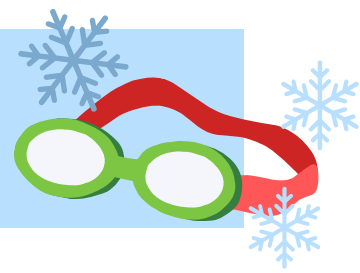


AQUATIC SCHEDULE

Effective December 21 - 28, 2024



Holiday hours in effect for December 24, 25, 26 (No Aquafit classes)

For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code.

Schedule subject to change without notice.

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



SATURDAY DEC 21	SUNDAY DEC 22	MONDAY DEC 23	TUESDAY DEC 24	WEDNESDAY AY DEC 25	THURSDAY DEC 26	FRIDAY DEC 27	SATURDAY DEC 28	
Lanes, Water Walking, Leisure 7am - 12pm	Lanes, Water Walking, Leisure 7am - 12pm	Lanes, Water Walking, Leisure 6 - 8am	Lanes, Water Walking, Leisure 6 - 8am	WE ARE CLOSED		Lanes, Water Walking, Leisure 6 - 8am	Lanes, Water Walking, Leisure 7am - 12pm	
		Water Walking, Leisure 8-10am	Water Walking, Leisure 8 - 9am			Water Walking, Leisure 8 - 10am		
Fun Swim 12 - 3pm	Fun Swim 12 - 3pm	Lanes, Water Walking, Leisure 10am - 12pm	Lanes, Water Walking, Leisure 9am - 12pm			Lanes, Water Walking, Leisure 11am - 12pm	Lanes, Water Walking, Leisure 10am - 12pm	Fun Swim 12 - 3pm
		Lanes, Leisure 12 - 1pm	Fun Swim 12 - 2:30pm			Fun Swim 12 - 3pm	Lanes, Leisure 12 - 1pm	
Lanes, Water Walking, Leisure 3 - 6:30pm	Lanes, Water Walking, Leisure 3 - 6:30pm	Fun Swim 1 - 3:30pm				Lanes, Water Walking, Leisure 3 - 4pm	Fun Swim 1 - 3:30pm	Lanes, Water Walking, Leisure 3 - 6:30pm
Fun Swim 6:30 - 8:30pm	Fun Swim 6:30 - 8:30pm	Lanes, Water Walking, Leisure 3:30 - 6:30pm					Lanes, Water Walking, Leisure 3 - 6:30pm	Fun Swim 6:30 - 8:30pm
		Fun Swim 6:30 - 9:30pm					Fun Swim 6:30 - 9:30pm	

AQUAFIT SCHEDULE

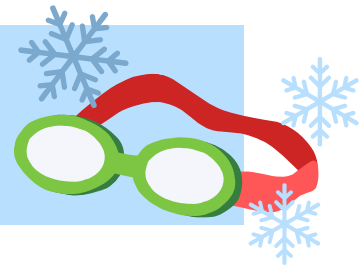
Holiday hours in effect for December 24, 25, 26 (No classes)

MONDAY DEC 23	TUESDAY DEC 24	WEDNESDAY DEC 25	THURSDAY DEC 26	FRIDAY DEC 27
Deep Water Aquafit 8 - 9am	NO CLASSES	NO CLASSES	NO CLASSES	Deep Water Aquafit 8 - 9am
Shallow Water Aquafit 9 - 10am				Shallow Water Aquafit 9 - 10am
Light & Easy 12 - 1pm				Light & Easy 12 - 1pm

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AQUATIC SCHEDULE

Effective December 21 - 28, 2024



Holiday hours in effect for December 24, 25, 26 (No classes)

For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code.

Schedule subject to change without notice.

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



AQUATIC SESSION DESCRIPTIONS

See reverse for schedule.

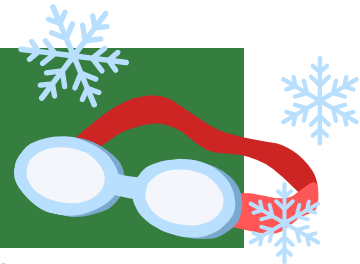
Aquafit Deep/Shallow/ Combo	All classes will provide you with a challenging workout with little to no impact on your joints! The instructor will provide different options for cardio training, strength exercise, and stretching. Includes warm-up, 30-35 minutes of cardio and strength, and stretching at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



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AQUATIC SCHEDULE

Effective December 29, 2024 - January 5, 2025



Holiday hours in effect for December 31 & January 1 (No Aquafit classes)

For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code.

