Lesson  
registration begins  
Tues, Aug 27 @ 6:30am**  
Online viewing Tues, Aug 20.

For lesson descriptions, dates  
and times, visit us online @  
[panoramarecreation.ca](http://panoramarecreation.ca)





## PARENT AND TOT (LEVELS 1-3)

4 - 36 mos

The Parent & Tot Program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so register in the level appropriate for the child's age: 4-12 months, 12-24 months, or 24-36 months.

## PRESCHOOL (LEVELS 1-5)

3 - 5 yrs

The Preschool program develops an appreciation and healthy respect for the water before these kids get in too deep. With our progression-based approach, we work to ensure 3-5 year olds become comfortable in the water and have fun while developing a foundation of water skills. Water Smart® education is in all Preschool levels.

## SWIMMER (LEVELS 1-6)

5 - 12 yrs

The Swimmer program makes sure your children learn how to swim before they get in too deep. Each level challenges children to develop safe entries, deep water support, underwater skills, and swimming strokes. Learn healthy habits by getting and staying fit in the water. Swimmer levels include fun, hands-on teaching activities that focus on teaching water safety – lessons that will last a lifetime!

## CANADIAN SWIM PATROL (ROOKIE, RANGER, STAR)

8 - 12 yrs

Prerequisite: Must complete Swimmer 6 or swim at equivalent ability

Canadian Swim Patrol is a 3-level award program is designed to take swimmers beyond the learn-to-swim program and provide them with basic lifesaving skills. Canadian Swim Patrol is recommended as a useful onramp to Bronze Medallion and Cross.

## YOUTH /TEEN SWIMMER (1-3)

13 - 16 yrs

Whether you're just starting out or just want help with your strokes, our program is for you! Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes. You'll be able to set your own goals in consultation with your instructor. Water Smart® education is in all Youth/Teen levels.

## ADULT SWIMMER (1-3)

16 yrs+

Whether you're just starting out or just want help with your strokes, our Adult swim program is for you! Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes. You'll be able to set your own goals in consultation with your instructor. Water Smart® education is in all Adult levels.

## HOME SCHOOL SWIM LESSONS

An opportunity for homeschooled children (5-12 yrs) to join the Lifesaving Society Swim for Life program. Registered participants are divided into two groups based on their swimming abilities (Swimmer 1-3) (Swimmer 4-6). While one group is participating in a 30-minute swim lesson the other group is having unsupervised free time. The groups will then switch.

## SWIM LESSON CANCELLATION POLICY

Swim lessons cancelled with less than three days notice will not receive a refund. For more information on our cancellation policy, see p. 58.

Note: To allow other to participate, please only register for lessons you plan to attend.

# CAMPS

## PRO-D DAY CAMP

5 - 11 yrs

Join us for a themed day of colourful crafts, outrageous games, and wild outdoor adventures! An activity schedule will be emailed in advance to those registered. No extended before or after camp care are available.

### Greenglade Community Centre

5 - 7 yrs

M	8:30am-4:30pm	Sep 23	\$46	138429
F	8:30am-4:30pm	Oct 25	\$46	138431
M	8:30am-4:30pm	Nov 18	\$46	138433

8 - 11 yrs

M	8:30am-4:30pm	Sep 23	\$46	138428
F	8:30am-4:30pm	Oct 25	\$46	138430
M	8:30am-4:30pm	Nov 18	\$46	138432

## POLAR EXPRESS WINTER BREAK CAMP

5 - 11 yrs

This holiday season, we're full speed ahead on the Polar Express with themed games, activities and crafts. Along with special trips such as skating and much more! Come along to get into the holiday spirit!

### Greenglade Community Centre Room 7

M-F	8:30am-4:30pm	Dec 23-Dec 27	\$138/3	138434
M,Tu, Th,F	8:30am-4:30pm	Dec 30-Jan 3	\$184/4	138435

## FINANCIAL ASSISTANCE

A regional initiative supported by the Greater Victoria Active Communities committee, the LIFE Program is intended to reduce financial barriers to recreation. For more information visit us online at [panoramarecreation.ca](http://panoramarecreation.ca)



## POTTERY PRO-D DAY CAMP

6 - 12 yrs

A fun afternoon of crafting and sculpting with clay! Participants will get to use their imaginations to build and small projects which will be fired and ready for pickup about 2 weeks after the class is completed. Other crafts and games will complement studio time. All materials included.

### Greenglade Community Centre Pottery Studio

*Instructor: Heather Verdin*

M	1pm-4pm	Sep 23	\$40	138799
F	1pm-4pm	Oct 25	\$40	138800
M	1pm-4pm	Nov 18	\$40	138801

## LEGO ROBOTICS (SPIKE ESSENTIAL) AND SCIENCE - GORILLA BATTLEBOTS ED!

6 - 10 yrs

BATTLEBOTS ENGAGE! Join our LITTLUNIVERSE for an exciting day of LEGO, CODING, and SCIENCE! Build your ultimate Battlebot in the morning for the big tournament in the afternoon! Take home a couple of science experiments! There's plenty of indoor/outdoor activities with game consoles, air hockey/foosball, arts/crafts, board games, and MORE! Get your own LITTLUNIVERSE camp t-shirt!

### Greenglade Community Centre Room 6

*Instructor: Littluniverse*

M	9am-4pm	Nov 18	\$120	138838
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# EARLY YEARS

## KINDERGYM

1 - 5 yrs

Join us for free-play fun in the gymnasium featuring ride-on toys, a mini bouncy castle, tumbling mats, slides, music, and more! Parent participation required. \$4/child.

Reserve your spot online, or drop-in if space remains. Guardian participation required. Maximum 35 children per session.

### Greenglade Community Centre Gymnasium

M-Th 9:30am-11am Sep 16-Dec 19

## TOYS & TUMBLES

2 - 5 yrs

Join us for Toys & Tumbles - a special weekend version of Kindergym! Aimed at preschool and early school-aged children, attendees can expect ride-on toys, tumbling mats, slides, and our giant inflatable obstacle course. Must be at least 3ft tall to use the inflatable course. \$4.5/child.

Reserve your spot online, or drop-in if space remains. Guardian participation required. Maximum 25 children per session.

### Greenglade Community Centre Gymnasium

Su 9:30am-11am Sep 15-Dec 15

# ARTS & CULTURE

## MINI ART SERIES

3 - 5 yrs

In this series we will explore new mediums, experimenting and creating. We will learn about these mediums with new projects each class. No experience is necessary. All supplies and curated projects included. Please come prepared wearing clothing for fun, paint and creativity!

### McTavish Academy of Art - Art Studio

F	9:30am-10:15am	Sep 6-Nov 1	\$140/8	139183
F	9:30am-10:15am	Nov 8-Dec 20	\$123/7	139184

## ART ATTACK

4 - 6 yrs

Join us to create, make messes, and learn new skills in this artsy session. Each class includes opportunities for creative process-based art projects alongside guided crafts. Mediums include painting, collage, earth clay, and more. Dress for the mess and come prepared for splattery fun. Drop-off program with no parent/guardian participation required.

### Greenglade Community Centre Room 7

Su 11am-12:30pm Sep 22-Oct 13 \$100/4 138550

**KINDERGYM  
SPECIAL EVENTS**

**SPOOKY SESSION**  
Thursday  
October 31  
9:30-11am  
For details, see p. 8

**FROZEN FUN**  
Monday  
December 16  
9:30-11am  
For details, see p. 10

1-5yrs  
with  
Guardian

## MUSIC & DANCE

### KINDERMUSIK

*Instructor: Musicoastal (Jessica Burgess)*

#### Foundations

##### up to 1½ yrs

Did you know sound recognition begins in the womb? Foundations classes are all about exploring and reacting to new sounds, objects, and movements. Plus, parents and caregivers heighten connections with their babies by learning bonding techniques.

#### Greenglade Community Centre Room 5

Tu 10:45am-11:30am Sep 10-Nov 12 \$185/10 138842

#### Wiggle & Grow!

##### 1½ - 3½ yrs

Toddlers have tons of energy and curiosity. Wiggle and Grow classes are all about exploring creativity and enhancing cognitive development through singing, dancing, and instrument play, while grownups learn how to help unpack big emotions with music.

#### Greenglade Community Centre Room 5

Tu 9:30am-10:15am Sep 10-Nov 12 \$185/10 138843

#### Central Saanich Cultural Centre Room A

W 9:30am-10:15am Sep 11-Nov 13 \$185/10 138844

Sa 9:30am-10:15am Sep 14-Nov 16 \$185/10 139211

## PJ'S PRESCHOOL MUSIC

### 3 - 5 yrs

*Instructor: Pj Music*

#### Piano Semi-Private

A creative class for parent and child. Children will learn to find notes and play a song by the end of the course. They will also be taught to read music, play by the ear and compose their own songs.

#### Central Saanich Cultural Centre Room A

Su 11am-11:30am Sep 15-Oct 27 \$211/7 139248

Su 11am-11:30am Nov 3-Dec 8 \$183/6 139254

Su 2pm-2:30pm Sep 15-Oct 27 \$211/7 139253

Su 2pm-2:30pm Nov 3-Dec 8 \$183/6 139263

#### Preschool Piano

A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups. You do not need a piano at home to participate.

#### Central Saanich Cultural Centre Room A

Su 12:30pm-1pm Sep 15-Oct 27 \$183/7 139249

Su 12:30pm-1pm Nov 3-Dec 8 \$159/6 139258

Su 1pm-1:30pm Sep 15-Oct 27 \$183/7 139251

Su 1pm-1:30pm Nov 3-Dec 8 \$159/6 139261



## DANCING WITH MY FAMILY

9 mos - 2 yrs

This parent and child class is a great way to get moving and meet new friends! We clap and sing and move our feet to the rhythm and the beat. We wiggle and play with all sorts of props and boogie, boogie, boogie, until we almost drop! If you are looking for a creative movement class, come and join the fun!

### Allegro Performing Arts Centre

W	9:30am-10am	Sep 18-Oct 23	\$87/6	139038
W	9:30am-10am	Oct 30-Dec 4	\$87/6	139039

## TINY DANCERS

3 - 5 yrs

Children love to dance and dream. In an atmosphere of encouragement and imagination, your little dancer will be introduced to creative movement through dance and song along with some very basic ballet movement.

*Instructor: Allegro Performing Arts Centre*

### Panorama Recreation Centre Fitness Studio

W	3:15pm-3:45pm	Sep 18-Oct 23	\$87/6	139040
W	3:15pm-3:45pm	Oct 30-Dec 4	\$87/6	139042

### Allegro Performing Arts Centre

Sa	10:30am-11am	Sep 21-Oct 26	\$87/6	139075
Sa	10:30am-11am	Nov 2-Dec 7	\$87/6	139080

Sa	11:15am-11:45am	Sep 21-Oct 26	\$87/6	139076
Sa	11:15am-11:45am	Nov 2-Dec 7	\$87/6	139081

## SPORTS

### SKATE & SWIM LESSONS

Our lessons are organized by age and ability as per the Lifesaving Society's Swim for Life® and Greater Victoria Learn to Skate programs. See p. 13

### RHYTHMIC GYMNASTICS

3 - 5 yrs

Our classes are created around learning physical literacy, basic skills and musical awareness. We go over beginner apparatus skills with the rope, hoop, ball, ribbon, and scarves, and body elements such as pointed toes and straight knees and arms, as well as basic turns, balances, jumps and dance steps. Some skills incorporated into the show routine and be combined with music and expression.

### Greenglade Community Centre Gymnasium

*Instructor: Island Rhythmic Gymnastics*

Tu	4:15pm-5:15pm	Sep 10-Dec 10	\$252/14	139315
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### LEARN TO FIGURE SKATE

6 - 13 yrs

Specialty introductory course aimed to teach skaters the first steps to spins, jumps, and twirls. Gloves and a helmet mandatory. Skaters must have successfully completed School Age 2 prior to registration.

### Panorama Recreation Centre Arena A

F	4:40pm-5:20pm	Sep 13-Oct 25	\$66.50/7	138195
F	4:40pm-5:20pm	Nov 1- Dec 13	\$66.50/7	138256

NEW

### PARENT & TOT HOCKEY

3 - 5 yrs

Beginner hockey players will learn basic skating, puck handling, passing, and shooting with a parent. Full gear and helmet with cage required for child. Adults must wear skates, helmet, gloves and have a stick.

### Panorama Recreation Centre Arena A

F	3:50pm-4:20pm	Sep 13-Oct 25	\$51/7	138192
F	3:50pm-4:20pm	Nov 1-Dec 13	\$51/7	138237

Sa	10:15am-10:45am	Sep 14-Oct 26	\$51/7	138271
Sa	10:15am-10:45am	Nov 2-Dec 14	\$51/7	138340

## MINI CANUCKS

A helmet with facemask, and full hockey gear required.

### Panorama Recreation Centre Arena A

#### Starting OUT

##### 3 - 6 yrs

For the beginner hockey player who has passed pre-school level 2 or is able to glide on two feet. This class introduces stick handling, passing, shooting, with an emphasis on having fun.

F	3:20pm-3:50pm	Sep 13-Oct 25	\$51/7	138180
F	3:20pm-3:50pm	Nov 1- Dec 13	\$51/7	138230

Sa	9:45am-10:15am	Sep 14-Oct 26	\$51/7	138259
Sa	9:45am-10:15am	Nov 2- Dec 14	\$51/7	138330

#### Stepping UP

##### 4 - 7 yrs

For players who have completed Mini Canucks Starting Out. This course will progress on the fundamentals of hockey with an emphasis on having fun and teamwork.

F	3:20pm-3:50pm	Sep 13-Oct 25	\$51/7	138181
F	3:20pm-3:50pm	Nov 1-Dec 13	\$51/7	138231

Sa	9:45am-10:15am	Sep 14-Oct 26	\$51/7	138260
Sa	9:45am-10:15am	Nov 2-Dec 14	\$51/7	138332

## LEARN TO PLAY HOCKEY

### 6 - 13yrs

Specialty introduction to hockey lesson to learn basic skating, puck handling, passing, and shooting drills. Full gear required including neck guard and face cage. Must have completed skating level School Age 2.

### Panorama Recreation Centre Arena A

F	4:40pm-5:20pm	Sep 13-Oct 25	\$66.50/7	138196
F	4:40pm-5:20pm	Nov 1-Dec 13	\$66.50/7	138257

## GENERAL INTEREST

### BIRTHDAY PARTIES

Make a splash for your next birthday bash! Check out our aquatic, skate and gym parties. See p. 12

### BAKING BUDDIES

#### 3 - 5 yrs

Create tasty treats, wholesome snacks, and learn about the magic of baking. Each lass will include stories, songs, and crafts to match the tasty theme of the week - yes, we eat what we make! Drop-off program.

### Greenglade Community Centre Room 7

W	10am-12pm	Oct 30-Nov 20	\$115/4	138551
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# SCHOOL AGE

## ARTS & CULTURE

### KIDS ART SERIES - EXPLORING MEDIUMS

#### 5 - 12 yrs

In this series we will explore new mediums each class, experimenting and creating. We will learn about these mediums with new projects each class. No experience is necessary. All supplies and curated projects included. Please come prepared wearing clothing for fun, paint and creativity!

