

Panorama RECREATION

WINTER
2025



REGISTRATION OPENS 6:30AM



General
Programs



Swim
Lessons

CRP

Making a difference...together

panoramarecreation.ca

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

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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

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, Nov 26 @ 6:30am |
| Swim Lessons | Tuesday, Dec 10 @ 6:30am (Visible online Tuesday, Dec 3) |

For more registration information, see p. 54 & 55

LET'S CONNECT

[panoramarecreation](https://www.facebook.com/panoramarecreation)
 [Panorama_Rec](https://twitter.com/Panorama_Rec)
 [panoramarec](https://www.instagram.com/panoramarec)

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CONTACT US

info@panoramarec.bc.ca
 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 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^wsepsəm (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

| | |
|---|---------|
| 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

| 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

| 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 \$47.50 | PAID IN FULL \$570 |
|----------------------|---------------------------|-----------------------|

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



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

| 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 TABLE TENNIS | 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



JANUARY



Saturday, 12 - 1:20pm
PAJAMA-RAMA
EVERYONE WELCOME SKATE
Panorama Recreation Arena A

Stay nice and cozy during this winter skate by wearing your pajamas! Roll right out of bed and onto the ice for an all ages skate. Regular admission rates apply. Skates available for rent. Helmets available free of charge. Skating aids available upon request.



Friday, 6 - 8pm
FREE MOVIE & SUNDAES
@ TEEN LOUNGE
Greenglade Community Centre

Enjoy a screening of a popular teen film, complete with cozy seating and a vibrant atmosphere. During the movie, dive into our DIY sundae bar. Choose from a variety of toppings, and sauces to craft your ultimate sundae. A free shuttle and access to swimming and skate is available for teen lounge participants. See p. 29 for details.

FEBRUARY



Thursday, 10 - 11:30am
CUPID'S PLAYDATE
@ KINDERGYM
Greenglade Community Centre

Join us for a drop-in filled with love and laughter, featuring exciting Valentine's themed activities and colorful decorations. Kids will enjoy free play in our gymnasium, complete with ride-on toys, a mini bouncy castle, tumbling mats, slides, and lively music! Bring your energy and your little ones for a heart-filled day of fun. Guardian participation is a must! \$4 per child. Reserve your spot online, or drop-in if space remains. Maximum 35 children.

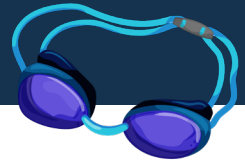


Friday, 2 - 3:10pm
\$2 PRO-D DAY SKATE
Panorama Recreation Arena A

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

Join us for a fun-filled Pro-D day! Bring your family and friends for swimming and skating fun. Helmets available free of charge for skating. \$2 admission.

SPECIAL EVENTS



FEBRUARY



Saturday, 12 - 1:20pm
VALENTINES DAY
EVERYONE WELCOME SKATE
Panorama Recreation Arena A

All ages welcome to come and share the love of skating! Skates are available for rent. Regular admission rates apply. Helmets available free of charge. Skating aids available upon request.



Monday, 1 - 2:20pm
FAMILY DAY
\$2 EVERYONE WELCOME SKATE
Panorama Recreation Arena A

Enjoy Family Day with us with an Everyone Welcome swim and skate. \$2 admission. Skate rentals and helmets available.

Monday, 12 - 3pm
FAMILY DAY
\$2 EVERYONE WELCOME SWIM
Panorama Recreation Pool



Friday, 6 - 8pm
FREE MINUTE TO WIN IT
@ TEEN LOUNGE
Greenglade Community Centre

Enjoy this themed Teen Lounge event. Teens will complete Minute to Win It challenges for a chance to win prizes! A free shuttle and access to swimming and skate is available for teen lounge participants. See p. 29 for details.



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

Each player guaranteed at least 3 matches! Registration required (ID# 145243). 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 on until early February!

SPECIAL EVENTS

MARCH



Friday, 6 - 8pm
FREE MUSIC BINGO
@ TEEN LOUNGE
Greenglade Community Centre

This week's event is Music Bingo! Join us for a chance to win fun prizes while jamming out to popular songs. A free shuttle and access to swimming and skate is available for teen lounge participants. See p. 29 for details.



Thursday, 9:30 - 11am
PETAL PARTY
@ KINDERGYM
Greenglade Community Centre

Jump into spring at Kinderygm! Alongside our regular Kinderygm equipment, enjoy seasonal colouring, craft stations, and a special take home project to embrace the changing season. Guardian participation is a must! \$4 per child. Reserve your spot online or drop-in if space remains. Maximum 35 children.



Saturday, 12 - 1:20pm
ST. PATRICK'S DAY
EVERYONE WELCOME SKATE
Panorama Recreation Arena A

Celebrate the season wearing all your green for a fun skate for all ages. You may even find some gold at the end of the rainbow! Regular admission rates apply. Skates available for rent. Helmets available free of charge. Skating aids available 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 includes: 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

| | | |
|------------------|----------------|----------------|
| SATURDAYS | 10am-12pm | 11:30am-1:30pm |
| | 1-3pm | 2:30-4:30pm |
| SUNDAYS | 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. **\$135**
Includes 3 hour room rental, and admission and rentals for 15 children and 5 adults for the Everyone Welcome Skate.

SATURDAYS 11:45am-2:45pm (Skate 12-1:20pm)

SUNDAYS 12:30pm-3:30pm (Skate 12:45-1:45pm)

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 and Sunday 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)

Please contact Ryan at rjsmith@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. 27

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. 19



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

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, Dec 10 @ 6:30am**
Online viewing Tues, Dec 3.

For lesson descriptions, dates
and times, visit us online @
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 home-schooled children to take part in the swim for life program during weekday mornings or early afternoons. We offer a swimmer 1-3 group and a swimmer 4-6.

SWIM LESSON CANCELLATION POLICY

We strongly discourage holding space in multiple programs (levels and/or time slots) for extended periods. This prevents others from accessing programs and services. Refunds/credits will not be granted for withdrawal requests made with less than 3 days (72 hours) notice.

Those who continue to hold space in multiple programs and withdraw with insufficient notice may lose access to online registration.

CAMPS

PRO-D DAY CAMP

5 - 11 yrs

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

Greenglade Community Centre

5 - 7 yrs

F 8:30am-4:30pm Feb 14 \$46 144655

8 - 11 yrs

F 8:30am-4:30pm Feb 14 \$46 144658

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

6 - 9 yrs

F 9am-12pm Feb 14 \$40 144329

9 - 12 yrs

F 1pm-4pm Feb 14 \$40 144330

FINANCIAL ASSISTANCE

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5 - 11 yrs

Greenglade Community Centre

Spring Seekers

5 - 7 yrs

Ideal for those who love variety; a mix of vibrant crafts, exciting games, and an adventurous outing each week! We warmly welcome 5-year-olds currently in Kindergarten to join the fun.

M-F 8:30am-4:30pm Mar 17-Mar 21 \$235/5 144958
M-F 8:30am-4:30pm Mar 24-Mar 28 \$235/5 144959

Outdoor Explorers

8 - 11 yrs

Perfect for those who enjoy diversity. This camp wonderful combination of lively crafts, thrilling games, and an exciting outing every week!

M-F 8:30am-4:30pm Mar 17-Mar 21 \$235/5 144965
M-F 8:30am-4:30pm Mar 24-Mar 28 \$235/5 144995

POTTERY CAMP

6 - 9 yrs

Join Heather for a fun week of pottery this spring break! Unleash your creativity as you sculpt with clay and bring your ideas to life. You'll create small projects that will be fired in our kiln and ready for pick-up two weeks later. Enjoy crafts and games alongside your studio time, making this a perfect artsy week to express yourself and connect with others. All materials included.

Greenglade Community Centre Pottery Studio

Instructor: Heather Verdin

6 - 9 yrs

M-F 9am-12pm Mar 17-Mar 21 \$200/5 144334

9- 12 yrs

M-F 1pm-4pm Mar 17-Mar 21 \$200/5 144335

LEGO ROBOTICS

Instructor: Littluniverse

Greenglade Community Centre Room 6

(SPIKE ESSENTIAL) & Science - Gorilla Battlebots ED!

6 - 9 yrs

Let's get ready to rumble! Join our LITTLUNIVERSE for an exciting week of LEGO, CODING and SCIENCE! With a teammate, dive into the world of engineering using LEGO's Spike Essential sets and software. No experience? No worries! Learn the basics of coding on DAY 1! Choose from many different builds, from easy to difficult! On Friday teams will build and program Gorilla Battlebots for a fun tournament! Take home a science experience everyday! 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!

M-F 9am-4pm Mar 24-Mar 28 \$390/5 144353

(MINDSTORMS EV3) and Science - Battlebots ED!

9 - 14 yrs

BATTLEBOTS ENGAGE! Join our LITTLUNIVERSE for an exciting week of LEGO, CODING, and SCIENCE! Build the ultimate Battlebot for the big tournament! Take home a science experiment everyday! 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!

M-F 9am-4pm Mar 17-Mar 21 \$390/5 144352

TENNIS CAMP

8 - 10 yrs

Learn the fundamentals of tennis with us! No previous tennis experience required - though registrants should be comfortable with the fundamental movement skills of running, throwing and catching. The Orange Level 1 Progressive Tennis curriculum will be followed - including with use of modified tennis balls, courts and nets to ensure success and maximize fun. Expect an engaging week of tennis-focused drills and activities, plus match play, along with a sprinkle of general active camp games complementary to tennis.

Panorama Recreation Centre - Indoor Court 1

M-F 1pm-4pm Mar 17-Mar 21 \$140/5 143790

M-F 1pm-4pm Mar 24-Mar 28 \$140/5 143791

ARCHERY CAMP

8 - 14 yrs

Have you always wanted to try Archery? Try out these hands-on classes and learn how to shoot a bow and arrow! Participants will 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.