Schedule subject to change without notice.

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



SUNDAY DEC 29	MONDAY DEC 30	TUESDAY DEC 31	WEDNESDAY JAN 1	THURSDAY JAN 2	FRIDAY JAN 3	SATURDAY JAN 4	SUNDAY JAN 5
Lanes, Water Walking, Leisure 7am - 12pm	Lanes, Water Walking, Leisure 6 - 8am	Lanes, Water Walking, Leisure 6 - 8am		Lanes, Water Walking, Leisure 6 - 8am	Lanes, Water Walking, Leisure 6 - 8am	Lanes, Water Walking, Leisure 7am - 12pm	Lanes, Water Walking, Leisure 7am - 12pm
	Water Walking, Leisure 8-10am	Water Walking, Leisure 8-9am		Water Walking, Leisure 8-9am	Water Walking, Leisure 8 - 10am		
Fun Swim 12 - 3pm	Lanes, Water Walking, Leisure 10am - 12pm	Lanes, Water Walking, Leisure 9am - 12pm	Lanes, Water Walking, Leisure 11am - 12pm	Lanes, Water Walking, Leisure 9am - 12pm	Lanes, Water Walking, Leisure 10am - 12pm	Fun Swim 12 - 3pm	Fun Swim 12 - 3pm
	Lanes, Leisure 12 - 1pm	Fun Swim 12 - 3pm	Fun Swim 12 - 3pm	Fun Swim 12 - 3pm	Lanes, Leisure 12 - 1pm		
Lanes, Water Walking, Leisure 3 - 6:30pm	Fun Swim 1 - 3:30pm	Lanes, Water Walking, Leisure 3 - 6pm	Lanes, Water Walking, Leisure 3 - 4pm		Fun Swim 1 - 3:30pm	Lanes, Water Walking, Leisure 3 - 6:30pm	Lanes, Water Walking, Leisure 3 - 6pm
Fun Swim 6:30 - 8:30pm	Lanes, Water Walking, Leisure 3:30 - 6:30pm			Lanes, Water Walking, Leisure 3 - 6:30pm	Lanes, Water Walking, Leisure 3 - 6:30pm	Fun Swim 6:30 - 8:30pm	
	Fun Swim 6:30 - 9:30pm			Fun Swim 6:30 - 9:30pm	Fun Swim 6:30 - 9:30pm		

AQUAFIT SCHEDULE

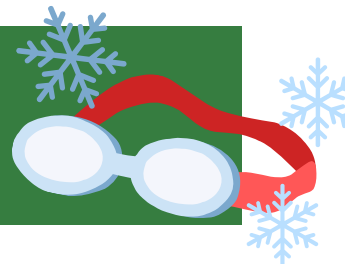
Holiday hours in effect for December 31 & January 1. (No classes)

MONDAY DEC 30	TUESDAY DEC 31	WEDNESDAY JAN 1	THURSDAY JAN 2	FRIDAY JAN 3
Deep Water Aquafit 8 - 9am	NO CLASSES	NO CLASSES	Combo Aquafit 8 - 9am	Deep Water Aquafit 8 - 9am
Shallow Water Aquafit 9 - 10am				Shallow Water Aquafit 9 - 10am
Light & Easy 12 - 1pm				Light & Easy 12 - 1pm

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AQUATIC SCHEDULE

Effective December 29, 2024 - January 5, 2025



Holiday hours in effect for December 31 & January 1 (No classes)

For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code.

Schedule subject to change without notice.

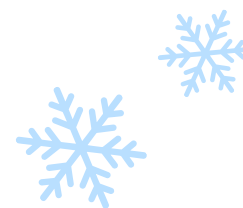
Children under the age of 7 must be within arms reach of an adult (16 yrs+).



AQUATIC SESSION DESCRIPTIONS

See reverse for schedule.

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



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FITNESS SCHEDULE

Effective December 21, 2024 - January 5, 2025



Holiday hours in effect for Dec 21 - Jan 5, 2024. For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code. Schedule subject to change without notice.