#### McTavish Academy of Art - Art Studio

##### 5 - 8 yrs

Sa	11am-12:30pm	Sep 7-Oct 26	\$133/7	139168
Sa	11am-12:30pm	Nov 2-Dec 14	\$133/7	139169
Su	11am-12:30pm	Sep 8-Oct 27	\$133/7	139176
Su	11am-12:30pm	Nov 3-Dec 15	\$133/7	139177
Tu	4pm-5:30pm	Sep 10-Oct 22	\$133/7	139160
Tu	4pm-5:30pm	Oct 29-Dec 10	\$133/7	139161
W	4pm-5:30pm	Sep 11-Oct 23	\$133/7	139164
W	4pm-5:30pm	Oct 30-Dec 11	\$133/7	139165

##### 8 - 12 yrs

Sa	1:30pm-3pm	Sep 7-Oct 26	\$133/7	139170
Sa	1:30pm-3pm	Nov 2-Dec 14	\$133/7	139172
Tu	6pm-7:30pm	Sep 10-Oct 22	\$133/7	139162
Tu	6pm-7:30pm	Oct 29-Dec 10	\$133/7	139163
W	6pm-7:30pm	Sep 11-Oct 23	\$133/7	139166
W	6pm-7:30pm	Oct 30-Dec 11	\$133/7	139167

##### 9 - 12 yrs

Su	1:30pm-3pm	Sep 8-Oct 27	\$133/7	139179
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## CARTOONING SERIES

#### 6 - 12 yrs

Artists will explore line, shape, colour and form to create cartoons in various styles. Using a variety of mediums (drawing, painting, sculpting) artists can depict narratives in comic strips, characters in anime or manga style, familiar and beloved cartoon-characters, and more. Beginner-friendly, but open to artists of any experience level.

#### McTavish Academy of Art - Art Studio

##### 6 - 9 yrs

Su	10am-11:30am	Sep 8-Sep 29	\$112/4	139180
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##### 9 - 12 yrs

Su	12pm-1:30pm	Sep 8-Sep 29	\$112/4	139181
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## POTTERY

#### 8 - 12 yrs

A wonderful opportunity for kids to learn and explore the art of pottery and clay sculpture. Your child will learn the basics of handbuilding with clay, and have the opportunity to try out the potter's wheel! Appropriate for all skill levels, your child will bring home several functional and sculptural pieces. All materials included.

#### Greenglade Community Centre Pottery Studio

*Instructor: Heather Verdin*

W	4pm-5:30pm	Sep 11-Oct 9	\$100/5	138678
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## FINANCIAL ASSISTANCE

A regional initiative supported by the Greater Victoria Active Communities committee, the LIFE Program is intended to reduce financial barriers to recreation. For more information visit us online at [panoramarecreation.ca](http://panoramarecreation.ca)



## MUSIC & DANCE

### PJ'S MUSIC

6 - 10 yrs

*Instructor: Pj Music*

Music instruments may be rented from PJ Music Studios 250-213-9343.

#### Central Saanich Cultural Centre Room A

##### Piano for Kids (Semi-Private)

A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups.

Su 11:30am-12pm Sep 15-Oct 27 \$211/7 139270

Su 11:30am-12pm Nov 3-Dec 8 \$183/6 139274

Su 2:30pm-3pm Sep 15-Oct 27 \$211/7 139273

Su 2:30pm-3pm Nov 3-Dec 8 \$183/6 139277

##### Piano for Kids (Group)

A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups.

Su 12pm-12:30pm Sep 15-Oct 27 \$183/7 139271

Su 12pm-12:30pm Nov 3-Dec 8 \$159/6 139275

Su 1:30pm-2pm Sep 15-Oct 27 \$183/7 139272

Su 1:30pm-2pm Nov 3-Dec 8 \$159/6 139276

##### Ukulele for Kids (group)

A creative class for parent and child. Children will learn to find notes and chords, and play a song by the end of the course. They will also be taught to read music, rhythm and compose their own songs.

Su 3pm-3:45pm Sep 15-Oct 27 \$261/7 139279

Su 3pm-3:45pm Nov 3-Dec 8 \$213/6 139284

##### Guitar for Kids (Group)

Get to know your guitar, from the headstock to the body, and understand how it makes beautiful sounds! Learn how to tune your guitar like a pro to ensure your melodies sound amazing. Discover the secrets of reading music and play your favorite songs from sheet music and tabs. Find out the perfect way to hold your guitar comfortably and play without straining. Start strumming and plucking your way to playing easy melodies that will amaze your family and friends. Master basic strumming patterns that will have you grooving to the beat in no time! Guitars can be rented from PJ Music Studios 250-213-9343.

Su 3:45pm-4:30pm Sep 15-Oct 27 \$261/7 139282

Su 3:45pm-4:30pm Nov 3-Dec 8 \$213/6 139285

##### Guitar for Kids (Semi-Private)

Get to know your guitar, from the headstock to the body, and understand how it makes beautiful sounds! Learn how to tune your guitar like a pro to ensure your melodies sound amazing. Discover the secrets of reading music and play your favorite songs from sheet music and tabs. Find out the perfect way to hold your guitar comfortably and play without straining. Start strumming and plucking your way to playing easy melodies that will amaze your family and friends. Master basic strumming patterns that will have you grooving to the beat in no time! Guitars can be rented from PJ Music Studios 250-213-9343.

Su 6pm-6:30pm Sep 15-Oct 27 \$211/7 139283

Su 6pm-6:45pm Nov 3-Dec 8 \$183/6 139286

## TINY JAZZ/TAP COMBO

5 - 7 yrs

Do you have a dancer who is leaping and spinning all over your house? In this fun and creative class, dancers will learn basic jazz & tap techniques set to songs, music and rhythms.

**Allegro Performing Arts Centre**

*Instructor: Allegro Performing Arts Centre*

Sa	11:45am-12:30pm	Sep 21-Oct 26	\$110/6	139125
Sa	11:45am-12:30pm	Nov 2-Dec 7	\$110/6	139126

## TUTUS, JAZZ, AND HIP HOP COMBO

5 - 7 yrs

Do you have a dancer who is leaping and spinning all over your house? In this fun and creative class, dancers will learn basic ballet, jazz and hip hop techniques set to songs, music and rhythms.

**Panorama Recreation Centre Fitness Studio**

*Instructor: Allegro Performing Arts Centre*

W	3:45pm-4:30pm	Sep 18-Oct 23	\$110/6	139121
W	3:45pm-4:30pm	Oct 30-Dec 4	\$110/6	139123

## HIP HOP

6 - 11 yrs

Join the modern dance craze! Hip Hop is funky, fun and of course very hip! Learn the latest moves to all your favorite music. All levels welcome!

**Panorama Recreation Centre Fitness Studio**

*Instructor: Allegro Performing Arts Centre*

W	4:30pm-5:15pm	Sep 18-Oct 23	\$110/6	139122
W	4:30pm-5:15pm	Oct 30-Dec 4	\$110/6	139124

## FRIDAY DANCE FUSION

7 - 12 yrs

Join us for an energy filled class that explores Jazz, Hip Hop and Theatre Dance. Throughout the course you will have fun dancing along and learning something new with each style as it's introduced. Come try it out, this is a great way to learn multiple styles all at once and have some fun with your friends.

**Greenglade Community Centre Room 5**

*Instructor: Allegro Performing Arts Centre*

F	3:30pm-4:15pm	Sep 20-Dec 6	\$220/12	139120
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## GENERAL INTEREST

### KIDS IN THE KITCHEN

7 - 10 yrs

**North Saanich Middle School Food/Textiles Room**

#### Tasty Treats

Welcome to Kids in the Kitchen! All abilities are welcome as we work together to whisk, bake, and fry delicious and tasty treats. Bring out your inner sweet tooth and learn some new skills and recipes along the way. Then take those skills and new recipes home to continue your master chef journey. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers!

W 6pm-7:30pm Oct 16-Oct 30 \$63/3 139198

#### Cheese Please

Welcome to Kids in the Kitchen! All abilities are welcome as we work together to create delicious and creamy dishes with one of the world's most delectable ingredients, cheese! Each week will focus on a new and tasty cheesy recipe. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers!

W 6pm-7:30pm Nov 13-Nov 27 \$63/3 139199

### LEGO ROBOTICS

*Instructor: Littluniverse*

**Greenglade Community Centre Room 6**

#### (Spike Essential) - Beginner Level

6 - 8 yrs

Battlebots, Boats, Mini Games, Snowmobiles, Cave Cars, Animal Alarms, Helicopters, Cable Cars, Ferris Wheels and SO MUCH MORE! The builds are endless! Come take your building skills to another level while learning about motors, sensors, coding and more! Program exciting interactive objects that move, react, and make sounds! No prior coding/programming experience is necessary. Participants recommended having some experience with Lego.

Su 9:30am-10:30am Sep 22-Nov 24 \$120/8 138834

#### (Wedo 2.0) - Intermediate Level

7 - 10 yrs

Rock and Roll with the Guitarist! Take a ride on the CH-47 Chinook Helicopter! Run away from the Mosasaurus from Jurassic World! The builds are endless! Come take your building skills to another level while learning about motors, sensors, coding and more! Program exciting interactive objects that move, react, and make sounds! No prior coding/programming experience is necessary. The builds in this class will only be from the more medium to difficult builds in our WEDO 2.0 library.

Su 10:45am-12:15pm Sep 22-Nov 24 \$172/8 138835

#### (Mindstorms EV3) - Advanced Level

8 - 14 yrs

Rock and Roll with an EV3 Guitar! Battle your opponents with the ultimate Battlebot! Organize bricks using the Color Sorter Factory! Train your pet Dog! And so MUCH MORE! Come and program exciting interactive objects that move, react, and make sounds! No prior coding experience is necessary. Participants should be proficient at building Lego.

Su 12:30pm-2pm Sep 22-Nov 24 \$204/8 138836

#### Sumo Boys Tournament Workshop!

9 - 14 yrs

Think you have what it takes to take your building/programming skills to another level?! You and 2 other participants will be one of two teams representing North Saanich! Your team will design, build, and program a Sumo Robot to compete in the tournament (Nov 9) at Gordon Head Recreation in Saanich. For the workshop there will be a 1 hour lunch break (outside if weather permits) and 2 snack breaks. Participants will get their own LITTLUNIVERSE t-shirt.

Su 9am-4pm Oct 27 \$135 138839



## 2D GAME DESIGN - BEGINNER LEVEL - "PLATFORM PVP ED"

7 - 11 yrs

Don't just be the gamer, become the creator! Create your very own PVP style game like Super Smash Bros, Street Fighter and more! Using Gamedesigner this program will help kids develop their creativity and turn their imaginations into reality. You will create different characters each with their own unique special abilities, design unique backdrops and levels and more! Each participant will get to take home their game with them at the end of the program. Have your friends and family play it! No prior coding/programming experience is necessary.

**Greenglade Community Centre Room 6**

*Instructor: Littluniverse*

Su 2:30pm-4pm Sep 22-Nov 24 \$172/8 138837

## LEADERSHIP & TRAINING

### HOME ALONE

9 - 12 yrs

This program is designed for the modern child who spends more time on their own. The after school time or occasional short outings for parents are easily dealt with when children are well prepared. This three-hour course focuses on dealing with home and personal safety, emergency situations and strangers

**Greenglade Community Centre Room 6**

*Instructor: Kathleen Lee*

Sa	9:30am-12:30pm	Sep 14	\$40	139234
Sa	9:30am-12:30pm	Oct 26	\$40	139236

## SPORTS

### SPABA LITTLE DRIBBLERS

5 - 9 yrs

This program introduces younger children to the exciting, fast-paced sport of basketball. Sessions will be high energy and aimed at the introduction and development of basic basketball skills with a focus on having fun while learning. Participants will also receive a T-shirt and basketball to keep.

**North Saanich Middle School Gymnasium**

*Instructor: Saanich Peninsula Amateur Basketball Association*

5 - 7 yrs

Su	2:30pm-3:30pm	Nov 17-Feb 2	\$105/10	138846
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8 - 9 yrs

Su	3:45pm-4:45pm	Nov 17-Feb 2	\$105/10	138848
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## OUT OF SCHOOL CARE

(Kindergarten - Grade 5)



Operating M-F from 3-5:30pm, our program includes an engaging lineup of new activities & local outings each month, along with daily healthy snacks! Open to children from KĒLSET, Sidney Deep Cove, Brentwood and Keating Elementary schools.

Out of School Care is currently full for the 2024/2025 school year. For more information and to join our waitlist visit [panoramarecreation.ca](http://panoramarecreation.ca)

## ARCHERY

### North Saanich Middle School Gymnasium

*Instructor: Pacific Archery Academy*

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. All levels welcome, equipment is provided. Lots of fun!

#### Youth, 9 - 16 yrs

W	6pm-7pm	Sep 4-Oct 9	\$145/6	138854
W	6pm-7pm	Oct 16-Nov 20	\$145/6	138855

Sa	10:15am-11:15am	Sep 7-Oct 12	\$145/6	139027
Sa	10:15am-11:15am	Oct 19-Nov 23	\$145/6	139028

Su	9am-10am	Sep 8-Oct 13	\$145/6	139030
Su	9am-10am	Oct 20-Nov 24	\$145/6	139031

#### Advanced Youth. 9 - 18 yrs

This advanced youth archery program is for experienced archers who understand the basics and are looking to further develop their skills in a more competitive environment. In this extended series, we will shoot from a further distance and learn more refined techniques throughout the program. Please ensure you have previous experience before registering.

W	7:15pm-8:15pm	Sep 4-Nov 20	\$290/12	138849
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#### 8 yrs+ with Parent/Guardian

Learn together! 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. All levels welcome, equipment is provided. Lots of fun!

Sa	11:30am-12:30pm	Sep 7-Oct 12	\$185/6	139739
Sa	11:30am-12:30pm	Oct 19-Nov 23	\$185/6	139740

Su	11:30am-12:30pm	Sep 8-Oct 13	\$185/6	139741
Su	11:30am-12:30pm	Oct 20-Nov 24	\$185/6	139742

## RECREATIONAL RHYTHMIC GYMNASTICS

#### 6 - 12 yrs

Our recreational class develops apparatus skills with the rope, hoop, ball, ribbon, and scarves. Along with apparatus skills, we develop physical literacy, body skills and awareness through balance, turn, jump and dance techniques as well as challenge the participants with special awareness in relation to their peers. We will work with the abilities of each participant to ensure they are appropriately challenged throughout the classes and session. The skills learned in these classes will be incorporated with expression and musical awareness into a routine that will be performed at the session end show.

### Greenglade Community Centre Gymnasium

*Instructor: Island Rhythmic Gymnastics*

Tu	5:15pm-6:15pm	Sep 10-Dec 10	\$252/14	139318
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## POWER UNLIMITED WITH DENNISE BOWLES

9 - 14 yrs

Dennise Bowles of Power Unlimited brings years of experience and expertise to these programs. Dennise has worked with Victoria's best hockey players helping them reach the BCHL, WHL, NCAA, ECHL, AHL NHL. Come out and take your game to the next level. Balance, Acceleration, Agility, Speed, Explosive Starts, Edge Control and Game Stride are all part of the challenging and rewarding program. Power Unlimited offers high quality instruction with a dedication to the improvement of each student. Full hockey gear is required.

### Panorama Recreation Centre Arena B

*Instructor: Dennise Bowles*

W 4:10pm-5pm Oct 2-Dec 11 \$168/11 138290

## TENNIS

### PRIVATE TENNIS LESSONS

6 yrs+

Get one-on-one support learning or advancing your tennis techniques and tactics with private lessons! Interested in making these semi-private? Up to 4 participants of similar skill level welcome. No extra cost to share the set with one other participant. A small group fee will be applied for groups of 3-4.