North Saanich Middle School Gymnasium

Instructor: Pacific Archery Academy

M-F 9am-4pm Mar 17-Mar 21 \$450/5 144909



INTRODUCTION TO PERSONAL BOUNDARIES AND SELF DEFENCE WORKSHOP FOR TWEEN GIRLS

10 - 13 yrs

We believe this 2.5hrs workshop is essential for tweens as they navigate their expanding social circles and social media. You will discover your personal boundaries from family to strangers and the various responses to uphold them. You will practice key target areas for physical self-defence, as well as simple ways to keep safe and aware of your surroundings, with an emphasis on defending an attack from a stranger. These classes address bullying, assault, sextortion, sexual assault and harassment with age appropriate education.

Greenglade Community Centre Room 5

Instructor: Sixth Sense Self Defence

F 9:30am-12pm Feb 14 \$65 145111

SELF-DEFENCE AND EMPOWERMENT CAMP FOR TWEEN GIRLS

11 - 14 yrs

Our inspiring spring break camp for girls is designed to develop self-confidence and awareness in your child as well as basic street-smart self-defence skills. This scenario based training covers personal boundaries from family to strangers and the various responses to uphold them. Your child will practice key target areas for physical self-defence and offer simple ways to keep safe and aware of their surroundings, with an emphasis on defending an attack from a stranger standing up and from the ground. Defending a boundary breach from an acquaintance or friend and learning to set, hold and enforce their boundaries with confidence.

North Saanich Middle School Multipurpose Room

Instructor: Sixth Sense Self Defence

M-Th 9am-12pm Mar 17-Mar 20 \$225/4 145163

YOUTH EMPLOYMENT AND LEADERSHIP BOOTCAMP

14 - 18 yrs

Interested in a job in recreation? Want to have fun and make new friends? Come for 4 days of our Youth Employment and Leadership Bootcamp! We will spend the week working on team building, goal setting, learning games and crafts, leading larger groups, and more to develop all the skills needed to have the confidence and abilities to work in recreation environments with children! You will also earn your Emergency First Aid and CPR C Certificate and receive your High Five Training Certification from BCRPA. We will also have a workshop in resume building to help you use your new certifications and experience to start applying for jobs right away! We will finish the week with a fun out trip for an exciting adventure to celebrate!

Greenglade Community Centre Room 8

M-F 8:30am-4:30pm Mar 24-Mar 28 \$368/5 144826



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

NEW DAY Tu 9:30am-11am
Th 9:30am-11am

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

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

Instructor: Mctavish Academy Of Art

| | | | | |
|----|----------------|--------------|----------|--------|
| W | 3:45pm-4:30pm | Jan 8-Mar 12 | \$175/10 | 144726 |
| Sa | 9:30am-10:15am | Jan 11-Mar 8 | \$158/9 | 144727 |
| Su | 9:30am-10:15am | Jan 12-Mar 9 | \$140/8 | 144733 |

CREATIVE CRAFT AND SPLASH

3 - 6 yrs

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 not required. Children should be dropped off wearing a dry bathing suit and old play clothes. Please dress for weather (rain or shine).

Panorama Recreation Centre Poolside Room

| | | | | |
|---|----------------|---------------|----------|--------|
| W | 8:45am-10:45am | Jan 8-Mar 12 | \$150/10 | 145038 |
| F | 8:45am-10:45am | Jan 10-Mar 14 | \$150/10 | 145037 |

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 | Jan 12-Feb 2 | \$100/4 | 144739 |
| Su | 11am-12:30pm | Feb 16-Mar 9 | \$100/4 | 144744 |

**WE ARE
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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 Jan 7-Mar 4 \$175/9 144339

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 Jan 7-Mar 4 \$175/9 144336

Central Saanich Cultural Centre Room A

W 9:30am-10:15am Jan 8-Mar 5 \$175/9 144342

PJ'S PRESCHOOL PIANO SEMI-PRIVATE

3 - 5 yrs

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

Instructor: Pj Music

| | | | | |
|----|--------------|---------------|---------|--------|
| Su | 11am-11:30am | Jan 19-Mar 16 | \$239/8 | 145121 |
| Su | 1pm-1:30pm | Jan 19-Mar 16 | \$239/8 | 145122 |
| Su | 2pm-2:30pm | Jan 19-Mar 16 | \$239/8 | 145123 |

DANCING WITH MY FAMILY

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!

9 mos - 2 yrs

Allegro Performing Arts Centre

Instructor: Allegro Performing Arts Centre

| | | | | |
|---|-------------|---------------|--------|--------|
| W | 9:30am-10am | Jan 8-Feb 5 | \$73/5 | 145104 |
| W | 9:30am-10am | Feb 12-Mar 12 | \$73/5 | 145105 |



TINY DANCERS

3 - 5 yrs

Instructor: Allegro Performing Arts Centre

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.

Panorama Recreation Centre Fitness Studio

| | | | | |
|---|------------|---------------|--------|--------|
| W | 3:30pm-4pm | Jan 8-Feb 5 | \$73/5 | 145102 |
| W | 3:30pm-4pm | Feb 12-Mar 12 | \$73/5 | 145103 |

Allegro Performing Arts Centre

Instructor: Allegro Performing Arts Centre

| | | | | |
|----|-----------------|---------------|--------|--------|
| Sa | 10:30am-11am | Jan 11-Feb 8 | \$73/5 | 145116 |
| Sa | 10:30am-11am | Feb 15-Mar 15 | \$73/5 | 145118 |
| Sa | 11:15am-11:45am | Jan 11-Feb 8 | \$73/5 | 145117 |
| Sa | 11:15am-11:45am | Feb 15-Mar 15 | \$73/5 | 145120 |

SPORTS

SKATE, HOCKEY & 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. 11-13

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 | Jan 7- Mar 11 | \$180/10 | 144408 |
|----|---------------|---------------|----------|--------|

MINI CANUCKS

Panorama Recreation Centre Arena A

Starting OUT

3 - 6 yrs

For the beginner hockey player who has successfully completed Pre-School 2. This class will introduce stick handling, passing and shooting, with an emphasis on having fun. A helmet with facemask, and full hockey gear required.

| | | | | |
|----|----------------|---------------|--------|--------|
| F | 3:20pm-3:50pm | Jan 10-Feb 21 | \$44/6 | 144729 |
| F | 3:20pm-3:50pm | Feb 28-Mar 28 | \$36/5 | 144732 |
| Sa | 9:45am-10:15am | Jan 11-Feb 22 | \$44/6 | 144735 |
| Sa | 9:45am-10:15am | Mar 1-Mar 29 | \$36/5 | 144737 |

Stepping UP

4 - 7 yrs

For hockey 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. A helmet with facemask and full hockey gear required.

| | | | | |
|----|-----------------|---------------|--------|--------|
| F | 3:20pm-3:50pm | Jan 10-Feb 21 | \$44/6 | 144730 |
| F | 3:20pm-3:50pm | Feb 28-Mar 28 | \$36/5 | 144734 |
| Sa | 9:45am-10:15am | Jan 11-Feb 22 | \$44/6 | 144736 |
| Sa | 10:15am-10:45am | Mar 1-Mar 29 | \$36/5 | 144738 |

GENERAL INTEREST

TOTS, TALES, & TOYS

2 - 3 yrs

Enjoy activity stations, free play, stories, and songs with your little one in this social morning session. Each session includes circle time, a snack break, and opportunities to connect with other caregivers.

Parent/caregiver participation is required.

Greenglade Community Centre Room 7

| | | | | |
|---|--------------|---------------|--------|--------|
| F | 10:30am-12pm | Jan 17-Feb 7 | \$60/4 | 145022 |
| F | 10:30am-12pm | Feb 21-Mar 14 | \$60/4 | 145023 |

LITTLE SCIENTISTS LAB

2 - 4 yrs

Dive into an exciting STEM journey tailored for curious young minds! Enroll in our Little Scientists Lab, where budding explorers can engage in hands-on experiments, uncovering thrilling reactions and igniting a passion for science that lasts a lifetime. Drop-off program with no parent/guardian participation required.

Greenglade Community Centre Room 7

| | | | | |
|----|--------------|--------------|--------|--------|
| Tu | 10am-11:30am | Jan 7-Jan 28 | \$90/4 | 145020 |
| Tu | 10am-11:30am | Feb 4-Feb 25 | \$90/4 | 145021 |

BAKING BUDDIES

3 - 5 yrs

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

Drop-off program with no parent/guardian participation required.

Greenglade Community Centre Room 7

| | | | | |
|---|-----------|---------------|---------|--------|
| W | 10am-12pm | Jan 8-Jan 29 | \$115/4 | 144759 |
| W | 10am-12pm | Feb 19-Mar 12 | \$115/4 | 144768 |

SCHOOL AGE

ARTS & CULTURE

KIDS ART SERIES - EXPLORING MEDIUMS

5 - 12 yrs

In this series we will explore new mediums each project, experimenting and creating. These mediums include acrylics, drawing, mixed media, sculpting/pottery and much more, with new projects each class. No experience is necessary. All supplies and curated projects included.