@ Panorama Recreation Centre or GG - Greenglade Community Centre



SATURDAY DEC 21	SUNDAY DEC 22	MONDAY DEC 23	TUESDAY DEC 24	WEDNESDAY DEC 25	THURSDAY DEC 26	FRIDAY DEC 27	SATURDAY DEC 28
Spin 8-845am	Jazzercise 8:15-9:15am		Spin 8-845am	Facility closed. No classes.	No classes.	Bootcamp 6-6:45am	Spin 8-845am
Spin 9-10am	Sports Step 9:30-10:30am	Fitness Yoga 8-9am (GG)	TBC 9-10am			Fitness Yoga 8-9am (GG)	Spin 9-10am
TBC 9:15-10:15am (GG)			Moving on Up 9-10am (GG)			TRX 9-10am	TBC 9:15-10:15am (GG)
Jazzercise 10:15-11:15am		Spin and Strength 12-1pm				Spin and Strength 12-1pm	Jazzercise 10:15-11:15am
Yoga 10:30 - 11:30am (GG)		Holiday HIIT 6-6:45pm					Yoga 10:30 - 11:30am (GG)

SUNDAY DEC 29	MONDAY DEC 30	TUESDAY DEC 31	WEDNESDAY JAN 1	THURSDAY JAN 2	FRIDAY JAN 3	SATURDAY JAN 4	SUNDAY JAN 5
Jazzercise 8:15-9:15am	Bootcamp 6-6:45am	Spin 8-845am	No classes.	Spin 8-8:45	Bootcamp 6-6:45am	Spin 8-845am	Jazzercise 8:15-9:15am
Sports Step 9:30-10:30am	Fitness Yoga 8-9am (GG)	TBC 9-10am		TBC 9-10am	Fitness Yoga 8-9am (GG)	Spin 9-10am	Sports Step 9:30-10:30am
	TBC 9-10am	Moving On Up 9-10am (GG)		Moving On Up 9-10am (GG)	TRX 9-10am	TBC 9:15-10:15am (GG)	
	Spin and Strength 12-1pm			Holiday HIIT 5:30-6:15pm	Spin and Strength 12-1pm	Jazzercise 10:15-11:15am	
	Holiday HIIT 6-6:45am			Hatha Yoga 5:15-6:15pm (GG)	Fitness Yoga 8-9am (GG)	Fitness Yoga 10:30 - 11:30am (GG)	

Visit us online at panoramarecreation.ca for fitness class descriptions.

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

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WEIGHT ROOM SCHEDULE

Effective December 21, 2024 - January 5, 2025



For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code.
15 yrs+ (13 -15 yrs with Regional Weight Room Orientation course).



SATURDAY DEC 21	SUNDAY DEC 22	MONDAY DEC 23	TUESDAY DEC 24	WEDNESDAY DEC 25	THURSDAY DEC 26	FRIDAY DEC 27	SATURDAY DEC 28
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@ Panorama Recreation Centre							
Weight Room 7am-8:30pm	Weight Room 7am-8:30pm	Weight Room 6am-9:30pm	Weight Room 6am-2:30pm	Closed	Weight Room 11am-4pm	Weight Room 6am-9:30pm	Weight Room 7am-8:30pm
Supervised 8am-12pm 4:30-8:30pm	Supervised 8am-12pm 4:30-8:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am	Closed	Supervised 11am-4pm	Supervised 7-9am 4-9:30pm	Supervised 8am-12pm 4:30-8:30pm

@ Greenglade Community Centre							
Weight Room 9am-3pm	Weight Room 9am-3pm	Weight Room 8am-8pm	Weight Room 8am-2:30pm	Closed	Closed	Weight Room 8am-8pm	Weight Room 9am-3pm
		Supervised 10am-12pm		Closed	Closed		

SUNDAY DEC 29	MONDAY DEC 30	TUESDAY DEC 31	WEDNESDAY JAN 1	THURSDAY JAN 2	FRIDAY JAN 3	SATURDAY JAN 4	SUNDAY JAN 5
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@ Panorama Recreation Centre							
Weight Room 7am-8:30pm	Weight Room 6am-9:30pm	Weight Room 6am-6pm	Weight Room 11am-4pm	Weight Room 6am-9:30pm	Weight Room 6am-9:30pm	Weight Room 7am-8:30pm	Weight Room 7am-8:30pm
Supervised 8am-12pm 4:30-8:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 3pm-6pm	Supervised 11am-4pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 8am-12pm 4:30-8:30pm	Supervised 8am-12pm 4:30-8:30pm

@ Greenglade Community Centre							
Weight Room 9am-3pm	Weight Room 8am-8pm	Weight Room 8am-6pm	Closed	Weight Room 8am-8pm	Weight Room 8am-8pm	Weight Room 9am-3pm	Weight Room 9am-3pm
	Supervised 8-10am	Supervised 10am-12pm	Closed	Supervised 8-10am			

SPORTS SCHEDULE

Effective December 21, 2024-January 5, 2025



Schedule subject to change without notice.