Visit the Registered Private Lessons section of our online registration page for more information and sign up.

### Panorama Recreation Centre Indoor Tennis Courts

#### Beginner/Novice

These sets are suitable for players of beginner/novice skill (1-2.5 as per Tennis Canada's self-rating guide).

#### Intermediate+

These sets are suitable for players of 2.5-4.0 skill level as per Tennis Canada's self-rating guide.

NEW

## GIRL'S ONLY TENNIS



These programs are run in partnership with In Her Court. The programs are intended for female-identifying girls.

### Panorama Recreation Centre Indoor Tennis Court 1 & 2

*Instructor: In Her Court Coaches*

#### Group Lessons

9 - 12 yrs

For players who have previously taken tennis lessons and possess, or may still be developing, their tennis fundamentals. A three-quarter sized court and orange progressive tennis balls will predominantly be used. Using a game-based approach, coaches will focus on developing player's abilities to serve, rally, play at net and score. Pre-requisite: Successful completion of Red Level 1, Orange Level 1 or equivalent.

M 4:30pm-6pm, W 4pm-5:30pm  
Sep 9-Oct 30 \$252/14 139299

M 4:30pm-6pm, W 4pm-5:30pm  
Nov 4-Dec 18 \$234/13 139300

M 4:30pm-6pm Sep 9-Oct 28 \$117/6 139301

M 4:30pm-6pm Nov 4-Dec 16 \$117/6 139302

W 4pm-5:30pm Sep 11-Oct 30 \$156/8 139303

W 4pm-5:30pm Nov 6-Dec 18 \$137/7 139304

#### Team Tennis - Match Play

8 - 12 yrs

Come put all that you have practiced into action! Sessions will include organized warm-up and help with tactics, skill development and scoring, then organized match play. Participants will be divided into teams of similar strength, with players playing against others of similar ability. Focus of the first few weeks will be on practice, then those following on play. Fun and sportsmanship will be emphasized.

Pre-requisite: Successful completion of Red Level 1, Orange Level 1 or equivalent. A three-quarter sized court and orange progressive tennis balls will be used.

Su 3pm-4:30pm Sep 8-Oct 27 \$79/7 139306

Su 3pm-4:30pm Nov 3-Dec 22 \$90/8 139307

## GROUP LESSONS

Tennis Canada's Progressive Tennis program will be followed for these lessons. Progressive Tennis utilizes modified tennis balls, courts and nets to ensure young players are properly equipped to enjoy rallies and learn the fundamentals early on; allowing for easy transition to full court play.

### Panorama Recreation Centre Indoor Tennis Court 1

#### Red Ball 1

##### 5 - 7 yrs

Participants will be introduced to the foundational skills of tennis using half-courts and oversized, low-compression balls - maximizing learning and fun!

Th	3:45pm-4:45pm	Sep 12-Oct 10	\$65/5	139212
Th	3:45pm-4:45pm	Oct 17-Nov 14	\$65/5	139213
Th	3:45pm-4:45pm	Nov 21-Dec 19	\$65/5	139214

#### NEW Red Ball 2

##### 6 - 8 yrs

In this follow up to Red Ball 1, participants will continue developing their rally, serve and net play skills. Following the Progressive Tennis program, half-courts and oversized, low-compression balls will be used.

Pre-requisite: Successful completion of Red Ball 1.

Tu,Th	3:45pm-4:45pm	Sep 10-Oct 10	\$120/10	139215
Tu,Th	3:45pm-4:45pm	Oct 15-Nov 14	\$120/10	139216
Tu,Th	3:45pm-4:45pm	Nov 19-Dec 19	\$120/10	139218

#### Orange Ball 1

##### 8 - 10 yrs

Get a taste for tennis with this Progressive Tennis program; geared towards players just starting the game or needing more time to develop the fundamentals of serving, rallying, net play and scoring. Three-quarter sized courts and low-compression balls will be used - maximizing learning and fun!

Th	5pm-6:30pm	Sep 12-Oct 10	\$98/5	139220
Th	5pm-6:30pm	Oct 17-Nov 14	\$98/5	139221
Th	5pm-6:30pm	Nov 21-Dec 19	\$98/5	139222

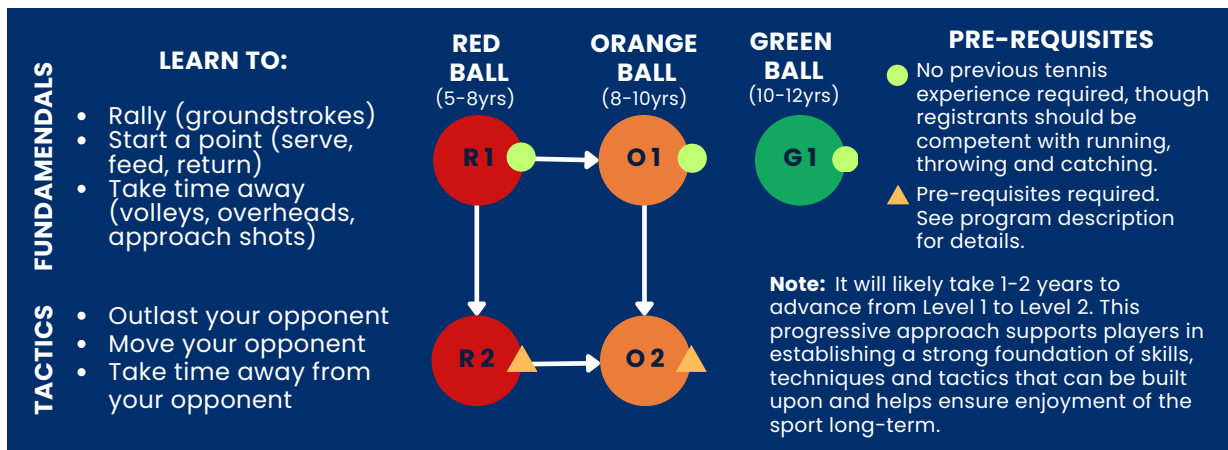
#### NEW Orange Ball 2

##### 8 - 10 yrs

In this follow up to Red Ball 2 or Orange Ball 1, participants will continue developing foundational techniques and tactics; learning to maintain rallies when receiving more challenging shots, serve with improved placement, approach the net and place volleys. Three-quarter sized courts and low-compression balls will be used.

Pre-requisite: Successful completion of Red Ball 2 or Orange Ball 1.

Tu,Th	5pm-6:30pm	Sep 10-Oct 10	\$180/10	139223
Tu,Th	5pm-6:30pm	Oct 15-Nov 14	\$180/10	139225
Tu,Th	5pm-6:30pm	Nov 19-Dec 19	\$180/10	139243



## Green Ball 1

### 10 - 12 yrs

Get a taste for tennis with this Progressive Tennis program; geared towards players just starting the game or needing more time to develop the fundamentals of serving, rallying, net play and scoring. Full-courts and low-compression balls will be used - maximizing learning and fun!

Tu	6:30pm-8pm	Sep 10-Oct 8	\$98/5	139260
Tu	6:30pm-8pm	Oct 15-Nov 12	\$98/5	139262
Tu	6:30pm-8pm	Nov 19-Dec 17	\$98/5	139264

## FINANCIAL ASSISTANCE

A regional initiative supported by the Greater Victoria Active Communities committee, the LIFE Program is intended to reduce financial barriers to recreation. For more information visit us online at [panoramarecreation.ca](http://panoramarecreation.ca)



NEW

## WHEELCHAIR TENNIS FOR KIDS

### 6 - 15 yrs

Learn to play or advance your skills in wheelchair tennis. It's the same sport you know and love - just permitting two bounces instead of one! Program geared towards players of beginner to novice skill level. Sessions will introduce participants to the foundational skills of tennis, plus provide opportunity to learn racquet skills, and improve physical literacy and on-court movement skills.

If you would like to discuss whether or not this program could be a good fit for you, or borrow a wheelchair, please contact Panorama's Racquet Sports Coordinator prior to program start - (250) 655-2177 or [info@panoramarec.bc.ca](mailto:info@panoramarec.bc.ca).

### Panorama Recreation Centre Indoor Tennis Court 1

W	5:45pm-6:45pm	Sep 18	Free	139205
W	5:45pm-6:45pm	Sep 25-Dec 18	\$59/13	139204



# YOUTH & TEEN

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## TEEN LOUNGE GREENGLADE

11 - 16 yrs

Teen Lounge, hosted at the Greenglade Community Centre, is a FREE pre-registered and drop in program for island youth. Teen Lounge is designed to be a safe and inclusive atmosphere for local teens to meet, connect, and relax with friends. The space features board games, interactive video games, couches and tables for lounging, as well as an open gymnasium for free play and organized activities. Register in advance to secure your space. A free shuttle to Panorama Recreation Centre is available during this program for those who would like to attend our Friday Night Swim or Skate. Admission to these activities is free for anyone who attends Teen Lounge! No return shuttle to Greenglade provided. Teens must arrive before 7pm to attend.

No Teen Lounge on pro-d days or statutory holidays.

### Greenglade Community Centre Room 9

F 6pm-8pm Sep 13-Dec 20 Free

# ARTS & CULTURE

## PAINTING SERIES

12 - 15 yrs

In this class, teens will have the opportunity to learn and practice their painting skills. They will learn basic painting techniques while learning about the Elements and Principles of Art from instructor, Madi Phaff, while building their confidence as artists. We will work with acrylic and watercolour paints. All supplies included.

### McTavish Academy of Art - Art Studio

Th 4pm-5:30pm Nov 28-Dec 19 \$76/4 139230

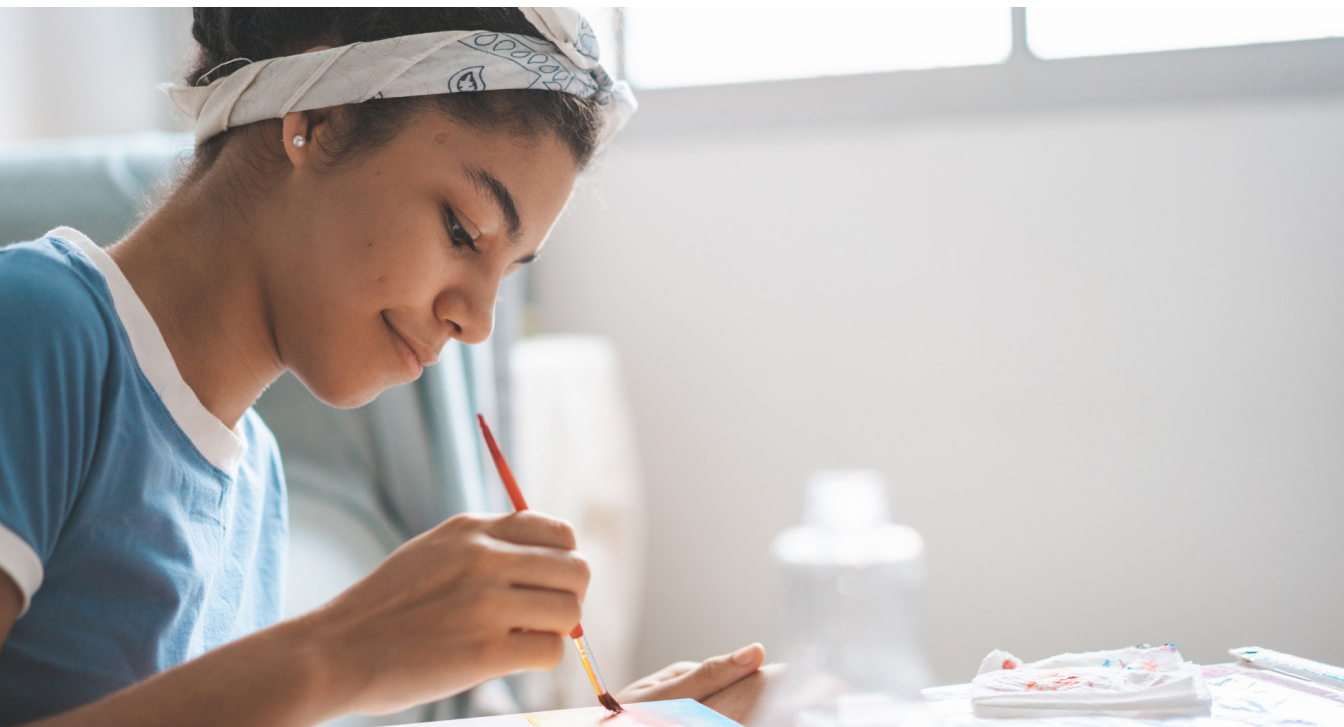
## DRAWING SERIES

12 - 15 yrs

In this class, teens will have the opportunity to learn and practice their drawing skills. They will learn basic drawing techniques while learning about the Elements and Principles of Art from instructor, Madi Phaff, while building their confidence as artists. All supplies included.

### McTavish Academy of Art - Art Studio

Th 4pm-5:30pm Oct 17-Nov 21 \$95/5 139219



## SCULPTING AND POTTERY HAND BUILDING

12 - 15 yrs

In this class, teens will have the opportunity to learn about sculpting with air dry clay and other mixed media supplies. They will learn basic hand sculpting techniques from instructor, Madi Phaff, while building their confidence as artists. All supplies included.

### McTavish Academy of Art - Art Studio

Th 4pm-5:30pm Sep 12-Oct 10 \$95/5 139217

## POTTERY

12 - 17 yrs

An opportunity for youth to express themselves through the art of clay. This class will allow teens to explore and develop their own visions, with lots of instructor support to build skills and prompt with ideas when needed. Youth will explore hand building techniques, and have ample opportunities to use the potter's wheel if desired. All materials included.

### Greenglade Community Centre Pottery Studio

*Instructor: Heather Verdin*

W 4pm-5:30pm Nov 6-Dec 4 \$100/5 138679

## GENERAL INTEREST

### BIRTHDAY PARTIES

Make a splash for your next birthday bash! Check out our aquatic, skate and gym parties. See p. 12

## DUNGEONS AND DRAGONS

12 - 17 yrs

Enter the world of Dungeons and Dragons! A welcoming environment for all players new and beyond to learn the game and create your own character. Follow along with our experienced Dungeon Masters as we explore the world of exciting adventure and fantasy!

### Greenglade Community Centre Room 9

Tu 6pm-8pm Oct 8-Nov 12 \$66/6 139197

## SPORTS

### SKATE & SWIM LESSONS

Our lessons are organized by age and ability as per the Lifesaving Society's Swim for Life® and Greater Victoria Learn to Skate programs. See p. 13

### PRIVATE TENNIS LESSONS

6 yrs+

Get one-on-one support learning or advancing your tennis techniques and tactics with private lessons! Semi-private options also available. See p. 28 for details.

NEW

### TENNIS - BEGINNER/NOVICE GROUP LESSONS

12 - 16 yrs

Get introduced to the fundamental skills, techniques and tactics of tennis! This program is suitable for brand new or beginner players who are just starting to play or have been introduced to the game but, have difficulty playing due to lack of consistency rallying and serving (1-1.5 skill rating as per Tennis Canada's self-rating guide).

### Panorama Recreation Centre Indoor Tennis Court 3

Th 6:30pm-8pm Sep 12-Oct 10 \$985 139278

Th 6:30pm-8pm Oct 17-Nov 14 \$98/5 139280

Th 6:30pm-8pm Nov 21-Dec 19 \$98/5 139281

NEW

### TENNIS - JUNIOR TNT: TECHNIQUES AND TACTICS

10 - 17 yrs

For competitive junior players interested in advancing their skills through drills developing technique and tactics in a game-based setting. Program intended for players with tournament play experience, 2-star or higher.