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

5 - 8 yrs

| | | | | |
|----|--------------|--------------|---------|--------|
| Sa | 11am-12:30pm | Jan 11-Mar 8 | \$175/9 | 144752 |
| Su | 11am-12:30pm | Jan 12-Mar 9 | \$175/9 | 144757 |

6 - 9 yrs

| | | | | |
|----|------------|--------------|----------|--------|
| Tu | 4pm-5:30pm | Jan 7-Mar 11 | \$190/10 | 144743 |
| W | 5pm-6:30pm | Jan 8-Mar 12 | \$190/10 | 144748 |

8 - 12 yrs

| | | | | |
|----|------------|--------------|----------|--------|
| Tu | 6pm-7:30pm | Jan 7-Mar 11 | \$190/10 | 144746 |
| Sa | 1:30pm-3pm | Jan 11-Mar 8 | \$175/9 | 144754 |
| Su | 1:30pm-3pm | Jan 12-Mar 9 | \$175/9 | 144763 |

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



POTTERY

Greenglade Community Centre Pottery Studio

Instructor: Heather Verdin

Kiddos

6 - 9 yrs

A wonderful opportunity for kids ages 6-9 to learn and explore the art of pottery and clay sculpture. Your child will sculpt, build, and play with clay! Appropriate for all skill levels, your child will bring home several functional and sculptural pieces. All materials included.

M 3:30pm-5pm Jan 13-Feb 10 \$100/5 143870

School Age

9 - 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.

W 4pm-5:30pm Jan 15-Feb 12 \$100/5 143868

NEW

GENERATIONS IN CLAY

6 yrs+ with caregiver

This class is for parents and kids, grandparents and grandkids, or any intergenerational creative duo looking to make art together. Work together on various hand building projects, try out the wheel, and create lots of great projects to bring home. Appropriate for all skill levels, all materials included. Your registration is for one adult (16+) and one child (6-12), please register the participating adult.

Greenglade Community Centre Pottery Studio

Instructor: Heather Verdin

M 6pm-8pm Jan 13-Feb 10 \$200/5 143871

NEW

PAINT NIGHT- YOUTH

8 - 12 yrs

Join us for a dynamic art class that covers a variety of techniques! Each week, you'll have the chance to experiment with different techniques, including ceramics, acrylic, water colour and splatter. All skill levels welcome. Our skilled instructors will guide participants through step by step instructions. All equipment is included.

Greenglade Community Centre Room 9

Tu 6pm-7:30pm Jan 7-Jan 28 \$100/4 144916

Tu 6pm-7:30pm Feb 4-Feb 25 \$100/4 144920



MUSIC & DANCE

PJ MUSIC LESSONS

Central Saanich Cultural Centre Room A

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

Instructor: Pj Music

Piano For Everyone - Semi Private

6 yrs+

Have you ever wanted to learn as a family? Here's your chance! 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 1:30pm-2pm Jan 19-Mar 16 \$239/8 145139

6 - 10 yrs

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 Jan 19-Mar 16 \$239/8 145124

Su 12pm-12:30pm Jan 19-Mar 16 \$239/8 145125

Su 2:30pm-3pm Jan 19-Mar 16 \$239/8 145126

Semi-Private Ukulele

6 - 10 yrs

Let's learn the musical basics like chords, melodies, note reading and rhythms through popular songs that will kickstart your learner's musical journey! No previous experience necessary.

Su 3pm-3:30pm Jan 19-Mar 16 \$239/8 145129

Su 5pm-5:30pm Jan 19-Mar 16 \$239/8 145133

Semi-Private Guitar

6 - 10 yrs

Are you charmed by the warm, uplifting sound of the guitar? 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. Develop your strumming skills with a variety of patterns, adding depth and rhythm to your playing. Learn to play beautiful melodies on your guitar, adding an extra layer of musicality to your repertoire.

Su 4pm-4:30pm Jan 19-Mar 16 \$239/8 145132

Su 6pm-6:30pm Jan 19-Mar 16 \$239/8 145134



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 | Jan 11-Feb 8 | \$93/5 | 145114 |
| Sa | 11:45am-12:30pm | Feb 15-Mar 15 | \$93/5 | 145115 |

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 | 4pm-4:45pm | Jan 8-Feb 5 | \$93/5 | 145106 |
| W | 4pm-4:45pm | Feb 12-Mar 12 | \$93/5 | 145107 |

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 | 4:45pm-5:30pm | Jan 8-Feb 5 | \$93/5 | 145108 |
| W | 4:45pm-5:30pm | Feb 12-Mar 12 | \$93/5 | 145110 |

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 | Jan 10-Mar 14 | \$185/10 | 145112 |
|---|---------------|---------------|----------|--------|

GENERAL INTEREST

PARENTS NIGHT OUT: PJ PARTY

5 - 11 yrs

Cheaper than a babysitter and way more fun! Experienced childcare staff will lead the group through a variety of games and activities including exclusive access to the giant inflatable obstacle course! A pizza dinner, popcorn and a movie will be provided.

Greenglade Community Centre Room 9

| | | | | |
|----|---------------|--------|------|--------|
| Sa | 5:30pm-9:30pm | Jan 18 | \$30 | 144873 |
| Sa | 5:30pm-9:30pm | Feb 15 | \$30 | 144874 |
| Sa | 5:30pm-9:30pm | Mar 8 | \$30 | 144875 |

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View current opportunities at panoramarecreation.ca

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 KÉLSET, 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

KIDS IN THE KITCHEN

7 - 10 yrs

North Saanich Middle School Food/Textiles Room

Lunar Delights

Join us as we celebrate the Lunar New Year by whisking, baking, and frying delicious traditional meals! Discover the joy of cooking while learning new skills and recipes that honor this festive occasion. All abilities welcome as we learn new recipes and cooking techniques in a fun, interactive setting. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers!

W 6pm-7:30pm Jan 15-Jan 29 \$63/3 144652

Sweetheart Snacks

Welcome to Kids in the Kitchen! All abilities are welcome as we whisk, bake, and create delicious and tasty treats to celebrate Valentine's Day. Bring out your inner sweet tooth and learn some new skills and recipes along the way. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers!

W 6pm-7:30pm Feb 5-Feb 19 \$63/3 144654

2D GAME DESIGN - BEGINNER LEVEL - "MINECRAFT EDITION!"

7 - 11 yrs

Wait what is this?! It looks like Minecraft but it's in 2D! In this program participants will get to create their very own simplified version of what Minecraft would look like in 2D! Each participant will get to take home their game with them at the end of the program. Have your friends and family play it!

Note: No prior coding/programming experience is necessary but participants are recommended to have some experience with using computers/typing/etc.

Greenglade Community Centre Room 6

Instructor: Littluniverse

Su 2:30pm-4pm Jan 12-Mar 2 \$172/8 144351

FINANCIAL ASSISTANCE

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LEGO ROBOTICS

Greenglade Community Centre Room 6

Instructor: Littluniverse

6 - 8 yrs

(Spike Essential) - Beginner Level

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 Jan 12-Mar 2 \$120/8 144345

(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 Jan 12-Mar 2 \$172/8 144347

MEETS Game Design!

8 - 12 yrs

Come and join us for our first ever collaboration of two of our most popular programs! Throughout the course we will program different simple arcade based games using Scratch and build a unique controller using our LEGO Education's WEDO 2.0 sets! Boxing Game? Racing Game? Space Invaders? AND SO MUCH MORE! The possibilities are endless when bringing these two worlds together! Participants will have the opportunity to showcase their games to their families during pickup before moving on to the next project the following week. Some projects may take 1 to 3 sessions depending on the class.

Su 12:30pm-2pm Jan 12-Mar 2 \$188/8 144350

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 | Jan 18 | \$40 | 144331 |
| Sa | 9:30am-12:30pm | Mar 8 | \$40 | 144332 |

INTRODUCTION TO PERSONAL BOUNDARIES AND SELF DEFENCE WORKSHOP FOR TWEEN GIRLS

10 - 13 yrs

We believe this 2.5hrs workshop is essential for tweens as they navigate their expanding social circles and social media. You will discover your personal boundaries from family to strangers and the various responses to uphold them. You will practice key target areas for physical self-defence, as well as simple ways to keep safe and aware of your surroundings, with an emphasis on defending an attack from a stranger. These classes address bullying, assault, sextortion, sexual assault and harassment with age appropriate education.

Greenglade Community Centre Room 5

Instructor: Sixth Sense Self Defence

| | | | | |
|---|-------------|--------|------|--------|
| F | 9:30am-12pm | Feb 14 | \$65 | 145111 |
|---|-------------|--------|------|--------|

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 | 9am-4pm | Jan 25 | \$85 | 144824 |
| Sa | 9am-4pm | Feb 22 | \$85 | 145177 |
| Sa | 9am-4pm | Mar 29 | \$85 | 144825 |

SPORTS

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 | Jan 7-Mar 11 | \$180/10 | 144406 |
|----|---------------|--------------|----------|--------|

ARCHERY

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.

North Saanich Middle School Gymnasium

Instructor: Pacific Archery Academy

Parent and Child

8 yrs+

| | | | | |
|----|-----------------|---------------|---------|--------|
| Sa | 11:30am-12:30pm | Jan 11-Feb 15 | \$185/6 | 144568 |
| Sa | 11:30am-12:30pm | Feb 22-Mar 22 | \$155/5 | 144570 |
| Su | 11:30am-12:30pm | Jan 12-Feb 16 | \$185/6 | 144569 |
| Su | 11:30am-12:30pm | Feb 23-Mar 23 | \$155/5 | 144571 |

Youth

9 - 16 yrs

| | | | | |
|----|-----------------|---------------|---------|--------|
| W | 6pm-7pm | Jan 8-Feb 12 | \$145/6 | 144573 |
| W | 6pm-7pm | Feb 19-Mar 19 | \$125/5 | 144574 |
| Sa | 10:15am-11:15am | Jan 11-Feb 15 | \$145/6 | 144576 |
| Sa | 10:15am-11:15am | Feb 22-Mar 22 | \$125/5 | 144579 |
| Su | 9am-10am | Jan 12-Feb 16 | \$145/6 | 144582 |
| Su | 9am-10am | Feb 23-Mar 23 | \$125/5 | 144585 |

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 | Jan 8-Mar 19 | \$265/11 | 144572 |
|---|---------------|--------------|----------|--------|

LEARN TO PLAY HOCKEY

6 - 13 yrs

Specialty 45-minute introduction to hockey lesson. Participants will learn basic skating, puck handling, passing, and shooting drills. Full gear required including neck guard and face cage. Must have completed School Age 2.