### Panorama Recreation Centre Indoor Tennis Court 1 & 2

Su 10am-11:30am Sep 8-Oct 27 \$158/7 139308

Su 10am-11:30am Nov 3-Dec 22 \$180/8 139309

## FITNESS

### FITNESS PROGRAMS

Many of our adult fitness programs have a minimum age of 12 yrs. See p. 50

### REGIONAL YOUTH WEIGHT ROOM ORIENTATION

13 yrs+

This orientation will provide 13-15 year olds with an introduction on how to safely use a recreation centre weight room. Content will include: Weight room guidelines and etiquette; cardio and weight training guidelines; orientation and instruction on how to use basic cardio and strength training equipment. Upon completion of this orientation, participants will receive a sticker which permits access to weight rooms at the following facilities: Panorama, Esquimalt, City of Victoria, Saanich, West Shore and Oak Bay Recreation Centre's.

#### Panorama Recreation Centre Weight Room

Sa	9am-11am	Sep 14	\$15	139051
Sa	9am-11am	Oct 19	\$15	139052
Sa	9am-11am	Nov 16	\$15	139053
Su	9am-11am	Sep 29	\$15	139054
Su	9am-11am	Oct 27	\$15	139056
Su	9am-11am	Nov 24	\$15	139058
Su	9am-11am	Dec 15	\$15	139060

## LEADERSHIP & TRAINING

### BABYSITTING TRAINING

11 - 15 yrs

Designed by the Canada Safety Council, this course covers rights and responsibilities, child development, behavior management, nutrition, safety, handling emergencies or sick children, games and basic first aid. Participants will work from a child care manual. Course graduates who successfully complete the course will be presented with a wall certificate and wallet card.

#### Greenglade Community Centre Room 6

Sa	9:30am-4pm	Sep 28	\$85	138824
Sa	9:30am-4pm	Nov 2	\$85	138825
Sa	9:30am-4pm	Nov 30	\$85	138826

## STANDARD FIRST AID WITH CPR C

12 yrs+

Standard First Aid with CPRC provides comprehensive training covering all aspects of first aid. In-depth topics include head/spinal injuries, bone breaks, heart attack, stroke, burns, and other medical emergencies.

#### Location: Panorama Recreation Centre Lookout Room

Sa-Su 9am-5:30pm Oct 5-Oct 6 \$160/2 139435

## BRONZE MEDALLION

13 yrs+ or Bronze Star Award

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

#### Location: Panorama Recreation Centre Lookout Room

Sa-Su 9am-4:30pm Sep 14-Sep 22 \$135/4 139432

## BRONZE CROSS

13 yrs+-

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision.

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Prerequisite: Bronze Medallion.

#### Location: Panorama Recreation Centre Lookout Room

Sa-Su 9am-4:30pm Sep 22-Sep 29 \$135/3 139433



## SWIM INSTRUCTOR COURSE

15 yrs+

Swim Instructors are trained using a competency-based model that walks them through teaching and evaluation philosophy. As well as techniques/approaches required to teach water safety, rescue, and related aquatic skills. Instructors also learn about long-term and short-term planning, class management, safety supervision, and the principles of evaluation.

Course includes an 8hr practicum, completed within course time.

Prerequisites:

- 15 years old (by the last day of the course)
- Bronze Cross

**Location: Panorama Recreation Centre Lookout Room**

Sa-Su 9am-5:30pm Oct 19-Nov 2 \$360/5 139434

## NATIONAL LIFEGUARD (NL)

15 yrs+

The NL program develops a sound understanding of lifeguarding principles, good judgment, communication skills, and a mature responsible attitude toward the role. Candidates will develop physical fitness, theoretical and practical knowledge. Fee includes whistle and pocket masks. Prerequisites: 15 years of age, Bronze Cross, and Standard First Aid with CPR C/AED. 100% attendance is mandatory.

**Location: Panorama Recreation Centre Lookout Room**

Sa-Su 8:30am-5:00pm Nov 23-Dec 8 \$360/6 139431



# POTTERY STUDIO

## @ GREENGLADE COMMUNITY CENTRE

16 yrs+

The Pottery Studio at Greenglade Community Centre is a fully-functioning studio that includes everything needed to see projects from start to finish - including wheels, work tables, a slab roller, handbuilding tools, glazes and a kiln! Services include clay purchase, project and supply storage, glazing, firing, classes and workshops. Learn more about our studio by visiting us online!

## MEMBERSHIPS & FEES

Available to current members of the pottery studio. Clay \$39.75/bag

	15-18 yrs	19 yrs+
Drop-in	\$9.40	\$9.40
10 Punch Pass	\$79.70	\$84
25 Punch Pass	\$189.40	\$199.75

## RESERVABLE DROP-IN HOURS

Pottery members only. Reserve your spot online up to 1 week in advance, unsupervised. Our pottery studio is at capacity, please join our waitlist online if you are an experienced potter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-11:30AM 11:30AM-2:30PM	BLOCK BOOKINGS	8:30-11:30AM 11:30AM-2:30PM	BLOCK BOOKINGS	8:30-11:30AM 11:30AM-2:30PM	9AM-12PM	9AM-12PM
2:30-5:30PM 5:30-8:30PM		2:30-5:30PM 5:30-8PM*		2:30-5:30PM**	12-3PM*	12-3PM

\*See online for dates, due to pottery classes there are some weeks these drop-ins will not be available.

\*\*Pottery studio members may bring a child with them into the studio for drop-in on Friday afternoons. Pottery members must pay drop-in or use their punch pass and drop-in for a child is \$5.

## RECURRING BOOKINGS RESERVED DROP-IN

16 yrs+

Register to reserve your spot in the pottery studio. Each session is 3 hrs in length with a maximum of 6 participants. All participants must be current members of the pottery studio.

M	8:30am-11:30am	Sep 9-Dec 16	\$108/12	139055	Th	8:30am-11:30am	Sep 5-Dec 19	\$144/16	139072
M	11:30am-2:30pm	Sep 9-Dec 16	\$90/10	139061	Th	11:30am-2:30pm	Sep 5-Dec 19	\$144/16	139073
M	2:30pm-5:30pm	Sep 9-Dec 16	\$90/10	139063	Th	2:30pm-5:30pm	Sep 5-Dec 19	\$144/16	139087
M	5:30pm-8:30pm	Sep 9-Dec 16	\$108/12	139064	Th	5:30pm-8:30pm	Sep 5-Dec 19	\$144/16	139088
Tu	8:30am-11:30am	Sep 3-Dec 17	\$144/16	139065	Sa	9am-12pm	Sep 7-Dec 21	\$144/16	139077
Tu	11:30am-2:30pm	Sep 3-Dec 17	\$144/16	139066					
Tu	2:30pm-5:30pm	Sep 3-Dec 17	\$144/16	139067	Su	9am-12pm	Sep 8-Dec 22	\$144/16	139079
Tu	5:30pm-8:30pm	Sep 3-Dec 17	\$144/16	139068					



# ADULT

## VISUAL ARTS & CRAFTS

### POTTERY

16 yrs+

Clay included in supply fee, additional clay for drop-in outside of class can be purchased at reception. No refunds will be provided after course start date, 72 hour refund policies applies to the series.

#### Greenglade Community Centre Pottery Studio

*Instructor: W - Heather Verdin  
F/Sa - Michale Fjeldstad*

#### Level 1

Ready to dive into the world of pottery? Join us for a comprehensive class covering the basics of clay and the pottery process. From centering and wheel throwing to basic hand building, you'll learn the essential techniques for creating stunning pieces. Start with raw clay and journey through trimming, adding handles, and finally, embellishing with decoration and glazing. Whether you're shaping cylinders, crafting bowls, or experimenting with hand-built designs, this class offers hands-on experience and expert guidance every step of the way. Unleash your creativity and discover the art of pottery with us!

F	6:30pm-9pm	Sep 13-Oct 18	\$215/6	138659
F	6:30pm-9pm	Nov 1-Dec 6	\$215/6	138660
W	6:30pm-9pm	Nov 6-Dec 11	\$215/6	138661

#### NEW Level 2

For those that can confidently throw on the wheel and are beyond beginner level, join our level 2 pottery class to elevate your skills in a supportive environment. In this class we will alter one project, make a French butter crock, and practice throwing small plates. Join us and take your pottery to the next level! Please bring your pottery tools and bats.

Sa	1:30pm-4pm	Sep 14-Oct 19	\$215/6	138664
Sa	1:30pm-4pm	Nov 2-Dec 7	\$215/6	138665

### POTTERY

Finished projects will be ready for pick up approximately 2 weeks post workshop following firing and glazing.

#### Greenglade Community Centre Pottery Studio

*Instructor: Heather Verdin*

#### Make a Mug

#### 13yrs+ or 2yrs+ with parent/guardian

Create a handmade clay mug in one class! A great opportunity to check out the Greenglade Pottery Studio and get your hands into clay. Come on your own, or bring a friend or family member to create with together. Parent and child 2yrs+ are welcome to attend and make a mug together. All levels welcome, supplies included.

Mugs are made using hand building techniques (not the potters wheel).

Su	2pm-4pm	Sep 15	\$38	138690
Su	2pm-4pm	Oct 6	\$38	138693
Su	2pm-4pm	Nov 3	\$38	138695

#### NEW Make a Flute

#### 15 yrs+

Learn how to make a small clay flute that really makes music! Flutes will be crafted using handbuilding techniques. You will learn how to carve them so they make sound and play multiple notes, and decorate them in the style of your choice. At the end of the session, you will have a working flute that we will fire and glaze for you. All materials included, no experience necessary.

Su	2pm-4pm	Oct 20	\$38	138700
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#### NEW Make an Ornament

#### 13yrs+ or 2yrs+ with parent/guardian

Create an assortment of clay holiday ornaments! A great opportunity to check out the Greenglade Pottery Studio and get your hands into clay. Come on your own, or bring a friend or family member to create with together. Parent and child 2yrs+ are welcome to attend and make an ornament together. All levels welcome, supplies included.

Su	2pm-4pm	Dec 1	\$38	138698
Su	2pm-4pm	Dec 8	\$38	138699

**NEW**

## POTTERY WORKSHOP -

### GLAZING

**13 yrs+**

This workshop will cover best practices for glaze application, discuss how to trouble shoot problems, and venture into some more advanced techniques. Bring your questions and some bisqueware to practice on, some additional bisque testers will be provided. Please note: to register you must be a current member of the Greenglade pottery studio.

**Greenglade Community Centre Pottery Studio***Instructor: Heather Verdin*

Su	1pm-4pm	Sep 22	\$50	138702
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**NEW**

## POTTERY WHEEL

### THROWING TASTER

**13 yrs+**

This two-session beginner class is perfect for those unable to commit to a full beginner session, or those wanting to brush up on some basic wheel throwing techniques. Students will have two sessions to work on the wheel with the guidance of an instructor. At the end of the second class you will be able to choose your best two pieces that we will fire and glaze for you. No experience necessary, all materials provided.

Registrants do not need to be a member of the Greenglade pottery studio to attend. Pottery Level 1 must be taken for those looking to become a member of the studio.

**Greenglade Community Centre Pottery Studio***Instructor: Heather Verdin*

Su	1pm-4pm	Nov 17-Nov 24	\$100/2	138798
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## BEGINNER ACRYLICS

**12 yrs+**

Are you wanting to enter the world of acrylic painting? Looking to revitalize your creativity? Join us for our Beginner Acrylics Painting Series. You will be guided through the basics of acrylic painting. No previous painting skills or experience required. Simply bring yourself and a growth mindset! Supplies included.

**McTavish Academy of Art - Art Studio**

Th	6pm-8pm	Sep 5-Oct 10	\$240/6	138804
Th	6pm-8pm	Oct 24-Dec 5	\$240/6	138805

F	11:30am-1:30pm	Oct 18-Nov 15	\$200/5	138806
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## BLOCK PRINTING

**12 yrs+****Greenglade Community Centre Room 6***Instructor: Greg Allen*

### Level 1

Block printing is a very versatile and easy-to-do printmaking process which enables you to create beautiful artwork for dozens of applications including greeting cards, frameable art and gift wrap. The price includes all the supplies, including your own the set of carving tools. No previous experience is required.

W	6:30pm-9:30pm	Sep 11-Sep 25	\$125/3	138802
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### Level 2

An intermediate class for those who have previous experience with block printing or who have taken the Block Printing Level 1 class. This class will cover lino block carving, registration techniques, multi-colour printing and the creation of limited editions. Students will supply their own carving tools and rollers. All other supplies will be included.

W	6:30pm-9:30pm	Oct 23-Nov 6	\$125/3	138803
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## MUSIC & DANCE

### **NEW** BALLROOM DANCE

16 yrs+

Looking for a fun and social activity that enhances your physical, mental and emotional well-being? Look no further, ballroom dancing is the answer. Ballroom dance improves balance, coordination and strength, cognitive function, relieves stress, is an outlet to express oneself artistically and emotionally, and fosters social connection and community. It's the ideal activity for couples to enjoy together, and a great way to meet and make new friends.

#### **North Saanich Middle School Multipurpose Room**

*Instructor: E & R Ballroom Dance Elizabeth Smailes*

#### **Waltz & Foxtrot**

Tu 7pm-7:55pm Sep 17-Oct 15 \$70/5 138602

#### **Jive**

Tu 8:05pm-9pm Sep 17-Oct 15 \$70/5 138603

#### **Tango**

Tu 7pm-7:55pm Oct 29-Nov 26 \$70/5 138604

#### **Cha Cha & Rhumba**

Tu 8:05pm-9pm Oct 29-Nov 26 \$70/5 138605

## LINE DANCING

16 yrs+

Learn modern line dance routines to many types of music including pop, show tunes, rock 'n' roll and country. Please wear soft soled non-marking shoes and dress comfortable.

#### **Greenglade Community Centre Room 4**

*Instructor: Claire Denney*

#### **Basic Beginner**

A beginner-level course that will share the basics, by the end of the first class, you will have learned a few routines, met new people, and had a good time!

Tu	1:30pm-2:45pm	Sep 3-Sep 24	\$36/4	138563
Tu	1:30pm-2:45pm	Oct 1-Oct 29	\$45/5	138564
Tu	1:30pm-2:45pm	Nov 5-Nov 26	\$36/4	138565
Tu	1:30pm-2:45pm	Dec 3-Dec 17	\$27/3	138566

Th	1:30pm-2:45pm	Sep 5-Sep 26	\$36/4	138567
Th	1:30pm-2:45pm	Oct 3-Oct 31	\$45/5	138568
Th	1:30pm-2:45pm	Nov 7-Nov 28	\$36/4	138569
Th	1:30pm-2:45pm	Dec 5-Dec 19	\$27/3	138570

#### **Beginner Level 2**

Learn modern routines to many types of music including pop, show tunes, rock 'n' roll and country. Good knowledge of basic steps, terminology and experience required. Participants must be comfortable learning at a faster pace.

M	1:30pm-3pm	Sep 9-Sep 23	\$28/3	138559
M	1:30pm-3pm	Oct 7-Oct 28	\$28/3	138560
M	1:30pm-3pm	Nov 4-Nov 25	\$28/3	138561
M	1:30pm-3pm	Dec 2-Dec 16	\$28/3	138562



## BEGINNER UKULELE

16 yrs+

Are you charmed by the warm, uplifting sound of the Ukulele? Master the art of reading sheet music and tabs, opening the door to playing a wide range of songs and genres. Dive into the world of open chords, the building blocks of countless songs, and gain the ability to strum and switch chords with ease. Start playing your favorite songs, from classic rock to soothing acoustic ballads, and impress your friends and family with your musical talent. Ukuleles can be rented from PJ Music Studios 250-213-9343.

### Central Saanich Cultural Centre Room A

*Instructor: Pj Music*

Su	4:30pm-5:15pm	Sep 15-Oct 27	\$261/7	138809
Su	4:30pm-5:15pm	Nov 3-Dec 8	\$213/6	138810

**NEW**

## SEMI-PRIVATE GUITAR

16 yrs+

Get to know your guitar, from the headstock to the body, and understand how it makes beautiful sounds! Learn how to tune your guitar and discover the secrets of reading music and play your favorite songs from sheet music and tabs. Find out the perfect way to hold your guitar comfortably and play without straining. Start strumming and plucking your way to playing easy melodies that will amaze your family and friends. Guitars can be rented from PJ Music Studios 250-213-9343. The materials fee is included in the cost.

### Central Saanich Cultural Centre Room A

*Instructor: Pj Music*

Su	6:30pm-7pm	Sep 15-Oct 27	\$159/7	138807
Su	6:30pm-7pm	Nov 3-Dec 8	\$183/6	138808

## TECHNOLOGY

### IPAD

16 yrs+

*Instructor: Mandy Ospina*

### Mastering the Basics & Beyond

Are you using the basic features of your iPad, but wondering what else you might be able to do with it? Join Mandy, who has taught Ed Tech workshops to university faculty, for this slower paced workshop. All levels are welcome in this relaxed and encouraging environment. We will explore important settings, contacts, email, privacy and security, FaceTime, and many other useful tips and tricks. Come and find out how to make your iPad work for you!

### Greenglade Community Centre Room 6

Tu	9:30am-11am	Sep 10-Sep 24	\$89/3	138594
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### IPHONE

### Mastering the Basics & Beyond

So, you have an iPhone and you've learned how to call, and maybe text, your family. You know there's more your phone can do, but you're not sure where to start! Join Mandy, who has taught Ed Tech workshops to university faculty, for this slower paced workshop. All levels are welcome in this relaxed and encouraging environment. We will explore important settings, texting, phone and contacts, privacy and security, email, and many other useful tips and tricks. Come learn the many uses of your iPhone - beyond just a phone!

### Greenglade Community Centre Room 6

Tu	9:30am-11am	Oct 8-Oct 22	\$89/3	138593
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## IPHONE & IPAD

16 yrs+

**Greenglade Community Centre Room 6**

*Instructor: Mandy Ospina*

### What's New in iOS 18

Every Fall, Apple typically releases a new version of iOS (the operating system, or underlying software, that makes our iPhone & iPad work). With the new iOS comes some changes and new features! Join Mandy at this one-day workshop to find out what's new, and how to navigate the changes. If we have time, we will also have a look at some of the most common questions and trouble areas with using an iPhone or iPad.

F 9:30am-11:30am Oct 11 \$39 139687

### Everything Photos

With recent advances in quality and features, iPhones and iPads are becoming the primary camera for many people. Join Mandy for this hands-on workshop that will explore the many incredible ways you can use your iPhone/iPad to capture and edit both images and video. Learn how to take panoramic photos, apply filters, create mini slideshows, capture and edit video, share your photos and videos, and more.

Tu 9:30am-11am Oct 29-Nov 12 \$89/3 138595

## Communication

Your iPhone and iPad are ideal for communication. In this course, we will look at how to best use your device to stay in touch with others. We will explore extra features of the phone, many texting tips and techniques, keyboard tips, and features of the Mail app. We will also have a look at other communication apps such as Whats App and Facebook Messenger. Please note: some features discussed in this course are not available on iPads (only iPhones).

Tu 9:30am-11am Nov 19-Nov 26 \$59/2 138597

### All About the Apps

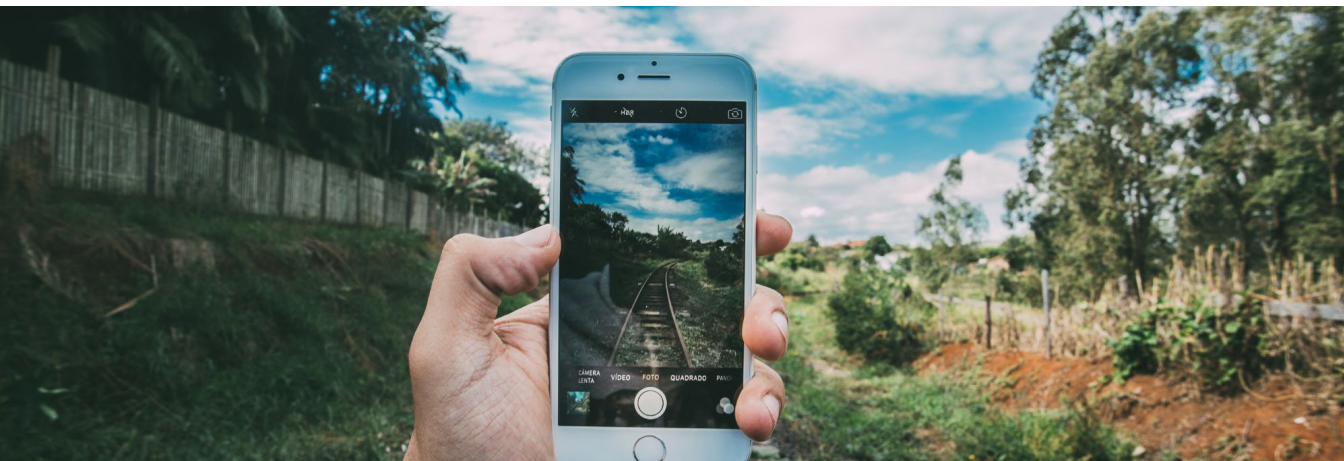
Once you have mastered the basics of your iPhone/iPad, it's all about the apps! This course will explore the many incredible apps that come with your device (such as the clock, weather, calculator, Voice Memos, Safari) and how to manage these apps. We will learn about home screen widgets, the app library, and how to update apps. We will then look at some of the amazing free apps that you can download from the App Store, and how to not only download these apps, but determine which apps are safe and what to consider when evaluating a new app.

Tu 9:30am-11am Dec 3-Dec 10 \$59/2 138596

### Creating a Photo Album

Is your iPhone/iPad full of photos, but you'd love to get these photos off your phone and onto the page? Join Mandy for this one-day workshop where we will learn how to create a photo album on our iPhone/iPad. We will explore the techniques and procedures, and then you can finish up the album at home and send it away for printing!

F 9:30am-11:30am Dec 6 \$39 138598



## GENERAL INTEREST

### WOOFER'S CANINE LEARNING ESSENTIALS

16 yrs+

Woofers Learning Essentials training classes uses kind and humane training methods. Perfect for any dog from 10 weeks upwards, whether a rescue with no training experience, a teenager who needs to revisit classes, or a puppy just beginning their training journey. Experience a fun, relaxed atmosphere, with only 6 dogs per class, so everyone gets personal attention. We teach the essentials you and your dog need to know in order to live together in harmony! Classes include how to focus on you, targeting (vital to learning other behaviors), stay, walking on leash, coming when called, along with leave it, and other fun, useful exercises. You'll also learn a lot about dog behavior along the way.

Classes include detailed handouts and videos along with email/phone access to your instructor during the course and for 4 weeks afterwards!

*Instructor: Bren Axon*

#### Central Saanich Cultural Centre Room B

Th	6:30pm-7:30pm	Sep 5-Oct 10	\$230/6	138576
Th	6:30pm-7:30pm	Oct 24-Nov 28	\$230/6	138577

NEW

#### Greenglade Community Centre Room 5

Su	3pm-4pm	Sep 8-Oct 13	\$230/6	138578
Su	3pm-4pm	Oct 27-Dec 1	\$230/6	138579

## WORKSHOPS & EDUCATION

### BEGINNER BRIDGE

18 yrs+

If you have never played bridge or need a brush up, this course is for you! Come learn the basic rules, strategy and etiquette for this fun, competitive game. Each class includes a lesson with tips and discussion, followed by practice times. All supplies including course manual included.

If you are new to taking Beginner Bridge, the manual (\$30) is mandatory. Please ensure you select the manual fee at check-out.

#### Greenglade Community Centre Room 6

*Instructor: Mike Dickie*

W	10am-12pm	Sep 25-Nov 13	\$80/8	138601
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NEW

### YEAR ROUND GARDENING

16 yrs+

Here on Southern Vancouver Island, good planning in the garden goes a long way and makes it possible to harvest produce from our gardens during every month of the year! Knowing when to sow seeds is important but it's just as crucial to know when and how to transition one crop to another. This talk will show you how to plan to grow year-round, care for your soil (it's key) how to protect your crops in winter and we'll even touch briefly on pests and diseases in the garden.

#### Greenglade Community Centre Room 6

*Instructor: Compost Education Centre*

F	10am-12pm	Sep 27	\$30	138816
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## FINANCIAL STRATEGIES FOR SUCCESSFUL RETIREMENT

18 yrs+

Learn to enhance ability to grow net worth during working years and to preserve financial resources once retired.

Course topics: Understanding the financial services industry, financial planning, investment products and risk, real estate strategies, tax and debt minimization, income splitting, OAS claw-backs, conversion timing of RRSP and LIRA to RRIF/LIF, reverse mortgages, HELOCs, annuities, and estate planning. Ample opportunity for questions! Participants will each receive the latest copy of Peter's book, *The Smart Canadian Wealth-Builder*.

**Panorama Recreation Centre Boardroom**

*Instructor: Peter Dolezal*

W 10am-12pm Oct 2-Oct 9 \$35/2 138599

## NEW INDOOR SPROUTS AND MICROGREENS

16 yrs+

Do you wish you had a mini garden all winter long to harvest from right in your kitchen? You can! Come learn the ins and outs of microgreen growing and sprouting in your home so that you can have nutrient dense greens all year round, rain or shine, cold or hot.

This workshop will cover:

- helpful equipment
- difference between microgreens & sprouts
- how to grow these tender greens (seed selection, timing, care)
- nutrition benefits
- troubleshooting

**Greenglade Community Centre Room 6**

*Instructor: Compost Education Centre*

Sa 10am-12pm Oct 5 \$30 138815

NEW

## EXPAND YOUR PHOTOGRAPHIC PERSPECTIVES

19 yrs+

Let your photography flourish through project challenges, image reviews, guided group discussions and presentations. This will be accomplished through six monthly meetings on the second Wednesday of each month, from October 2024 to March 2025.

Under the leadership of two accomplished and experienced photographers you will benefit from exposure to new perspectives and insights. This course is designed for intermediate and advanced photographers looking to become more imaginative in their work.

**Panorama Recreation Centre Boardroom**

*Instructor: Steve Smith & Leah Gray*

W 6:30pm-9pm Oct 9-Mar 12 \$225/6 138823

NEW

## INTRODUCTION TO PHOTOGRAPHY

19 yrs+

Get to know your DSLR or equivalent mirrorless camera. Explore your camera settings and leave auto settings behind. Learn the ins and outs of the exposure triangle, composition and the properties of light. Bring your camera and user manual. This course is geared to adults. Please review the method of changing your ISO, shutter speed and aperture on your camera before the class. Embrace the art of capturing better images.

**Greenglade Community Centre Room 5**

*Instructor: Steve Smith & Leah Gray*

Tu 7pm-9pm Oct 22-Nov 19 \$195/5 138592

## LANGUAGE

### ALLIANCE FRANÇAISE

16 yrs+

**Greenglade Community Centre Room 6**

*Instructor: Alliance Française De Victoria*

#### French Total Beginner A1.5

This class is a continuation of our beginners class for those who have had some contact with French. In this class, students will focus on communication around the topics of daily life in French. You will learn how to describe your days, your activities, your preferences in French as well as the future tense. Material needed: Odyssée A1 (\$80) cahier and méthode (Unit 5). Please select book at check-out if you do not have this textbook.

Tu 4pm-6pm Sep 3-Oct 15 \$210/7 138817

#### French Elementary A2.6

In this class, students will continue learning and practicing skills in French around the topics of sports and leisure. You will focus on the future simple tense and how to describe your plans.

Material needed: Odyssée A2 (\$80) cahier and method (Unit 6). Please select book at check-out if you do not have this textbook.

Tu 6pm-8pm Sep 3-Oct 15 \$210/7 138818

#### French Total Beginner A1.6

This class is a continuation of our beginners class for those who have had some contact with French. In this class, students will focus on communication around the topics of shopping in French. You will learn how to describe a product, ask for what you wish to purchase, and navigate a sale transaction in French.

Material needed: Odyssée A1 (\$80) cahier and méthode (Unit 6). Please select book at check-out if you do not have this textbook.

Tu 4pm-6pm Oct 29-Dec 17 \$240/8 138821

#### French Elementary A2.7

In this class, students will continue learning and practicing skills in French around the topics of types of tourism. You will learn how to recount travels and describe landscapes that you have seen in past tense.

Material needed: Odyssée A2 (\$80) cahier and méthode (Unit 7). Please select book at check-out if you do not have this textbook.

Tu 6pm-8pm Oct 29-Dec 17 \$240/8 138822

## LEADERSHIP & TRAINING

### AQUATIC LEADERSHIP

See p. 32

### STANDARD FIRST AID WITH CPR C

12 yrs+

See p. 32



\* Comment t'appelle  
\* Je m'appelle George  
\* Fantastique

## SPORTS

NEW

### SKATING LESSONS

15 yrs+

Intended for adults with moderate skating experience, participants must know how to stop and skate width of ice with gliding. Instructors will cover more advanced skills such as crossovers, 2-foot jumps, 2-foot stops, tight turns and other requests from skaters.

#### Panorama Recreation Centre Arena A

##### Beginner

Sa	11:15am-11:45am	Sep 14-Oct 26	\$51/7	138297
Sa	11:15am-11:45am	Nov 2-Dec 14	\$51/7	138351

##### Intermediate

Tu	12:30pm-1pm	Sep 10-Oct 22	\$51/7	138165
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## ADULT HOCKEY LEAGUE

#### Panorama Recreation Centre Arena A

Sign up now for recreational non-contact hockey! There is space for up to 12 teams, each player has one officiated game per week. Register for the full season in August and request to play with friends.

19 yrs+

##### Goalies

Su	5pm-11:30pm	Sep 8-Mar 9	\$234/24	138303
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##### Players

Su	5pm-11:30pm	Sep 8-Mar 9	\$468/24	138300
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35 yrs+

##### Goalies

Su	5pm-11:30pm	Sep 8-Mar 9	\$234/24	138298
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##### Players

Su	5pm-11:30pm	Sep 8-Mar 9	\$468/24	138296
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## ARCHERY

16 yrs+

*Instructor: Pacific Archery Academy*

#### North Saanich Middle School Gymnasium

##### Adults

Learn to shoot a bow and arrow with these hands-on classes! Participants will learn the fundamentals that have propelled archery to being one of the fastest growing sports/lifestyle activities in the world. Instructors will provide a safe and friendly environment for learning shooting skills and innovative techniques. All levels welcome and equipment provided.