Panorama Recreation Centre Arena A

| | | | | |
|---|---------------|---------------|--------|--------|
| F | 4:20pm-5:20pm | Jan 10-Feb 21 | \$57/6 | 144756 |
| F | 4:40pm-5:20pm | Feb 28-Mar 28 | \$48/5 | 144758 |

LEARN TO FIGURE SKATE

6 - 13 yrs

Specialty 45-minute 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 | Jan 10-Feb 21 | \$57/6 | 144753 |
| F | 4:40pm-5:20pm | Feb 28-Mar 28 | \$48/5 | 144755 |

POWER UNLIMITED

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 and 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 | Jan 8-Mar 12 | \$153/10 | 144235 |
|---|------------|--------------|----------|--------|



TENNIS

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 Jan 9-Mar 13 \$130/10 145289

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 Jan 7-Mar 13 \$240/20 145286

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 4:45pm-6:15pm Jan 9-Mar 13 \$195/10 145290

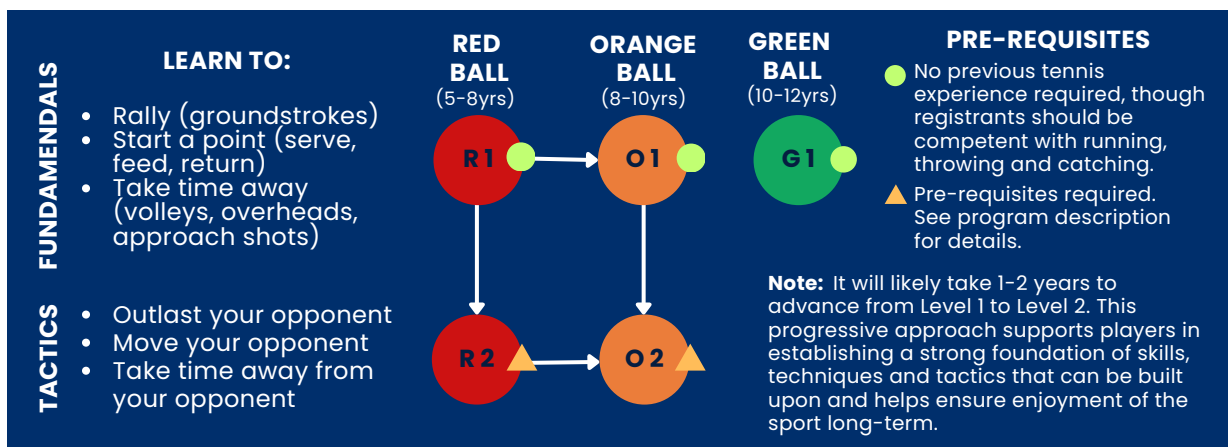
Orange Ball 2

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 4:45pm-6:15pm Jan 7-Mar 13 \$360/20 145287



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 Jan 7-Mar 11 \$195/10 145288

GIRLS ONLY 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 players' abilities to serve, rally, play at net and score.

Pre-requisite: Successful completion of Red Level 1, Orange Level 1 or equivalent, along with competence with the fundamental movement skills of running, throwing and catching.

Panorama Recreation Centre Indoor Tennis Court 1

M 4:30pm-6pm Jan 6-Feb 10 \$117/6 145284

M 4:30pm-6pm Feb 24-Mar 31 \$117/6 145285

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



YOUTH & TEEN

FREE

TEEN LOUNGE @ GREENGLADE

11 - 16 yrs

Teen Lounge is a FREE pre-registered and drop in program for island youth 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 is free for those who attend 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 (Feb 14, Mar 21, Mar 28). See p. 29 for special theme lounges.

Greenglade Community Centre Room 9

F 6pm-8pm Jan - Mar* Free

ARTS & CULTURE

NEW

GENERATIONS IN CLAY

6 yrs+ with caregiver

See p. 21

TEEN 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 Feb 19-Mar 26 \$100/5 143869

GENERAL INTEREST

BIRTHDAY PARTIES

Make a splash for your next birthday bash! Check out our aquatic, skate and gym parties. See p. 10

SPORTS

SKATE, HOCKEY & 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. 11-13

TENNIS - BEGINNER GROUP LESSONS

12 - 16 yrs

Get introduced to the fundamental skills, techniques and tactics of tennis. This could be the start of your tennis era! 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.

Panorama Recreation Centre - Indoor Courts

Girls Only

| | | | | |
|---|------------|---------------|--------|--------|
| W | 4:30pm-6pm | Jan 8-Feb 5 | \$98/5 | 145305 |
| W | 4:30pm-6pm | Feb 12-Mar 12 | \$98/5 | 145307 |

All Genders

| | | | | |
|----|------------|---------------|--------|--------|
| Th | 6:30pm-8pm | Jan 9-Feb 6 | \$98/5 | 145302 |
| Th | 6:30pm-8pm | Feb 13-Mar 13 | \$98/5 | 145303 |

WHEELCHAIR TENNIS

15 yrs+

Learn to play or advance your skills in wheelchair tennis, Thursdays 6:30-8pm! Seasonal registration or weekly drop-in available. See p. 45

FITNESS

FITNESS PROGRAMS

Many of our adult fitness programs have a minimum age of 12 yrs. See p. 47

REGIONAL YOUTH WEIGHT ROOM ORIENTATION

13 yrs+

This orientation will provide 13-15 year old's 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

Instructor: Zachary Zeigler

| | | | | |
|----|----------|--------|------|--------|
| Sa | 9am-11am | Jan 18 | \$15 | 144294 |
| Sa | 9am-11am | Feb 8 | \$15 | 145314 |
| Sa | 9am-11am | Mar 15 | \$15 | 145315 |
| Su | 9am-11am | Jan 26 | \$15 | 145312 |
| Su | 9am-11am | Feb 23 | \$15 | 145313 |
| Su | 9am-11am | Mar 23 | \$15 | 145316 |

WE ARE
HIRING
JOIN OUR TEAM



View current opportunities at panoramarecreation.ca

LEADERSHIP & TRAINING

YOUTH EMPLOYMENT AND LEADERSHIP BOOTCAMP

14 - 18 yrs

Interested in a job in recreation? Want to have fun and make new friends? Come for 4 days of our Youth Employment and Leadership Bootcamp! We will spend the week working on team building, goal setting, learning games and crafts, leading larger groups, and more to develop all the skills needed to have the confidence and abilities to work in recreation environments with children! You will also earn your Emergency First Aid and CPR C Certificate and receive your High Five Training Certification from BCRPA. We will also have a workshop in resume building to help you use your new certifications and experience to start applying for jobs right away! We will finish the week with a fun out trip for an exciting adventure to celebrate!

Greenglade Community Centre Room 8

M-F 8:30am-4:30pm Mar 24-Mar 28 \$368/5 144826

LIFEGUARD ACADEMY

9 - 13 yrs

An introduction to the life guarding world! Lifeguard Academy practices once a week. Practices consist of:

- 45min-1hr Lifesaving Sport practice. Practising swim skills, lifesaving kicks, manikin carries, obstacle swims, line throw, manikin tows, and relays! Practices will have levels of difficulty to meet needs of participants.
- 1hr-1.25hrs of first aid and lifesaving techniques. Including CPR, heat exhaustion/stroke emergencies, hypothermia, cuts and bleeds, bone and joint injuries, and lifts and carries.

Fantastic option for those finished with swim lessons and looking towards lifeguarding in the future, or for those looking for something different than just lap swimming.

Pre-requisites: Swimmer level 6, or previous swim club/aquatic sport experience, or ability to swim 100m front crawl.

Panorama Recreation Centre Main Pool - Lane 1

W 5:30pm-7:30pm Jan 8-Mar 12 \$200/10 143661



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.

Panorama Recreation Centre Lookout Room

Sa-Su 9am-5:30pm Mar 15-Mar 16 \$160/2 145041

BRONZE MEDALLION

13 yrs+

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.

Panorama Recreation Centre Lookout Room

Sa-Su 9am-4:30pm Feb 1-Feb 8 \$135/3 145039

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.

Panorama Recreation Centre Lookout Room

Sa-Su 9am-4:30pm Feb 22-Mar 1 \$135/3 145040



ADULT

VISUAL ARTS & CRAFTS

POTTERY

16 yrs+

Greenglade Community Centre Pottery Studio

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 throwing 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!

Instructor: Wednesday: Heather Verdin

Friday: Michale Fjeldstad

| | | | | |
|---|------------|---------------|---------|--------|
| W | 6:30pm-9pm | Jan 8-Feb 12 | \$215/6 | 144296 |
| W | 6:30pm-9pm | Feb 19-Mar 26 | \$215/6 | 144297 |
| F | 6:30pm-9pm | Jan 10-Feb 14 | \$215/6 | 144344 |
| F | 6:30pm-9pm | Feb 21-Mar 28 | \$215/6 | 144346 |

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!