Sa	9am-10am	Sep 7-Oct 12	\$145/6	138580
Sa	9am-10am	Oct 26-Nov 30	\$145/6	138581

Su	10:15am-11:15am	Sep 8-Oct 13	\$145/6	138582
Su	10:15am-11:15am	Oct 27-Dec 1	\$145/6	138583

##### Intermediate

Our intermediate class starts with the assumptions you have the basic skills and safety already in your quiver. In our intermediate class we will cover the finer details of form and technique. Pacific Archery Academy provides a safe and friendly environment where you can learn innovative techniques and shooting skills. Equipment is provided.

W	8:30pm-9:30pm	Sep 4-Nov 20	\$290/12	138585
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## FINANCIAL ASSISTANCE

A regional initiative supported by the Greater Victoria Active Communities committee, the LIFE Program is intended to reduce financial barriers to recreation. For more information visit us online at [panoramarecreation.ca](http://panoramarecreation.ca)



## SWIFT ENDURANCE SWIM CLUB

16 yrs+

Join Swift Endurance for a structured swim workout to help you improve both your fitness and swim stroke. A great program for triathletes, or just swim fitness! If you can comfortably swim 50m, this program will work for you!

### Panorama Recreation Centre

Tu	7pm-8pm	Sep 10-Dec 17	\$150/15	140347
Th	7pm-8pm	Sep 12-Dec 19	\$150/15	140348

## BADMINTON DROP-IN

12 yrs+

Join us for drop-in badminton! All skill levels welcome. Visit the Activity Schedules > Sports section of our website for this season's schedule.

### North Saanich Middle School Gymnasium

## TENNIS

### SKILLS ASSESSMENT

15 yrs+

Unsure what tennis skill level you are? Spend 15 minutes with one of our certified coaches and get an idea! Knowing your skill level is particularly helpful when choosing the appropriate group program(s) to register. Registration required. Sign up for sessions will be available online or via Reception beginning September 1.

### Panorama Recreation Centre Indoor Courts

W	5:45-6pm	Weekly	\$5
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## PRIVATE TENNIS LESSONS

6 yrs+

Get one-on-one support learning or advancing your tennis techniques and tactics with private lessons! Interested in making these semi-private? Up to 4 participants of similar skill level welcome. No extra cost to share the set with one other participant. A small group fee will be applied for groups of 3-4.

Visit the Registered Private Lessons section of our online registration page for more information and sign up.

### Panorama Recreation Centre Indoor Tennis Courts

#### Beginner/Novice

These sets are suitable for players of beginner/novice skill (1-2.5 as per Tennis Canada's self-rating guide).

#### Intermediate+

These sets are suitable for players of 2.5-4.0 skill level as per Tennis Canada's self-rating guide.

## GROUP LESSONS

15 yrs+

### Panorama Recreation Centre Indoor Tennis Courts

\*Refer to Tennis Canada self-rating guide.

#### Beginner

Get introduced to the fundamental skills, techniques and tactics of tennis! This program is suitable for brand new or beginner players who are just starting to play or have been introduced to the game but, have difficulty playing due to lack of consistency rallying and serving (1-1.5 skill rating\*).

M	6pm-7:30pm	Sep 9-Oct 28	\$147/6	139171
M	6pm-7:30pm	Nov 4-Dec 16	\$147/6	139174

## Novice

For players of a self-assessed 2-2.5 skill rating\*. Participants will review and further develop the fundamentals of groundstrokes, serves and volleys. Time will also be spent developing a full motion serve, and covering basic doubles and singles strategies.

Th	8:30am-10am	Sep 5-Oct 10	\$147/6	139092
Th	8:30am-10am	Oct 17-Nov 7	\$98/4	139093
Th	8:30am-10am	Nov 14-Dec 19	\$147/6	139094

Su	8:30am-10am	Sep 8-Oct 13	\$123/5	139193
Su	8:30am-10am	Oct 20-Nov 17	\$123/5	139194
Su	8:30am-10am	Nov 24-Dec 22	\$123/5	139196

## Intermediate

For players of a self-assessed 3-3.5 skill rating\*. In this level, the difference between a flat and slice serve, the smash, the lob and roles in doubles play will be emphasized, as well as continued development of groundstrokes and backhand volley.

As a pre-requisite, registrants should be able to rally 10 balls in a row using forehand and backhand, and have a serve which is developing rhythm but has little consistency when trying for power.

Th	10am-11:30am	Sep 5-Oct 10	\$147/6	139095
Th	10am-11:30am	Oct 17-Nov 7	\$98/4	139096
Th	10am-11:30am	Nov 14-Dec 19	\$147/6	139097

M	10:30am-12pm	Sep 9-Oct 28	\$147/6	139155
M	10:30am-12pm	Nov 4-Dec 16	\$147/6	139156

## LIVE BALL

### 15 yrs+

Live Ball is a doubles-style game in which pairs compete to gain and maintain control of the champion side. Each challenge starts with a coach feed, followed by fast-paced doubles action. Expect fitness, fun, action and camaraderie - all while also learning doubles strategy!

\*Refer to Tennis Canada self-rating guide.

### Panorama Recreation Centre Indoor Tennis Courts

#### 3.0

For players of a self-assessed 3.0 skill rating\*. As a pre-requisite, players should be able to rally 10-20 balls in a row using forehand and backhand.

W	7:30am-9am	Sep 11-Oct 9	\$100/5	139104
W	7:30am-9am	Oct 16-Nov 13	\$100/5	139105
W	7:30am-9am	Nov 20-Dec 18	\$100/5	139106

#### 3.0-3.5

For players of a self-assessed 3.0-3.5 skill rating\*. As a pre-requisite, players should be able to rally 10-20 balls in a row using forehand and backhand.

Tu	12:30pm-2pm	Sep 3-Oct 8	\$120/6	139101
Tu	12:30pm-2pm	Oct 15-Nov 5	\$80/4	139102
Tu	12:30pm-2pm	Nov 12-Dec 17	\$120/6	139103

#### 3.5

For players of a self-assessed 3.5 skill rating\*. As a pre-requisite, players should be able to rally 20 balls in a row using forehand and backhand.

M	6pm-7:30pm	Sep 9-Oct 28	\$120/6	139107
M	6pm-7:30pm	Nov 4-Dec 16	\$120/6	139108

#### 4.0+

For players of a self-assessed 4.0+ skill rating\*. As a pre-requisite, players should be able to rally 10 balls in a row from the baseline (with top spin on the forehand), maintain a 10-ball cross court rally on the backhand and volley deep off of low balls.

M	7:30pm-9pm	Sep 9-Oct 28	\$120/6	139109
M	7:30pm-9pm	Nov 4-Dec 16	\$120/6	139110

## PRACTICE & PLAY

### 15 yrs+

Players will concentrate on stroke improvement techniques for groundstrokes, serves and volleys. Sessions will include drills meant to emphasize the concepts of the day and match play for the opportunity to put skills into action.

#### Panorama Recreation Centre Indoor Tennis Courts

\*Refer to Tennis Canada self-rating guide.

### Low Intermediate Group Lessons

For players of a self-assessed 2.5-3 skill rating\*. As a pre-requisite, registrants should be able to rally 10 balls in a row, especially on the forehand, and have a serve which is developing rhythm but has little consistency when trying for power.

W	6pm-7:30pm	Sep 4-Oct 9	\$147/6	139157
W	6pm-7:30pm	Oct 16-Nov 13	\$123/5	139158
W	6pm-7:30pm	Nov 20-Dec 18	\$123/5	139159

### Low Intermediate

For players of a self-assessed 2.5-3 skill rating\*. As a pre-requisite, registrants should be able to rally 10 balls in a row, especially on the forehand, and have a serve which is developing rhythm but has little consistency when trying for power.

M	1pm-3pm	Sep 9-Oct 28	\$159/6	139090
M	1pm-3pm	Nov 4-Dec 16	\$159/6	139091

### Intermediate

For players of a self-assessed 3-3.5 skill rating\*. As a pre-requisite, at a minimum, registrants should be able to rally 10 balls in a row using forehand and backhand, and have a serve which is developing rhythm but has little consistency when trying for power.

Su	6:30pm-8:30pm	Sep 8-Oct 13	\$133/5	139114
Su	6:30pm-8:30pm	Oct 20-Nov 17	\$133/5	139115
Su	6:30pm-8:30pm	Nov 24-Dec 22	\$133/5	139116

### High Intermediate/Advanced

For players of a self-assessed 3.5-4.0 skill rating\*. As a pre-requisite, registrants should be able to rally 20 balls in a row using forehand and backhand, and be able to serve consistently with direction and control.

W	7:30pm-9:30pm	Sep 4-Oct 9	\$159/6	139111
W	7:30pm-9:30pm	Oct 16-Nov 13	\$133/5	139112
W	7:30pm-9:30pm	Nov 20-Dec 18	\$133/5	139113

**NEW**

## INTRO TO DOUBLES POSITIONING & TACTICS

### 15 yrs+

For players, of a self-assessed 2.5-3 skill rating\*, interested in learning the positioning and tactics essential for success in doubles tennis play. Over the course of the program, participants will be introduced to the unique positioning, roles and tactics of each doubles position. Engaging drills and friendly match play will provide opportunity to put learnings into practice. Don't miss this chance to elevate your game! \*Refer to Tennis Canada self-rating guide.

#### Panorama Recreation Centre Indoor Tennis Courts

M	9am-10:30am	Sep 9-Oct 28	\$120/6	139117
M	9am-10:30am	Nov 4-Dec 16	\$120/6	139118

## DOUBLES STRATEGY

15 yrs+

If you are interested in developing the techniques, tactics and strategy behind winning doubles play, this program is for you! Sessions will include drills meant to emphasize the concepts of the day and match play for the opportunity to put skills into action.

\*Refer to Tennis Canada self-rating guide.

### Panorama Recreation Centre Indoor Tennis Courts

#### Women's Intermediate

For players of 3.0-3.5 skill level\* who self-identify as female. As a pre-requisite, players should be able to rally 10 balls in a row using forehand and backhand, and have a serve which is developing power but, has little consistency when trying for power.

F	2pm-4pm	Sep 6-Oct 11	\$159/6	139098
F	2pm-4pm	Oct 18-Nov 8	\$106/4	139099
F	2pm-4pm	Nov 15-Dec 20	\$159/6	139100

#### Men's Intermediate

For players of 3.0-3.5 skill level\* who self-identify as male. As a pre-requisite, players should be able to rally 10 balls in a row using forehand and backhand, and have a serve which is developing power but, has little consistency when trying for power.

Th	12:30pm-2:30pm	Sep 5-Oct 10	\$159/6	139201
Th	12:30pm-2:30pm	Oct 17-Nov 7	\$106/4	139202
Th	12:30pm-2:30pm	Nov 14-Dec 19	\$159/6	139203

NEW

## WHEELCHAIR TENNIS

15 yrs+

Learn to play or advance your skills in wheelchair tennis. It's the same sport you know and love - just permitting two bounces instead of one! Program geared towards players of beginner to low intermediate skill level. Sessions will include practice and drills intended to develop key techniques and tactics, along with racquet and on-court movement skills, plus some friendly match play for the opportunity to put learnings into action.

If you would like to discuss whether or not this program could be a good fit for you, or borrow a wheelchair, please contact Panorama's Racquet Sports Coordinator prior to program start - (250) 655-2177 or info@panoramarec.bc.ca.

### Panorama Recreation Centre Indoor Tennis Court 1

Th	6:45pm-8:15pm	Sep 19	Free	139207
Th	6:45pm-8:15pm	Sep 26-Dec 19	\$98/13	139206

NEW

## WOMEN'S ONLY PLAY DAY

15 yrs+

If you are looking for the opportunity to practice your tennis skills in a fun, social setting, this is the place to be! Expect organized doubles play utilizing different formats. A coach will be present to line up matches, and offer occasional tactical and technical tips.

For players of 2.5-3.5 skill level (refer to Tennis Canada's self-rating guide) who self-identify as female.

### Panorama Recreation Centre Indoor Tennis Courts

Su	4:30pm-6:30pm	Sep 8-Oct 27	\$112/7	139293
Su	4:30pm-6:30pm	Nov 3-Dec 22	\$128/8	139294



NEW

## LEARN TO PLAY GROUP LESSONS FOR FEMALE NEWCOMERS TO CANADA

15 yrs+



Get introduced to the fundamentals of tennis, while also having opportunity to make new friends! This program, open to newcomers to Canada who self-identify as female, is suitable for brand new or beginner players who are just starting to play or have been introduced to the game but, have difficulty playing due to lack of consistency rallying and serving. Each session will include a 1 hour and 15 minute group lesson, followed by 45 minutes of social time with coffee, tea and light snacks. All equipment provided.

Childminding available for children 5 years or younger during this program. If you will require this, please contact Panorama's Racquet Sports Coordinator prior to program start - (250) 655-2177 or info@panoramarec.bc.ca.

This program is run in partnership with In Her Court.

### Panorama Recreation Centre Indoor Tennis Court 4

*Instructor: In Her Court Coaches*

W	9:15am-11:15am	Sep 11-Oct 30	\$80/8	139297
W	9:15am-11:15am	Nov 6-Dec 18	\$70/7	139298

## TNT: TECHNIQUES & TACTICS

15 yrs+

For players of a 4.0+ skill level (refer to Tennis Canada self-rating guide) who are looking to advance their skills through drills developing technique and tactics in a game-based setting. Expect a great workout, with lots of hitting! This is a reservable drop-in program with registration required. Registration closes 48 hours before each session. Sessions may be cancelled if minimum registration numbers are not met by this time. Sign up online under Activity Schedules > Sports, or via Reception.

### Panorama Recreation Centre Indoor Courts

Sa	9:30-11:30am	Weekly	Sep-Dec	\$22/session
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## SKILL CLINICS

15 yrs+

From match play strategies and net play tactics, to serve and return of serve techniques, specialized shots and fancy footwork, we will be offering a variety of tennis skill clinics this season! Starting September, check out the bulletin board in the tennis lobby or program listings online for dates, topics and target skill levels. Sign up for sessions will be available under the Activity Schedules > Sports section of our website, or via Reception. Registration required. Registration closes 48 hours before each session. Sessions may be cancelled if minimum registration numbers are not met by this time.

### Panorama Recreation Centre Indoor Courts

Sa	1:45-3:30pm	Weekly	Oct-Dec	\$25/clinic
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## PICKLEBALL

### PICKLEBALL STRENGTH & CONDITIONING

18 yrs+

Help develop, design, and implement a workout program focused on pickleball. Breaking down sessions into individual modules with information and evidence based training with Registered Kinesiologist Liam McTavish. At the end of the program each participant will develop a personal workout program with their own needs addressed.

### Greenglade Community Centre Weight Room

*Instructor: Liam Mctavish*

Th	1:15pm-2:15pm	Sep 5-Oct 24	\$120/8	139083
Th	1:15pm-2:15pm	Oct 31-Dec 19	\$120/8	139084



## RESERVABLE DROP-IN PICKLEBALL

16 yrs+

We offer a number of reservable drop-in sessions of pickleball throughout the year – both all levels and intermediate+ play. Schedule varies by month. Visit the Activity Schedules > Sports section of our website for the most current schedule. Reservation is required for sessions. Reservations open online every second Friday at 7:30am for all sessions within the upcoming two calendar weeks. Please visit our website or speak with Reception for more details.