Instructor: Michale Fjeldstad

| | | | | |
|----|------------|---------------|---------|--------|
| Sa | 1:30pm-4pm | Jan 11-Feb 15 | \$215/6 | 144348 |
| Sa | 1:30pm-4pm | Feb 22-Mar 29 | \$215/6 | 144349 |

POTTERY - MAKE A MUG

2yrs+ with Caregiver or 13yrs+

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 potter's wheel). 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

| | | | | |
|----|---------|--------|------|--------|
| Su | 2pm-4pm | Jan 19 | \$38 | 144298 |
| Su | 2pm-4pm | Feb 16 | \$38 | 144299 |
| Su | 2pm-4pm | Mar 9 | \$38 | 144300 |

POTTERY WORKSHOP - GLAZING

16 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 | Jan 26 | \$55 | 144301 |
|----|---------|--------|------|--------|

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** | 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 | Jan 13-Mar 24 | \$85/9 | 144912 | Th | 8:30am-11:30am | Jan 9-Mar 27 | \$104/11 | 144728 |
| M | 11:30am-2:30pm | Jan 13-Mar 24 | \$85/9 | 144913 | Th | 11:30am-2:30pm | Jan 9-Mar 27 | \$104/11 | 144731 |
| | | | | | Th | 2:30pm-5:30pm | Jan 9-Mar 27 | \$104/11 | 144760 |
| Tu | 8:30am-11:30am | Jan 7-Mar 25 | \$104/11 | 144710 | Th | 5:30pm-8:30pm | Jan 9-Mar 27 | \$114/12 | 144761 |
| Tu | 11:30am-2:30pm | Jan 7-Mar 25 | \$104/11 | 144714 | | | | | |
| Tu | 2:30pm-5:30pm | Jan 7-Mar 25 | \$104/11 | 144716 | Sa | 9am-12pm | Jan 11-Mar 29 | \$113/12 | 144769 |
| Tu | 5:30pm-8:30pm | Jan 7-Mar 25 | \$114/12 | 144719 | Su | 9am-12pm | Jan 12-Mar 30 | \$113/12 | 144771 |



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 Feb 2-Feb 9 \$100/2 144302

NEW GENERATIONS IN CLAY

6 yrs+ with caregiver

This class is for parents and kids, grandparents and grandkids, or any intergenerational creative duo looking to make art together. Work together on various hand building projects, try out the wheel, and create lots of great projects to bring home. Appropriate for all skill levels, all materials included. Your registration is for one adult (16+) and one child (6-12), please register the participating adult.

Greenglade Community Centre Pottery Studio

Instructor: Heather Verdin

M 6pm-8pm Jan 13-Feb 10 \$200/5 143871

NEW

CERAMIC FLOWER GARLANDS

2yrs+ with Caregiver or 13yrs+

Create an assortment of spring flowers! A great opportunity to check out the Greenglade Pottery Studio and get your hands into clay. Come on your own, or bring a child or youth aged 2yrs-17yrs to create together. All levels welcome, supplies included. Flowers will be made using hand building techniques out of light weight paper clay, and each pair will bring home several flowers which you can string into a garland. 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

| | | | | |
|----|---------|--------|------|--------|
| Su | 1pm-4pm | Mar 23 | \$38 | 144341 |
| Su | 1pm-4pm | Mar 30 | \$38 | 144343 |

RECONNECT WITH YOUR CREATIVITY

19 yrs+-

In this series we will explore your creativity using a variety of mediums, process and most of all fun! Your skilled instructor will guide you step by step through the process to reconnect with your creativity. Explore new mediums and projects. All supplies provided.

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

| | | | | |
|----|---------------|--------------|---------|--------|
| W | 1pm-3pm | Jan 8-Feb 12 | \$225/6 | 144914 |
| Su | 1:30pm-3:30pm | Jan 12-Feb 2 | \$150/4 | 144915 |



MUSIC & DANCE

SEMI-PRIVATE MUSIC LESSONS

16 yrs+

Central Saanich Cultural Centre Room A

Instructor: Pj Music

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

Piano

Have you always wanted to learn piano but never had a chance or want to revisit your pianistic skills again. We have the class for you.

Su 11:30am-12pm Jan 19-Mar 16 \$239/8 144661

Ukulele

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. Develop your strumming skills with a variety of patterns, adding depth and rhythm to your playing.

Su 3:30pm-4pm Jan 19-Mar 16 \$239/8 144662

Su 5:30pm-6pm Jan 19-Mar 16 \$239/8 144664

Guitar

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. The materials fee is included in the cost.

Su 4:30pm-5pm Jan 19-Mar 16 \$239/8 144663

Su 6:30pm-7pm Jan 19-Mar 16 \$239/8 144665

LINE DANCING

16 yrs+

Greenglade Community Centre Room 4

Instructor: Claire Denney

Basic Beginner

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

Greenglade Community Centre Room 4

Instructor: Claire Denney

Tu 1:30pm-2:45pm Jan 7-Jan 28 \$36/4 144393

Tu 1:30pm-2:45pm Feb 4-Feb 25 \$36/4 144394

Tu 1:30pm-2:45pm Mar 4-Mar 25 \$36/4 144395

Th 1:30pm-2:45pm Jan 2-Jan 30 \$45/5 144396

Th 1:30pm-2:45pm Feb 6-Feb 27 \$36/4 144397

Th 1:30pm-2:45pm Mar 6-Mar 27 \$36/4 144398

Beginner Level 2

Learn modern line dance 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. Please wear comfortable clothing and non-marking soft-soled shoes.

M 1:30pm-2:45pm Jan 6-Jan 27 \$36/4 144390

M 1:30pm-2:45pm Feb 3-Feb 24 \$27/3 144391

M 1:30pm-2:45pm Mar 3-Mar 31 \$45/5 144392

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.

Instructor: E & R Ballroom Dance Elizabeth Smailes

North Saanich Middle School Multipurpose Room

Intermediate Waltz & Foxtrot

If you know a handful of basic figures in Waltz and/or Foxtrot, and are ready to enhance your dancing with the addition of new patterns and improved dance technique, then this class is for you. Please sign up with a partner or contact us ahead of time for our partner matching service.

North Saanich Middle School Multipurpose Room

Tu 7pm-7:55pm Jan 21-Feb 18 \$75/5 144401

Introduction to Rhumba & Cha Cha

Designed for beginners, in this course we learn several basic patterns that can be danced to a wide variety of latin and top 40 music. While Rhumba is slow and romantic, Cha Cha is fast and lively! Please sign up with a partner or contact us ahead of time for our partner matching service.

Tu 8:05pm-9pm Jan 21-Feb 18 \$75/5 144403

Wedding Day Dancing

It is traditional for the newly married couple to perform a solo dance at their reception, followed by general dancing for all the guests. This aspect of your special day is often overlooked but deserves as much attention to detail as the ceremony, attire and banquet. In this course we will introduce several basic patterns along with elegant and polished entrances and exits.

Tu 7pm-7:55pm Feb 25-Mar 18 \$60/4 144402

NEW

Cruise Ship Dancing

Do you have a cruise vacation approaching? Dancing in the evenings to live music is a very popular activity. Wouldn't you rather join in than sit on the sidelines? In this course we'll introduce several basic patterns that can be danced to a wide variety of music. Many cruise lines also offer dance hosts to dance with solo cruisers so both couples and singles are welcome in this class.

Tu 8:05pm-9pm Feb 25-Mar 18 \$60/4 144405



TECHNOLOGY

MASTERING THE BASICS & BEYOND

16 yrs+

Greenglade Community Centre Room 6

Instructor: Mandy Ospina

iPad

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!

Tu 9:30am-11am Jan 14-Jan 28 \$89/3 144589

iPhone

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!

Tu 9:30am-11am Feb 4-Feb 18 \$89/3 144588

FINANCIAL ASSISTANCE

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IPHONE & IPAD: EVERYTHING PHOTOS

16 yrs+

With 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 take panoramic photos, apply filters, create mini slideshows, capture and edit video, share your photos/videos, and more.

Greenglade Community Centre Room 6

Instructor: Mandy Ospina

Tu 9:30am-11am Feb 25-Mar 11 \$89/3 144590

GENERAL INTEREST

WOOFERS' CANINE LEARNING ESSENTIALS

16 yrs+

In this six week course, you will learn how to create a strong relationship with your puppy or older dog with games and exercises. You will also learn how to teach your dog to stop pulling on leash, and how to get your dog to come back to you when you call. We will show you easy ways to solve these issues with games and exercises that you and your dog will enjoy. If you have a puppy, then these classes will help you teach puppy to walk nicely and come when called, right from the start. We aim to make our classes a joyful, and interesting experience for humans and their canine buddies.

Woofers uses only positive reinforcement methods. Classes are suitable for puppies from 10 weeks, and dogs of any age onwards!

Central Saanich Cultural Centre Room B

Instructor: Bren Axon

Su 3pm-4pm Jan 12-Feb 16 \$230/6 144593
Th 6:30pm-7:30pm Feb 27-Apr 3 \$230/6 144592

WORKSHOPS & EDUCATION

WOMEN'S SELF DEFENCE AND BOUNDARY WORKSHOP

18 yrs+

This empowering and essential trauma informed workshop, builds confidence and awareness and is designed for women with female physiology. You will discover your personal boundaries from strangers to family and the various responses to uphold them; mentally, emotionally and physically. You will practice physical street-smart self-defence techniques from standing and on the ground, as well situational awareness and de-escalation, with an emphasis on defending an attack from a stranger. Sexual assault and violence prevention will be discussed.

Greenglade Community Centre Room 5

Instructor: Sixth Sense Self Defence

Sa 9:30am-12pm Jan 18 \$95 144595

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 Bridge, the manual (\$25) is mandatory. Please ensure you select the manual fee at check-out.