**Greenglade Community Centre Gymnasium  
& North Saanich Middle School Gymnasium**

### NEW GROUP LESSONS

16 yrs+

**Greenglade Community Centre Gymnasium**

#### Beginner

Get introduced to the fundamental skills, techniques, tactics, rules and scoring of pickleball. This program is suitable for brand new or beginner players who are just starting to play or have been introduced to the game but, have difficulty playing due to lack of consistency rallying and serving (1-1.5 skill rating as per Pickleball Canada's 2-digit rating guide).

M 5:30pm-7pm Sep 9-Oct 28 \$114/6 139311

#### Novice

For players of a self-assessed 2-2.5 skill rating (refer to Pickleball Canada 2-digit rating guide). Participants will review and further develop the fundamentals of ground strokes, serves, dinks and volleys. Time will also be spent covering basic singles and doubles strategies.

As a pre-requisite, players should be able to sustain short rallies, make basic strokes (such as forehand, backhand, serve and volley), and have an understanding of court positioning and doubles rules.

M 7pm-8:30pm Sep 9-Oct 28 \$114/6 139312  
Tu 8:30am-10am Sep 10-Oct 29 \$152/8 139314  
Tu 8:30am-10am Nov 5-Dec 17 \$133/7 139319

## PRACTICE & PLAY

16 yrs+

Players will concentrate on pickleball stroke improvement techniques for groundstrokes, serves, dinks and volleys. Sessions will include drills meant to emphasize the concepts of the day and match play for the opportunity to put skills into action.

**Greenglade Community Centre Gymnasium**

#### Low Intermediate

For players of a self-assessed 2.5-3 skill rating (refer to Pickleball Canada 2-digit rating guide). As a pre-requisite, players should be able to sustain longer rallies at a slow pace, make easy shots, and approach the non-volley zone and hit volleys. Players at this level will still be developing more challenging groundstrokes and may struggle to cover the entire court.

Tu 10am-12pm Sep 10-Oct 29 \$160/8 139320  
F 10am-12pm Sep 13-Oct 18 \$120/6 139313  
Tu 10am-12pm Nov 5-Dec 17 \$140/7 139316

## PICKLEBALL COURT RENTAL

Build your own group of up to 6 players and book weekly court time! A few recurring timeslots are offered seasonally. Booking opens at the time of seasonal program registration. See p. 6 for more details.

**Greenglade Community Centre**

## FINANCIAL ASSISTANCE

A regional initiative supported by the Greater Victoria Active Communities committee, the LIFE Program is intended to reduce financial barriers to recreation. For more information visit us online at [panoramarecreation.ca](http://panoramarecreation.ca)



## FITNESS

### INTRO INTO WEIGHT TRAINING

16 yrs+

In this interactive series, you will learn the basics of fitness theory, become familiar with the weight room equipment, and develop the skills needed to design a safe and effective workout routine. Please bring a water bottle, wear clean and comfortable athletic attire, and be prepared for a moderately paced workout. All levels welcome, Modifications offered as needed.

**Panorama Recreation Centre Weight Room**

*Instructor: Blaire Johnson*

Th	10am-11:30am	Sep 12-Oct 3	\$52/4	139074
Th	10am-11:30am	Oct 17-Nov 7	\$52/4	139078

### MOM AND BABE STRENGTH AND CORE

16 yrs+

This class is offered to new parents looking to build strength and develop essential core musculature all while keeping your little one close. The class is appropriate for children up to 24 months. Other caregivers welcome to register.

**Panorama Recreation Centre Fitness Studio**

*Instructor: Jan Del Mistro*

M	1:15pm-2pm	Sep 9-Oct 28	\$57/6	138221
M	1:15pm-2pm	Nov 4-Dec 16	\$57/6	138222

### FULL CIRCLE FITNESS

16 yrs+

Movement and mobility are medicine. Combine the best of low impact cardio conditioning, functional strength training and mobility in one class. Live with more vitality and energy by improving stamina, strength and flexibility. This is a multi-levelled, joint friendly and fun class.

**Panorama Recreation Centre Fitness Studio**

*Instructor: Judy Brochez*

Tu	4pm-5:15pm	Sep 10-Oct 8	\$50/5	138649
Tu	4pm-5:15pm	Oct 15-Nov 12	\$50/5	138650
Tu	4pm-5:15pm	Nov 19-Dec 17	\$50/5	138651

### BODY CAMP

15 yrs+

Experience fun, adaptable full-body workouts that are designed to build strength, improve cardiovascular endurance, and increase mobility. Each class is created using a variety of formats, including circuit-style routines, creative muscle-toning exercises, and TABATA-inspired cardio, ensuring participants stay motivated and challenged while improving their overall fitness levels.

**Central Saanich Cultural Centre Room B**

*Instructor: Sherry Leblanc*

Tu	5:30pm-6:30pm	Sep 10-Oct 29	\$120/8	139182
Tu	5:30pm-6:30pm	Nov 5-Dec 17	\$105/7	139598

## PERSONAL TRAINING & ORIENTATION

We offer private and semi-private personal training sessions to customize your workout to reach your specific goals! Have a friend or partner interested in training with you? Semi-private packages offer 1 personal trainer paired with 2 patrons.

Visit us online for our Personal Training client application package and trainer bios.

	Private	Semi-Private*
1 session	\$64/person	\$41/person
3 sessions	\$159/person	\$103.50/person
6 sessions	\$294/person	\$198/person
12 sessions	\$564/person	\$354/person



## PICKLEBALL STRENGTH & CONDITIONING

18 yrs+

See p. 48

## ESSETRICS STRETCH AND TONE

18 yrs+

A full body workout suitable for all fitness levels, that simultaneously combines stretching and strengthening while engaging all muscle groups, freeing your joints and increasing mobility. By developing strong, lean and flexible muscles, the technique helps improve your posture and stamina. Dynamic and easy to follow - this full body technique works through your muscle chains in order to liberate, empower and relieve them from tension in the process making you feel more energetic. If you are new to Essentrics it is recommended to try the Essentrics Gentle Stretch class, which is a much slower paced class to learn the techniques.

Please note when registering, approximately 80% of the class is standing and 20% is on the floor.

**Greenglade Community Centre Room 4**

*Instructor: Cathy Roberts*

M	9:15am-10:15am	Sep 9-Oct 28	\$69/6	139023
M	9:15am-10:15am	Nov 4-Dec 16	\$69/6	139024

## POUND UNPLUGGED

14 yrs+

Blending 20 minutes of high-intensity training with 10 minutes of rhythmic breathing, mindfulness and meditation, POUND Unplugged will make you sweat, release, and boost neurochemicals before quickly settling back into a peaceful, recharged, and empowered state. All within 30 minutes.

**Greenglade Community Centre Room 4**

Su	9:15am-10am	Sep 8-Sep 29	\$60/4	140504
Su	9:15am-10am	Oct 6-Oct 27	\$60/4	140506
Su	9:15am-10am	Nov 3-Dec 1	\$75/5	140507

## FASCIA IN MOTION

16 yrs+

The ultimate anti-ageing program! This program will include mobility training, training the long lines of fascia from fingertips to toes, and essential exercises to age well. When we consider posture, balance and movement patterns based on the characteristics of fascia, we can effectively link the brain, muscle and fascia into a smart body made to move.

**Greenglade Community Centre Room 4**

*Instructor: Judy Brochez*

Tu	10:30am-11:30am	Sep 10-Oct 8	\$50/5	138655
Tu	10:30am-11:30am	Oct 15-Nov 12	\$50/5	139044
Tu	10:30am-11:30am	Nov 19-Dec 17	\$50/5	139045
Th	10:30am-11:30am	Sep 12-Oct 10	\$50/5	139046
Th	10:30am-11:30am	Oct 17-Nov 14	\$50/5	139047
Th	10:30am-11:30am	Nov 21-Dec 19	\$50/5	139048

## FASCIA, MOVEMENT AND MOBILITY

16 yrs+

See p. 57

## ESSETRICS AGING BACKWARDS

16 yrs+

Essentrics is a revolutionary approach to healthy aging that gently strengthens the full body, improves mobility, flexibility and posture. The movements are non-jarring and help lubricate the joints and connective tissue. We use body awareness to help enhance coordination and daily life movements.

No experience necessary

**Greenglade Community Centre Room 4**

*Instructor: Phyllis Musseau*

Th	11:45am-12:35pm	Sep 12-Oct 31	\$108/8	139021
Th	11:45am-12:35pm	Nov 7-Dec 19	\$95/7	139022

## ZUMBA

16 - 75 yrs

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

### Panorama Recreation Centre Fitness Studio

*Instructor: Sandra Perez De Lamplugh*

Tu	6:30pm-7:30pm	Sep 3-Oct 29	\$108/9	138637
Tu	6:30pm-7:30pm	Nov 5-Dec 10	\$72/6	138638
W	10:40am-11:40am	Sep 4-Oct 30	\$108/9	138639
W	10:40am-11:40am	Nov 6-Dec 11	\$72/6	138640
F	10:40am-11:40am	Sep 6-Oct 25	\$96/8	138647
F	10:40am-11:40am	Nov 1-Dec 13	\$84/7	138648

## ZUMBA TONING

16 - 75 yrs

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

### Greenglade Community Centre Room 4

*Instructor: Sandra Perez De Lamplugh*

Th	6:30pm-7:30pm	Sep 5-Oct 31	\$108/9	138644
Th	6:30pm-7:30pm	Nov 7-Dec 12	\$72/6	138645

### Panorama Recreation Centre Fitness Studio

*Instructor: Sandra Perez De Lamplugh*

M	10:40am-11:40am	Sep 9-Oct 28	\$72/6	138635
M	10:40am-11:40am	Nov 4-Dec 9	\$60/5	138636

## JAZZERCISE

15 yrs+

When you hear Jazzercise you think legwarmers and leotards, right? It's true that we were the original dance party workout. But today the leotards—and the '80s—are long gone and our classes are way too hot for legwarmers. We are now a calorie-torching, hip-swiveling, dance party workout to put your abs to the test with a hot playlist in multiple formats: cardio sculpt, power sculpt, sculpt and cardio.

### Panorama Recreation Centre Fitness Studio

*Instructor: Carla Higgins*

M, W	7pm-8pm
Sa	10:15am-11:15am
Su	8:15am-9:15am

\$195 - 3 month pass, \$115 - 10 class pass, \$15 Drop In

## WOMEN'S KICKBOXING

15 yrs+

Punch your way into better health and fitness. Kickboxing is a unique program combining a full body workout with self defense skills. Learn how to punch and kick with power and confidence in a relaxed and friendly atmosphere. Exercise and keep yourself safe with black belt and former competitive kickboxing champion Jodi.

### Central Saanich Cultural Centre Room A

*Instructor: Jodi Hensel*

Tu,Th	6pm-7pm	Sep 10-Oct 3	\$76/8	139033
Tu,Th	6pm-7pm	Oct 22-Nov 7	\$57/6	139034
Tu,Th	6pm-7pm	Nov 19-Dec 12	\$76/8	139035

## 4 CORE

16 yrs+

Move beyond curl-ups and crunches. Evolve your core training with this innovative class. Experience an integrated approach to core strength, stability and mobility. This effective calorie burning class trains all of the core using movement strategies to build strength as well as improve posture, movement and function.

### Panorama Recreation Centre Fitness Studio

*Instructor: Judy Brochez*

Th	4:15pm-5:15pm	Sep 12-Oct 10	\$50/5	138652
Th	4:15pm-5:15pm	Oct 17-Nov 14	\$50/5	138653
Th	4:15pm-5:15pm	Nov 21-Dec 19	\$50/5	138654

## MIND AND BODY

### PRENATAL YOGA

18 yrs+

Prenatal Yoga is specifically designed for expectant mothers at all stages of pregnancy. This nurturing and safe environment supports your changing body and promotes gentle physical movements, breath work and emotional well being.

**Central Saanich Cultural Center Room B**

*Instructor: Blaire Johnson*

W	11:45am-12:30pm	Sep 11-Oct 2	\$44/4	139728
W	11:45am-12:30pm	Oct 9-Oct 30	\$44/4	139729

### YOGA TONE

15 yrs+

This unique all-in-one fitness class is designed to tone your body and calm your mind. Participants will learn a progressive series of yoga postures blended with Pilates principles. There will be an option to add light weights and small balls to enhance the workout.

**Central Saanich Cultural Centre Room B**

*Instructor: Sherry Leblanc*

M	5:30pm-6:30pm	Sep 9-Oct 28	\$90/6	139173
M	5:30pm-6:30pm	Nov 4-Dec 16	\$90/6	139595
M	6:45pm-7:45pm	Sep 9-Oct 28	\$90/6	139175
M	6:45pm-7:45pm	Nov 4-Dec 16	\$90/6	139596
W	5:30pm-6:30pm	Sep 11-Oct 30	\$120/8	139178
W	5:30pm-6:30pm	Nov 6-Dec 18	\$105/7	139597

## DOWNDAWG YOGA

14 yrs+

DownDAWG Yoga is a ground breaking fusion of classic yoga practice and hip hop music. This class offers the chance to get into your favorite yoga flow sequences while rocking to electric beats all class long. No experience necessary, the music melds in with the moves, and the moves are in tune with your breath, for the ultimate, fun and funky workout.

**Greenglade Community Centre Room 4**

*Instructor: Kirsten Dibblee*

M	5:45pm-6:45pm	Sep 9-Nov 4	\$84/7	139025
M	5:45pm-6:45pm	Nov 18-Dec 16	\$60/5	139026

## SLOW FLOW YOGA

14 yrs+

Sequences in this class are designed to strengthen and stabilize muscles that are prone to injury while stretching those areas of the body that are typically tight. Postures in this class will also focus on balance, coordination, and core stability. This class is suitable for anyone looking to improve their flexibility and strength while becoming better physically and mentally prepared for all levels and types of athletics or anyone looking to improve their health and wellness through a yoga practice.

**Greenglade Community Centre Room 4**

*Instructor: Kirsten Dibblee*

M	7pm-8pm	Sep 9-Nov 4	\$84/7	139029
M	7pm-8pm	Nov 18-Dec 16	\$60/5	139032



## CHAIR YOGA

15 yrs+

This class is for anyone looking to reap the benefits of yoga in a safe, supported, and non-threatening environment, regardless of age, body type, or level of mobility. Chairs will be used to provide support as participants build up the strength, flexibility, and mobility to perform traditional yoga postures.

### Central Saanich Cultural Centre Room B

*Instructor: Blaire Johnson*

W	1pm-1:45pm	Sep 11-Oct 2	\$44/4	139070
W	1pm-1:45pm	Oct 9-Oct 30	\$44/4	139071

## STRETCH & STRENGTH YOGA

14 yrs+

Cultivate and increase flexibility, strength, playful mobility, balance and breath awareness. You will be led through a sequence of yoga positions focusing on opening up the hips, quads, and hamstrings. Stretches will also focus on the neck, shoulders and chest, as well as strengthening the arms and lower back. To promote muscle toning, light weights will be used on occasion. Enjoy a calming initial and final deep relaxation portion. Wear comfortable clothing and bring water. All levels welcome to join.

### Greenglade Community Centre Room 4

*Instructor: Audrey Macdougall*

W	5:15pm-6:15pm	Sep 25-Oct 30	\$72/6	138771
F	4:15pm-5:15pm	Sep 27-Nov 1	\$72/6	138774
W	5:15pm-6:15pm	Nov 6-Dec 18	\$84/7	138773
F	4:15pm-5:15pm	Nov 8-Dec 20	\$84/7	138776

## CANDLELIGHT YOGA

14 yrs+

This class draws on multiple body movement practices such as Hatha, Yin, Gentle Somatic (releasing contracted soft tissue), Tensegrity (balancing tension and compression), Restorative and Nidra (deep relaxation), with the intention to gently open the energetic and physical body, build ROM, flexibility and strength, while calming the central nervous system, all in service to inspiring a relaxed and soothing yogic experience.