Greenglade Community Centre Room 6

Instructor: Mike Dickie

W 10am-12pm Jan 29-Mar 19 \$80/8 143867

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

Su 10am-1pm Feb 23-Mar 9 \$195/3 144675

GLUTEN FREE SOURDOUGH

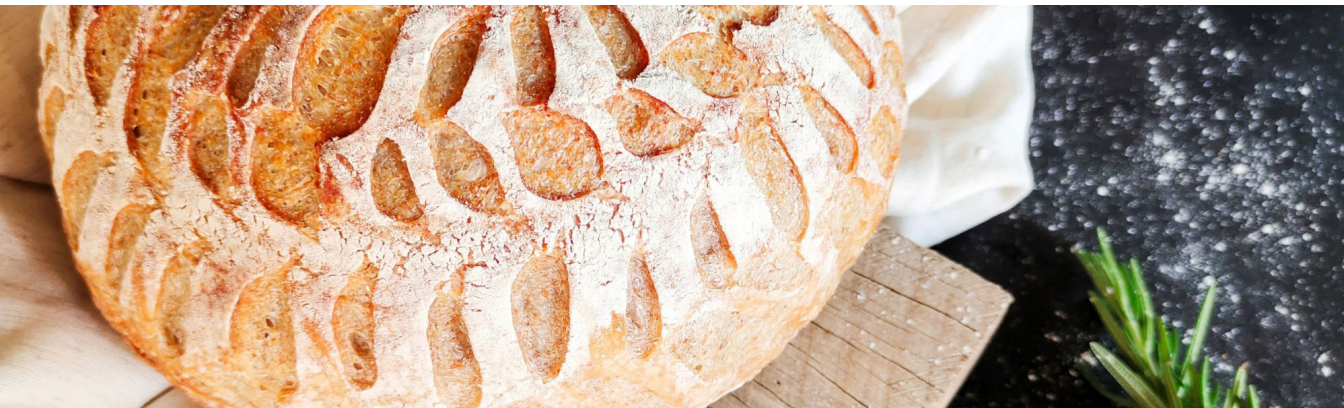
16 yrs+

Learn the basics of how to make a successful gluten free sourdough starter, which flours are the best for gluten free bread baking, and methods for how to make wholesome home-made loaves of bread. We'll start by discussing the background of what fermentation actually is, and taste some yummy gluten free sourdough delicacies. This workshop is taught by Kayla Siefried the Site Manager and Community Education Coordinator at the Compost Education Centre who lives with celiac disease and has been experimenting with gluten free baking for 15 years.

Greenglade Community Centre Room 6

Instructor: Compost Education Centre

Sa 10am-12pm Feb 8 \$35 144707



NEW NATURE JOURNALING

18 yrs+

Nature Journaling helps to develop observation, curiosity, gratitude, reverence, memory, and the skills of a naturalist. You'll discover, think, remember, and integrate new information with your existing knowledge. Contact with the natural world improves health and reduces stress. Nature is also a rich and meaningful place to learn. There is no computer program that can replicate the excitement of seeing a squirrel up close, the intrigue of studying leaves, or the calm of watching clouds.

Dominion Brook Park

Instructor: Maria Verdicchio Infinite Roots

| | | | | |
|----|--------------|--------|------|--------|
| Tu | 11am-12:30pm | Jan 14 | \$30 | 144680 |
| Su | 11am-12:30pm | Feb 2 | \$30 | 144682 |
| Su | 11am-12:30pm | Mar 9 | \$30 | 144681 |

NEW NATURE & FOREST BATHING

18 yrs+

Forest Bathing is a relational and intentional practice that helps people remember that we are a part of nature, not separate from it, and are related to all other beings in fundamental ways. Wake up your senses and deepen your connection with yourself, nature, and others. I will guide you with gentle invitations to engage your senses, observing the sights, sounds, smells, and textures of the environment. We'll move slowly and intentionally over 2 hours, covering no more than 1 km, and will conclude our time with a forest 'tea'.

Dominion Brook Park

Instructor: Maria Verdicchio Infinite Roots

| | | | | |
|----|---------|--------|------|--------|
| Tu | 1pm-3pm | Jan 14 | \$30 | 144677 |
| Su | 1pm-3pm | Feb 2 | \$30 | 144679 |
| Su | 1pm-3pm | Mar 9 | \$30 | 144678 |

LANGUAGE

ALLIANCE FRANÇAISE

16 yrs+

Beginner: A1

This class is a continuation of our total beginners class for those who have had some contact with French. In this class, students will focus on communication around the topics of cuisines around the world, and traveling in French.

Tu 4pm-6pm Jan 21-Mar 11 \$240/8 144673

Intermediate A2

In this class, students will continue learning and practicing skills in French in a welcoming and inclusive environment. This class is for continuing students, or individuals with some background in French.

Tu 6pm-8pm Jan 21-Mar 11 \$240/8 144674

LEADERSHIP & TRAINING

AQUATIC LEADERSHIP

See p. 31

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.

Panorama Recreation Centre Lookout Room

Sa-Su 9am-5:30pm Mar 15-Mar 16 \$160/2 145041

SPORTS

ARCHERY

16 yrs+

North Saanich Middle School Gymnasium

Instructor: Pacific Archery Academy

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 | Jan 11-Feb 15 | \$145/6 | 144575 |
| Sa | 9am-10am | Feb 22-Mar 22 | \$125/5 | 144577 |

| | | | | |
|----|-----------------|---------------|---------|--------|
| Su | 10:15am-11:15am | Jan 12-Feb 16 | \$145/6 | 144578 |
| Su | 10:15am-11:15am | Feb 23-Mar 23 | \$125/5 | 144580 |

Intermediate

So you've completed beginners archery and now you want to continue to further your skills. 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 | Jan 8-Mar 19 | \$265/11 | 144587 |
|---|---------------|--------------|----------|--------|

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 Main Pool - Lane 1

Instructor: Chris Swift-Fry

| | | | | |
|---|---------|---------------|----------|--------|
| M | 8pm-9pm | Jan 13-Mar 10 | \$90/9 | 145338 |
| W | 7pm-8pm | Jan 8-Mar 12 | \$100/10 | 145339 |

SKATING LESSONS

15 yrs+

Panorama Recreation Centre Arena A

Beginner

Introductory course for the adult beginner skater. Instructors will cover balance, safety, stride, stopping and crossovers, and other requests from skaters.

| | | | | |
|----|-----------------|---------------|--------|--------|
| Sa | 11:15am-11:45am | Jan 25-Feb 22 | \$38/5 | 144077 |
| Sa | 11:15am-11:45am | Mar 1-Mar 29 | \$38/5 | 144078 |

Intermediate

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.

| | | | | |
|----|-------------|---------------|--------|--------|
| Tu | 12:30pm-1pm | Jan 7-Feb 11 | \$45/6 | 144075 |
| Tu | 12:30pm-1pm | Feb 18-Mar 25 | \$45/6 | 144076 |



WOMEN'S HOCKEY SKILL DEVELOPMENT

18 yrs+

Join us for a fun and exciting skill sessions to develop your skating, shooting, and passing skills. All abilities welcome to learn and grow your hockey skills. After practicing and learning your skills, we will finish each session with a game to put those new skills into action.

Panorama Recreation Centre Arena B

| | | | | |
|----|---------------|---------------|--------|--------|
| Su | 7:30pm-8:50pm | Jan 12-Jan 26 | \$30/2 | 144074 |
| Su | 7:30pm-8:50pm | Mar 2-Mar 23 | \$60/4 | 144837 |

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. Beginner/Novice players are also welcome to book these timeslots.

TENNIS LESSONS

15 yrs+

Panorama Recreation Centre Indoor Tennis Court

Beginner Group Lessons

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).

| | | | | |
|----|-------------|--------------|---------|--------|
| Su | 11:30am-1pm | Jan 5-Feb 9 | \$147/6 | 145145 |
| Su | 11:30am-1pm | Mar 2-Mar 30 | \$123/5 | 145283 |

| | | | | |
|---|------------|---------------|---------|--------|
| M | 6pm-7:30pm | Jan 6-Feb 10 | \$147/6 | 145228 |
| M | 6pm-7:30pm | Feb 24-Mar 31 | \$147/6 | 145232 |

| | | | | |
|---|--------------|---------------|---------|--------|
| W | 10:30am-12pm | Jan 8-Feb 12 | \$147/6 | 145197 |
| W | 10:30am-12pm | Feb 19-Mar 26 | \$147/6 | 145198 |

Novice Group

For novice 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.

*Refer to Tennis Canada self-rating guide.

| | | | | |
|----|--------------|--------------|---------|--------|
| Su | 10am-11:30am | Jan 5-Feb 16 | \$147/6 | 145142 |
| Su | 10am-11:30am | Mar 2-Mar 30 | \$123/5 | 145282 |

| | | | | |
|---|-------------|---------------|---------|--------|
| M | 9am-10:30am | Jan 6-Feb 10 | \$147/6 | 145148 |
| M | 9am-10:30am | Feb 24-Mar 31 | \$147/6 | 145153 |

| | | | | |
|---|------------|---------------|---------|--------|
| W | 6pm-7:30pm | Jan 8-Feb 12 | \$147/6 | 145202 |
| W | 6pm-7:30pm | Feb 19-Mar 12 | \$98/4 | 145203 |

| | | | | |
|----|-------------|---------------|---------|--------|
| Th | 8:30am-10am | Jan 9-Feb 13 | \$147/6 | 145211 |
| Th | 8:30am-10am | Feb 20-Mar 27 | \$147/6 | 145212 |

Low Intermediate Group

For low intermediate players of a self-assessed 2.5-3 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.

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.

*Refer to Tennis Canada self-rating guide.

| | | | | |
|----|------------|---------------|---------|--------|
| Su | 5pm-6:30pm | Jan 5-Feb 23 | \$196/8 | 145136 |
| Su | 5pm-6:30pm | Mar 2-Mar 30 | \$123/5 | 145157 |
| W | 6pm-7:30pm | Jan 8-Feb 12 | \$147/6 | 145204 |
| W | 6pm-7:30pm | Feb 19-Mar 26 | \$147/6 | 145205 |

Intermediate Group

For intermediate 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.

*Refer to Tennis Canada self-rating guide.

| | | | | |
|----|--------------|---------------|---------|--------|
| M | 10:30am-12pm | Jan 6-Feb 10 | \$147/6 | 145149 |
| M | 10:30am-12pm | Feb 24-Mar 31 | \$147/6 | 145155 |
| W | 3pm-4:30pm | Jan 8-Feb 12 | \$147/6 | 145200 |
| W | 3pm-4:30pm | Feb 19-Mar 12 | \$98/4 | 145201 |
| Th | 10am-11:30am | Jan 9-Feb 13 | \$147/6 | 145213 |
| Th | 10am-11:30am | Feb 20-Mar 27 | \$147/6 | 145214 |



PRACTICE & PLAY

15 yrs+

Panorama Recreation Centre Indoor Tennis Courts

Low Intermediate

For low intermediate players of a self-assessed 2.5-3 skill rating*.

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 doubles play for the opportunity to put skills into action.

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.

*Refer to Tennis Canada self-rating guide.

| | | | | |
|----|---------|---------------|---------|--------|
| M | 1pm-3pm | Feb 24-Mar 31 | \$159/6 | 145161 |
| M | 1pm-3pm | Jan 6-Feb 10 | \$159/6 | 145160 |
| Tu | 3pm-5pm | Jan 7-Feb 11 | \$159/6 | 145172 |
| Tu | 3pm-5pm | Feb 18-Mar 11 | \$106/4 | 145173 |

Intermediate

For intermediate players of a self-assessed 3-3.5 skill rating*.

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 doubles play for the opportunity to put skills into action.

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.

*Refer to Tennis Canada self-rating guide.

| | | | | |
|----|----------------|---------------|---------|--------|
| Su | 6:30-8:30pm | Jan 5-Feb 23 | \$212/8 | 145138 |
| Su | 6:30-8:30pm | Mar 2-Mar 30 | \$132/5 | 145158 |
| Th | 12:30pm-2:30pm | Jan 9-Feb 13 | \$159/6 | 145218 |
| Th | 12:30pm-2:30pm | Feb 20-Mar 27 | \$159/6 | 145219 |

High Intermediate/Advanced

For high intermediate/advanced players of a self-assessed 3.5-4.0 skill rating*.

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 doubles play for the opportunity to put skills into action.

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.

*Refer to Tennis Canada self-rating guide.

| | | | | |
|---|---------------|---------------|---------|--------|
| W | 7:30pm-9:30pm | Jan 8-Feb 12 | \$159/6 | 145206 |
| W | 7:30pm-9:30pm | Feb 19-Mar 26 | \$159/6 | 145207 |

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!

2.5

For players of a self-assessed 2.5 skill rating*.

As a pre-requisite, registrants should be able to rally 10 balls in a row, especially on the forehand.

*Refer to Tennis Canada self-rating guide.

Panorama Recreation Centre Indoor Court 4

| | | | | |
|---|-------------|---------------|---------|--------|
| W | 9am-10:30am | Jan 8-Feb 12 | \$120/6 | 145692 |
| W | 9am-10:30am | Feb 19-Mar 26 | \$120/6 | 145693 |

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.

*Refer to Tennis Canada self-rating guide.

Panorama Recreation Centre Indoor Tennis Court 4

| | | | | |
|---|------------|---------------|---------|--------|
| W | 7:30am-9am | Jan 8-Feb 12 | \$120/6 | 145193 |
| W | 7:30am-9am | Feb 19-Mar 26 | \$120/6 | 145194 |

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.

*Refer to Tennis Canada self-rating guide.

Panorama Recreation Centre Indoor Tennis Court 4

| | | | | |
|----|-------------|---------------|---------|--------|
| Tu | 12:30pm-2pm | Jan 7-Feb 11 | \$120/6 | 145168 |
| Tu | 12:30pm-2pm | Feb 18-Mar 25 | \$120/6 | 145169 |

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.

*Refer to Tennis Canada self-rating guide.

Panorama Recreation Centre Indoor Tennis Court 1

| | | | | |
|---|------------|---------------|---------|--------|
| M | 6pm-7:30pm | Jan 6-Feb 10 | \$120/6 | 145164 |
| M | 6pm-7:30pm | Feb 24-Mar 31 | \$120/6 | 145166 |

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.

*Refer to Tennis Canada self-rating guide.

Panorama Recreation Centre Indoor Tennis Court 1

| | | | | |
|---|------------|---------------|---------|--------|
| M | 7:30pm-9pm | Jan 6-Feb 10 | \$120/6 | 145165 |
| M | 7:30pm-9pm | Feb 24-Mar 31 | \$120/6 | 145167 |

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 to borrow a wheelchair, please contact Panorama's Arena & Racquet Sports Coordinator prior to program start - (250) 655-2177 or info@panoramarec.bc.ca.

Panorama Recreation Centre Indoor Tennis Court 1

| | | | | |
|----|------------|--------------|---------|--------|
| Th | 6:30pm-8pm | Jan 9-Mar 13 | \$73/10 | 145236 |
|----|------------|--------------|---------|--------|

Drop-ins welcome! Regular admission rates apply.

WOMEN'S INTERMEDIATE 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.

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.

*Refer to Tennis Canada self-rating guide.

Panorama Recreation Centre Indoor Tennis Court 4

| | | | | |
|---|---------|---------------|---------|--------|
| F | 2pm-4pm | Jan 10-Feb 14 | \$159/6 | 145220 |
| F | 2pm-4pm | Feb 21-Mar 28 | \$159/6 | 145221 |

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 Court 1

| | | | | |
|----|---------|--------------|---------|--------|
| Su | 4pm-6pm | Jan 5-Feb 23 | \$120/8 | 145130 |
| Su | 4pm-6pm | Mar 2-Mar 30 | \$75/5 | 145131 |

MIXED SINGLES TRIPLE KNOCKOUT TENNIS TOURNAMENT

15 yrs+

Each player guaranteed at least 3 matches! 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 on until February 10. Registration fee increases by \$5 after this time. Competitive U15 juniors welcome with pre-approval.

Panorama Recreation Centre Indoor Courts

| | | | |
|------|-----------|------|--------|
| F-Su | Feb 21-23 | \$50 | 145243 |
|------|-----------|------|--------|

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. Sign up online under Activity Schedules > Sports, or via Reception.

Panorama Recreation Centre Indoor Courts

| | | | | |
|----|--------------|--------|---------|--------------|
| Sa | 9:30-11:30am | Weekly | Jan-Mar | \$22/session |
|----|--------------|--------|---------|--------------|

THEMED 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! Pre-registration required. Sign up online under Activity Schedules > Sports, or via Reception.

Panorama Recreation Centre Indoor Courts

| | | | | |
|----|----------------|--------|---------|-------------|
| Sa | 11:30am-1:15pm | Weekly | Jan-Mar | \$25/clinic |
|----|----------------|--------|---------|-------------|



FITNESS

INTRO TO WEIGHT TRAINING

16 yrs+

In this four-part interactive series, you will learn the basics of fitness theory, become familiar with Panorama weight room equipment, and develop the skills needed to design a safe and effective workout routine. Participants should arrive wearing clean and comfortable athletic attire and be prepared for a moderately paced workout each week. All levels welcome, and modifications will be offered as needed.

Panorama Recreation Centre Weight Room

Instructor: Jan Frampton

| | | | | |
|----|--------------|----------|--------|--------|
| Th | Jan 9-Jan 30 | 12pm-1pm | \$56/4 | 146102 |
| Th | Feb 6-Feb 27 | 12pm-1pm | \$56/4 | 146111 |
| Th | Mar 6-Mar 27 | 12pm-1pm | \$56/4 | 146207 |

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 | Jan 6-Feb 24 | \$84/7 | 144804 |
| M | 9:15am-10:15am | Mar 3-Apr 28 | \$96/8 | 144805 |

ESSETRICS AGING BACKWARDS

18 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 | Jan 9-Feb 27 | \$105/7 | 145099 |
| Th | 11:45am-12:35pm | Mar 6-Apr 17 | \$105/7 | 145100 |

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 | Jan 7-Feb 4 | \$50/5 | 145089 |
| Tu | 10:30am-11:30am | Feb 11-Mar 11 | \$50/5 | 145090 |
| Tu | 10:30am-11:30am | Mar 18-Apr 22 | \$60/6 | 145091 |
| Th | 10:30am-11:30am | Jan 9-Feb 6 | \$50/5 | 145093 |
| Th | 10:30am-11:30am | Feb 13-Mar 13 | \$50/5 | 145094 |
| Th | 10:30am-11:30am | Mar 20-Apr 24 | \$60/6 | 145095 |

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



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 | Jan 20-Feb 10 | \$40/4 | 145097 |
| M | 10:30am-11:30am | Mar 3-Mar 24 | \$40/4 | 145098 |

FULL CIRCLE FITNESS

16 yrs+

Movement and mobility are medicine. This class will fulfill all of your fitness requirements. 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 | Jan 7-Feb 4 | \$50/5 | 145081 |
| Tu | 4pm-5:15pm | Feb 11-Mar 11 | \$50/5 | 145082 |
| Tu | 4pm-5:15pm | Mar 18-Apr 22 | \$60/6 | 145083 |

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 | Jan 7-Feb 25 | \$120/8 | 145260 |
| Tu | 5:30pm-6:30pm | Mar 4-Apr 29 | \$135/9 | 145999 |

MOM AND BABE STRENGTH AND CORE

16+

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 kids up to 24 months. Mothers, fathers, or other caregivers are welcome to register.

Panorama Recreation Centre Fitness Studio

| | | | | |
|---|------------|---------------|--------|--------|
| M | 1:15pm-2pm | Jan 13-Feb 24 | \$57/6 | 146208 |
| M | 1:15pm-2pm | Mar 3-Apr 28 | \$76/8 | 146209 |

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 |



WOMEN'S KICKBOXING

16 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 Hensel.