### Greenglade Community Centre Room 4

*Instructor: Linda Shore*

Tu	6:45pm-8pm	Nov 5-Dec 17	\$91/7	139069
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## PILATES

14 yrs+

If you are looking for a great workout focusing on core strength you will enjoy this rigorous and fun session. The class will be faster paced and is suitable for those who have some Pilates experience.

*Instructor: Phyllis Musseau*

### Greenglade Community Centre Room 5

Tu	5:15pm-6:15pm	Sep 10-Oct 29	\$120/8	139017
Tu	5:15pm-6:15pm	Nov 5-Dec 17	\$105/7	139018

## Gentle

This class is slower paced and suitable for beginners and those with minimal Pilates experience. We will focus on engaging and strengthening the core muscles to improve fitness and prevent injuries. This class will work on your awareness of posture and movement to gain flow and grace in everyday movements.

### Greenglade Community Centre Room 4

Tu	4pm-5pm	Sep 10-Oct 29	\$120/8	139015
Tu	4pm-5pm	Nov 5-Dec 17	\$105/7	139016

## BREATH JOURNEY

18 yrs+

Breath Journey (pranayama) enhances emotional, physical, and spiritual well-being by facilitating greater physical and mental health. Practice on chairs or yoga mats, available to everyone with an open mind and desire for self-regulation. Just you and your breath are needed.

### Greenglade Community Centre Room 5

*Instructor: Veronika Prielozna*

F 10:30am-11:30am Oct 18-Nov 8 \$100/4 139041  
F 10:30am-11:30am Nov 15-Dec 6 \$100/4 139043

## TAI CHI

18 yrs+

*Instructor: Wendy Riggs*

### Beginners Part 1

Learn the 108-move tai chi style developed by Master Moy Lin-Shin. Experience the many health benefits that come with this complete body exercise. Relaxation, improved balance joint movement, increased stamina are just a few of the benefits from tai chi practice. Non-contact , not competitive.

### Greenglade Community Centre Room 6

M,Th 6:15pm-7:15pm Sep 9-Oct 28 \$98/13 138607

### Beginners Part 2

Learn the 108-move Tai Chi style developed by Master Moy Lin-Shin. Experience the many health benefits that come with this complete body exercise. Relaxation, improved balance, joint movement and increased stamina are just a few of the benefits from tai chi practice. Non-contact , not competitive. Must have completed Tai Chi Part 1 or have prior Tai Chi experience.

### Greenglade Community Centre Room 6

M,Th 6:15pm-7:15pm Oct 31-Dec 16 \$98/13 138608

### Continuing

This course is designed for those who have completed the Beginners Tai Chi and are transitioning from Beginners to the full health benefits of on-going continuing Tai Chi practice. The classes are enriching and will add to your Tai Chi abilities and experience by building on the foundations learned as a Beginner. Non-contact & not competitive form of Tai Chi practice.

### Greenglade Community Centre Room 4

W 6:30pm-8pm Sep 11-Dec 11 \$105/14 138606

### North Saanich Middle School Multipurpose Room

Sa 9:30am-11am Sep 14-Dec 21 \$98/13 138609



# ISLAND FITNESS CONFERENCE

Saturday, November 2, 2024

at Esquimalt Gorge Park Pavilion

Accredited by: BCRPA; NSCA

A world class conference right here at home! [www.IslandFitnessConference.com](http://www.IslandFitnessConference.com)

## NIA DANCE / TECHNIQUE

16 yrs+

Dance has been proven to help cognitive function, as well as, condition the bodies heart, lungs, bones and muscles while just having fun moving to music. Nia is choreographed and Free dance combined with Martial Arts and Healing. Nia improves circulation and helps maintain a healthy weight. Nia is great for any age, fitness level, or body type. Fun, exciting fitness challenge for those who want it, and gentle for those who want that. Learn balance, strength, coordination, agility and just feel good.

### Panorama Recreation Centre Lookout Room

*Instructor: Candice Francis*

M	5:15pm-6:15pm	Sep 16-Oct 28	\$60/5	139036
M	5:15pm-6:15pm	Nov 4-Dec 9	\$60/5	139037

### Greenglade Community Centre Room 4

W	1pm-2pm	Sep 18-Oct 23	\$72/6	139599
W	1pm-2pm	Oct 30-Dec 4	\$72/6	139600
F	5:30pm-6:30pm	Sep 20-Oct 25	\$72/6	139601
F	5:30pm-6:30pm	Nov 4-Dec 9	\$72/6	139602

## REHABILITATION

### CHAIR AND BALANCE

50 yrs+

This program offers group exercise designed for people with arthritis, osteoporosis, joint replacement, and other chronic conditions who want to get moving and feel better. You'll love the supportive group atmosphere of this program. Must be able to get in and out of a chair without assistance. 30 percent of exercises in class will be standing.

### Panorama Recreation Centre Fitness Studio

*Instructor: Lynn Hood*

Tu,Th	10:15am-11:15am	Sep 3-Sep 26	\$76/8	138624
Tu,Th	10:15am-11:15am	Oct 1-Oct 31	\$95/10	138625
Tu,Th	10:15am-11:15am	Nov 5-Nov 28	\$76/8	138626
Tu,Th	10:15am-11:15am	Dec 3-Dec 19	\$57/6	138627

## OSTEOFIT

40 yrs+

Exercise is a proven effective treatment option for people with osteopenia and osteoporosis. Reduce your risk of falls and fractures with this fall prevention program. Improve your balance, posture, mobility and reduce pain by strengthening and stretching specific muscle groups. Weight bearing and strengthening exercise can increase bone health at any age.

### Greenglade Community Centre Room 4

*Instructor: Cathy Roberts*

M,W	10:30am-11:30am	Sep 4-Sep 25	\$67/7	138615
M,W	10:30am-11:30am	Oct 2-Oct 30	\$76/8	138616
M,W	10:30am-11:30am	Nov 4-Nov 27	\$67/7	138617
M,W	10:30am-11:30am	Dec 2-Dec 18	\$57/6	138618
W	9:15am-10:15am	Sep 4-Sep 25	\$38/4	138620
W	9:15am-10:15am	Oct 2-Oct 30	\$48/5	138621
W	9:15am-10:15am	Nov 6-Nov 27	\$38/4	138622
W	9:15am-10:15am	Dec 4-Dec 18	\$29/3	138623

*Instructor: Judy Brochez*

F	10:30am-11:30am	Sep 6-Sep 27	\$38/4	138610
F	10:30am-11:30am	Oct 4-Oct 25	\$38/4	138611
F	10:30am-11:30am	Nov 1-Nov 29	\$48/5	138612
F	10:30am-11:30am	Dec 6-Dec 20	\$29/3	138614

## BETTER BALANCE

50 yrs+

This class combines low impact cardio, strength training, standing core and balance work. Participants will use a combination of small free weights, bands, body bars and gliders in various ways to challenge their balance and coordination. Please note when registering, 90% of the class consists of standing exercises.

### Panorama Recreation Centre Fitness Studio

*Instructors: Barry Davis & Rachel Schmidt*

Tu,Th	11:30am-12:30pm	Sep 3-Sep 26	\$76/8	138628
Tu,Th	11:30am-12:30pm	Oct 1-Oct 31	\$95/10	138630
Tu,Th	11:30am-12:30pm	Nov 5-Nov 28	\$76/8	138631
Tu,Th	11:30am-12:30pm	Dec 3-Dec 19	\$57/6	138632
Tu,Th	12:45pm-1:45pm	Sep 3-Sep 26	\$76/8	140272
Tu, Th	12:45pm-1:45pm	Oct 1-Oct 31	\$95/10	140274



## THERAPEUTIC BACK CARE

18 yrs+

We will explore therapeutic based movements to release and strengthen the musculature that supports the spine and develop core awareness. Using gentle Yoga movements and a Somatics technique this class will help release tension and stiffness while providing more mobility and balance. Movements will be explored on the floor and standing so this class does require that the individual can get down and up off the floor. A chair can be used to provide support to get down and up.

**Greenglade Community Centre Room 4**

*Instructor: Phyllis Musseau*

Tu	3pm-3:45pm	Sep 10-Oct 29	\$120/8	139019
Tu	3pm-3:45pm	Nov 5-Dec 17	\$105/7	139020

## FASCIA, MOVEMENT AND MOBILITY

16 yrs+

When you build a body that works, you can say “yes” to more things. Explore a regenerative class that allows you to discover your flexibility and mobility potential. By improving the range of motion of your joints and designing mobility strategies following the lines of fascia, we can effectively link the brain, muscle and fascia to improve your mobility, function and performance.

**Greenglade Community Centre Room 5**

*Instructor: Judy Brochez*

M	10:30am-11:30am	Oct 7-Nov 4	\$40/4	139049
M	10:30am-11:30am	Nov 18-Dec 9	\$40/4	139050



# REGISTRATION & PROGRAM INFORMATION

## COMMITMENT TO SATISFACTION

Panorama Recreation is committed to satisfying you with our programs, activities, and facilities. If you are not completely satisfied with our service delivery, please let us know by contacting our staff, completing a comment card, or emailing [info@panoramarec.bc.ca](mailto:info@panoramarec.bc.ca)

We will do the following:

1. Attempt to rectify your concerns.
2. Transfer your registration to another program or session.
3. If the above steps do not meet your satisfaction, we will review the circumstances and consider issuing a partial/full refund subject to administrative fees.

## PROGRAM FEEDBACK

Following course completion, you may be asked to complete a program feedback form in person or online. Your feedback informs our programming decisions and helps us provide quality programs.

## HOLIDAYS/LONG WEEKENDS

Most programs are not scheduled to run on statutory holidays. Please check your program registration receipt to confirm.

## WAITLISTS

Waitlists are monitored on a continuous basis and efforts are made to accommodate wherever possible. When a space becomes available it will be filled in order from the time the waitlist was joined. A waitlist offer must be accepted within 2 days (48 hours) before being offered to the next client. Staff reserve the right to reduce the acceptance time for activities beginning in 3 days (72 hours) or less. Waitlist policies for Preschool and Out of School Care are outlined in the program's parent handbook.

## OOPS!

Despite the best efforts of staff, errors to published information may occur and schedules may change at short notice. In the event of an error or schedule change, the information provided by our customer service representatives will be deemed accurate. We apologize for any inconvenience.

## INFANT AND TODDLER POOL PROGRAMS

Panorama Recreation sells infant and toddler swim diapers in an endeavor to prevent contamination of pool bodies. It is highly recommended that all infants and toddlers under the age of 3 wear a swim diaper or "pool pants".

## CANCELLATION OF PROGRAMS & ACTIVITIES

Programs may be combined or cancelled due to insufficient registration. Please register early to avoid disappointment. Full credit/refund is issued when Panorama Recreation cancels an activity or when a schedule conflict arises due to course changes. In the event of an unforeseen cancellation, a pro-rated credit will be issued.

**Fees will not be reimbursed for absences, including those due to seasonal illness or inclement weather, providing the facility and service remains available to the public.** Pro-rated credits may be issued for medical reasons or relocation at the discretion of the program coordinator, with documentation provided. Sufficient notice is required to receive a credit or refund. For full program registration, cancellation, & payment policies, visit [panoramarecreation.ca](http://panoramarecreation.ca)

Activity	Required Notice of Cancellation
Reserved drop-in (pickleball, fitness, kindergym, toys & tumblers, single-use court bookings, etc.), Personal Training, Custom Private Lessons (Tennis, Swim, Skate)	1 day (24 hours)
Courses, including group and standard private lessons	3 days (72 hours)
Camps & Pro-D Days	7 days
Birthday Parties	14 days

# 1 2 3 WAYS TO REGISTER



## Why Register Online?



### Convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



### Easy

Three simple steps, and you'll be enrolled in the program of your choice.



### Saves Time

In less than five minutes, you can setup your account and enroll for your program



### Environment

You don't have to burn gas to drive over and register in person, and it saves paper.

## 1 ONLINE

### panoramarecreation.ca

This 24 hour secure site allows you to register for programs immediately. Login or create an account online. Forgot your password? You can retrieve it online too!



## 2 IN PERSON

Visit our reception staff at either Panorama Recreation Centre or Greenglade Community Centre.

## 3 PHONE

### 250.656.7271

When phoning, please have the following information ready:

- Course name & code.
- Registrant's name, age, address, phone # & e-mail. Parent's name required to register child.
- VISA, MC or AE number, expiry date and cardholder name.

ACTIVITY	REGISTRATION DATE
General Programs	Tuesday, July 23 16 @ 6:30am
Swim Lessons	Tuesday, August 27 @ 6:30am (Visible online Tuesday, August 20)

SEE PREVIOUS PAGE FOR MORE PROGRAM & REGISTRATION INFORMATION.

## FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY

Personal information is collected under the authority of the Local Government Act and is subject to the Freedom of Information and Protection of Privacy Act. The personal information will be used for purposes associated with the program. Enquiries about the collection or use of information in this form can be directed to the Freedom of Information and Protection of Privacy contact: Manager, Information Services at 250-360-3000.

# ACTIVITY SCHEDULES - GO ONLINE



## OUR FACILITIES

We operate two main facilities, Panorama Recreation Centre and Greenglade Community Centre, and utilize additional spaces throughout the community to accommodate a variety of seasonal programming.

### PANORAMA RECREATION CENTRE

#### AQUATICS

Drop-in to an aquatic fitness class, lap, leisure, water walk, or everyone welcome! View schedules online.

#### FITNESS

Offering a variety of fitness classes including Bootcamp, Yoga, TRX, Spin, Movin' On Up, and more. Reservations available with drop-in access if space permits. Reserve online.

#### WEIGHT ROOM

The weight room has a selection of strength training, cardiovascular equipment and a variety of stability balls, BOSU, medicine balls, balance boards, tubing, TRXs and more. View schedules online. Open to those 15 yrs+ or 13 yrs+ with the completion of the regional youth weight room orientation program.

#### ARENA

Drop-in to one of our Everyone Welcome, Shiny, or Parent & Child Hockey sessions. View schedules online. Skate rentals are available.

#### COURT BOOKINGS

Indoor and outdoor tennis, squash, racquetball, wallyball and table tennis courts are available. See p. 6 for details.

#### JUMPSTART MULTI SPORT COURT

The court is designed for a variety of sports and allows accessible programming for all ages. View the court schedules online for free public drop-in times.



### GREENGLADE COMMUNITY CENTRE

#### FITNESS

Offering a variety of fitness classes including Yoga, Movin' On Up, and more. Reservations available with drop-in access if space permits. Reserve online. 12 yrs+

#### WEIGHT ROOM

The weight room has a selection of strength training, stability and cardiovascular equipment. View schedules online. Open to those 15 yrs+ or 13 yrs+ with the completion of the regional youth weight room orientation program.

#### POTTERY

Block book the same day and time each week or reserve your spot online up to 1 week in advance. Must have 16 hrs+ pottery experience and an orientation or completed a pottery class through Panorama. Reservations required and can be done online.

#### PICKLEBALL

Reservations for Pickleball at Greenglade open online at 7:30am every second Friday for sessions within the upcoming 2 calendar weeks. 16yrs+

For our current schedules, visit us online at [panoramarecreation.ca](http://panoramarecreation.ca)