Central Saanich Cultural Centre Room A

Instructor: Jodi Hensel

| | | | | |
|-------|---------|--------------|----------|--------|
| Tu,Th | 6pm-7pm | Jan 7-Feb 6 | \$95/10 | 145175 |
| Tu,Th | 6pm-7pm | Feb 11-Mar 6 | \$76/8 | 145244 |
| Tu,Th | 6pm-7pm | Mar 25-May 1 | \$114/12 | 145245 |

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. This is a multi-levelled class.

Panorama Recreation Centre Fitness Studio

Instructor: Judy Brochez

| | | | | |
|----|---------------|---------------|--------|--------|
| Th | 4:15pm-5:15pm | Jan 9-Feb 6 | \$50/5 | 145085 |
| Th | 4:15pm-5:15pm | Feb 13-Mar 13 | \$50/5 | 145086 |
| Th | 4:15pm-5:15pm | Mar 20-Apr 24 | \$60/6 | 145087 |

NEW

UPBEAT BARRE

16 yrs+

UpBeat Barre combines strength training, Pilates, cardio, and yoga into a high-energy fusion of fun. UPB rocks popular tunes for an intense and accessible muscular-endurance workout.

Greenglade Community Centre Room 4

Instructor: Chelsea Stanley

| | | | | |
|----|----------------|--------------|---------|--------|
| Su | 9:15am-10:15am | Jan 5-Feb 9 | \$102/6 | 146011 |
| Su | 9:15am-10:15am | Mar 9-Apr 13 | \$102/6 | 146026 |

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.

Instructor: Candice Francis

Greenglade Community Centre Room 5

| | | | | |
|---|---------|---------------|--------|--------|
| M | 5pm-6pm | Jan 20-Mar 3 | \$72/6 | 145319 |
| M | 5pm-6pm | Mar 10-Apr 14 | \$72/6 | 145320 |

Greenglade Community Centre Room 4

| | | | | |
|---|---------|---------------|--------|--------|
| W | 1pm-2pm | Jan 22-Feb 26 | \$72/6 | 145325 |
| W | 1pm-2pm | Mar 5-Apr 9 | \$72/6 | 145326 |

| | | | | |
|---|---------------|---------------|--------|--------|
| F | 5:30pm-6:30pm | Jan 24-Feb 21 | \$60/5 | 145328 |
| F | 5:30pm-6:30pm | Feb 28-Apr 4 | \$72/6 | 145329 |

JAZZERCISE

15 yrs+

When you hear Jazzercise you think legwarmers and leotards, right? Or a workout for your Mom but not for you? We admit our workouts got so popular in the '80s that we created a fitness revolution that people still associate with us today. 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're still evolving and transforming people's bodies and their lives. 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

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 | Jan 7-Feb 25 | \$96/8 | 145402 |
| Tu | 6:30pm-7:30pm | Mar 4-Apr 29 | \$108/9 | 145947 |
| W | 10:40am-11:40am | Jan 8-Feb 26 | \$96/8 | 145403 |
| W | 10:40am-11:40am | Mar 5-Apr 30 | \$108/9 | 145949 |
| F | 10:40am-11:40am | Jan 10-Feb 28 | \$96/8 | 145405 |
| F | 10:40am-11:40am | Mar 7-Apr 25 | \$84/7 | 145994 |

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

| | | | | |
|----|-----------------|--------------|--------|--------|
| M | 10:40am-11:40am | Jan 6-Feb 24 | \$84/7 | 145401 |
| M | 10:40am-11:40am | Mar 3-Apr 28 | \$96/8 | 145945 |
| Th | 6:30pm-7:30pm | Jan 9-Feb 27 | \$96/8 | 145404 |
| Th | 6:30pm-7:30pm | Mar 6-Apr 24 | \$96/8 | 145992 |

MIND AND BODY

CHAIR YOGA

16 yr+

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 are used to provide support as participants build up the strength, flexibility, and mobility to perform traditional yoga postures.

Central Saanich Cultural Center Room B

Instructor: Angela Kerr

| | | | | |
|---|--------------|---------------|--------|--------|
| W | 11am-11:45am | Jan 15-Feb 19 | 6/\$66 | 146961 |
| W | 11am-11:45am | Mar 5-Apr 9 | 6/\$66 | 146962 |

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 | Jan 6-Feb 24 | \$105/7 | 145257 |
| M | 5:30pm-6:30pm | Mar 3-Apr 28 | \$120/9 | 145996 |
| M | 6:45pm-7:45pm | Jan 6-Feb 24 | \$105/7 | 145258 |
| M | 6:45pm-7:45pm | Mar 3-Apr 28 | \$120/8 | 145997 |
| W | 5:30- 6:30pm | Mar 5-Apr 30 | \$135/19 | 145998 |
| W | 5:30pm-6:30pm | Jan 8-Feb 26 | \$120/8 | 145259 |

DOWNDAWG YOGA

14 yrs+

DownDAWG Yoga is a ground breaking fusion of classic yoga practice and hip hop music. 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 | Jan 6-Mar 10 | \$108/9 | 145247 |
| M | 5:45pm-6:45pm | Mar 31-May 12 | \$72/6 | 145248 |

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 | Jan 6-Mar 10 | \$108/9 | 145252 |
| M | 7pm-8pm | Mar 31-May 12 | \$72/6 | 145253 |

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 | Jan 8-Feb 26 | \$96/8 | 144643 |
| W | 5:15pm-6:15pm | Mar 5-Apr 30 | \$108/9 | 144644 |
| F | 4:15pm-5:15pm | Jan 10-Feb 28 | \$96/8 | 144646 |
| F | 4:15pm-5:15pm | Mar 7-May 2 | \$108/9 | 144647 |



PILATES

16 yrs+

Instructor: Phyllis Musseau

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.

Greenglade Community Centre Room 5

| | | | | |
|----|---------------|--------------|---------|--------|
| Tu | 5:15pm-6:15pm | Jan 7-Feb 25 | \$105/7 | 145137 |
| Tu | 5:15pm-6:15pm | Mar 4-Apr 29 | \$120/8 | 145140 |

Gentle Pilates

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 | Jan 7-Feb 25 | \$105/7 | 145144 |
| Tu | 4pm-5pm | Mar 4-Apr 29 | \$120/8 | 145152 |

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



**WE ARE
HIRING**
JOIN OUR TEAM



View current opportunities at panoramarecreation.ca

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

Instructor: Wendy Riggs

| | | | | |
|------|---------------|--------------|---------|--------|
| M,Th | 6:15pm-7:15pm | Jan 6-Feb 20 | \$98/13 | 145272 |
|------|---------------|--------------|---------|--------|

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 | Jan 8-Apr 2 | \$98/13 | 145277 |
|---|------------|-------------|---------|--------|

North Saanich Middle School Multipurpose Room

| | | | | |
|----|-------------|---------------|---------|--------|
| Sa | 9:30am-11am | Jan 11-Apr 12 | \$98/13 | 145279 |
|----|-------------|---------------|---------|--------|

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 | Feb 24-Apr 3 | \$90/12 | 145275 |
|------|---------------|--------------|---------|--------|

REHABILITATION

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 : Judy Brochez

| | | | | |
|---|-----------------|---------------|--------|--------|
| F | 10:30am-11:30am | Jan 10-Jan 31 | \$40/4 | 146003 |
| F | 10:30am-11:30am | Feb 7-Feb 28 | \$40/4 | 146004 |
| F | 10:30am-11:30am | Mar 7-Mar 28 | \$40/4 | 146005 |
| F | 10:30am-11:30am | Apr 4-Apr 25 | \$40/4 | 146006 |

Instructor: Cathy Roberts

| | | | | |
|-----|-----------------|--------------|--------|--------|
| M,W | 10:30am-11:30am | Jan 6-Jan 29 | \$80/8 | 144807 |
| M,W | 10:30am-11:30am | Feb 3-Feb 26 | \$70/7 | 144808 |
| M,W | 10:30am-11:30am | Mar 3-Mar 26 | \$80/8 | 144809 |

| | | | | |
|---|----------------|--------------|--------|--------|
| W | 9:15am-10:15am | Jan 8-Feb 26 | \$80/8 | 145322 |
| W | 9:15am-10:15am | Mar 5-Apr 30 | \$90/9 | 145323 |

Instructor: Lynn Hood

| | | | | |
|----|---------|--------------|--------|--------|
| Tu | 8am-9am | Jan 7-Feb 25 | \$80/8 | 149872 |
| Tu | 8am-9am | Mar 4-Apr 25 | \$90/9 | 150020 |

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 | Jan 7-Jan 30 | \$80/8 | 144828 |
| Tu,Th | 10:15am-11:15am | Feb 4-Feb 27 | \$80/8 | 144829 |
| Tu,Th | 10:15am-11:15am | Mar 4-Mar 27 | \$80/8 | 144830 |

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

Instructor: Barry Davis

| | | | | |
|-------|-----------------|--------------|--------|--------|
| Tu,Th | 11:30am-12:30pm | Jan 7-Jan 30 | \$80/8 | 144889 |
| Tu,Th | 11:30am-12:30pm | Feb 4-Feb 27 | \$80/8 | 144893 |
| Tu,Th | 11:30am-12:30pm | Mar 4-Mar 27 | \$80/8 | 144896 |

| | | | | |
|-------|----------------|--------------|--------|--------|
| Tu,Th | 12:45pm-1:45pm | Jan 7-Jan 30 | \$80/8 | 144891 |
| Tu,Th | 12:45pm-1:45pm | Feb 4-Feb 27 | \$80/8 | 144894 |
| Tu,Th | 12:45pm-1:45pm | Mar 4-Mar 27 | \$80/8 | 144898 |



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

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

| 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, November 26 @ 6:30am |
| Swim Lessons | Tuesday, December 10 @ 6:30am (Visible online Tuesday, December 3) |

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