For our most current schedule, visit panoramarecreation.ca or scan this QR code.



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

FREE on Jumpstart Multi Sport Court at Panorama Recreation Centre

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

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

Jumpstart Multi Sport Court

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

@ Greenglade Community Centre (GG)

Badminton (at NSMS) 7:30-9:30PM	All Levels Pickleball (at GG) 8:15-10:10AM	Intermediate (3.0-3.5) Pickleball (at GG) 5-6:55PM* 7-8:55PM* (*No sessions Dec 26)	All Levels Pickleball (at GG) 8:15-10:10AM
All Levels Pickleball (at GG) 5-6:55PM			
Advanced (4.0+) Pickleball (at GG) 7-8:55pm			

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

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

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POTTERY SCHEDULE

Effective December 21, 2024 - January 5, 2025



For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code.

Schedule subject to change without notice.

@ Greenglade Community Centre

ACTIVITY	SATURDAY DEC 21	SUNDAY DEC 22	MONDAY DEC 23	TUESDAY DEC 24	WEDNESDAY DEC 25	THURSDAY DEC 26	FRIDAY DEC 27	SATURDAY DEC 28
Title	Time	Time	Time	Time	Time	Time	Time	Time
Registered Pottery Drop In	9am-12pm 12pm-3pm	9am-12pm 12pm-3pm	8:30-11:30am 11:30am-2:30pm 2:30-5:30pm 5:30-8:30pm	8:30-11:30am 11:30-2:30pm	CLOSED	CLOSED	8:30-11:30am 11:30am-2:30pm 5:30-8:30pm	9am-12pm 12pm-3pm
Pottery Family Drop In							2:30-5:30pm	

ACTIVITY	SUNDAY DEC 29	MONDAY DEC 30	TUESDAY DEC 31	WEDNESDAY JAN 1	THURSDAY JAN 2	FRIDAY JAN 3	SATURDAY JAN 4	SUNDAY JAN 5
Title	Time	Time	Time	Time	Time	Time	Time	Time
Registered Pottery Drop In	9am-12pm 12pm-3pm	8:30-11:30am 11:30am-2:30pm 2:30-5:30pm 5:30-8:30pm	8:30-11:30am 11:30am-2:30pm 2:30-5:30pm 5:30-8:30pm	CLOSED	8:30-11:30am 11:30am-2:30pm 2:30-5:30pm 5:30-8:30pm	8:30-11:30am 11:30am-2:30pm 5:30-8:30pm	9am-12pm 12pm-3pm	9am-12pm 12pm-3pm
Pottery Family Drop In						2:30-5:30pm		

Registered Pottery Drop In	This is a registered drop-in and only available to members who have completed their orientation. Our studio has everything needed to see ceramic projects from start to finish. Learn more about the space or becoming a member visit us online at www.panoramarecreation.ca - and then come let your creativity fly!
Pottery Family Drop In	This pottery session is open to current pottery members (those with 16yrs+ experience and can work independently in the studio) and a child (5-15yrs) to drop-in and create together in the studio. This is an unsupervised drop-in session,

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ARENA SCHEDULE

Effective December 21, 2024 - January 5, 2025



Schedule subject to change without notice.

For our most current schedule, visit panoramarecreation.ca or scan this QR code.

See reverse for session descriptions.



SKATING - WINTER WONDERLAND

Daily public skates in our magical Winter Wonderland. The ice will be decorated with lights, trees and seasonal inflatables - including Santa Claus! See reverse for session descriptions.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Refer to Fall Drop-In Schedule for Dec 15-20.						DEC 21 Family Carnival Everyone Welcome Skate 11am-3pm
DEC 22 Everyone Welcome Skate 11am-3pm	DEC 23 Everyone Welcome Skates 11am-3pm and 6:10-7:40pm	DEC 24 Everyone Welcome Skate 11:20am-2:20pm	DEC 25 Facility Closed	DEC 26 Everyone Welcome Skate 11:20am-2:20pm	DEC 27 Everyone Welcome Skate 11am-3pm	DEC 28 Everyone Welcome Skate 11am-3pm
DEC 29 Everyone Welcome Skate 11am-3pm	DEC 30 Everyone Welcome Skates 11am-3pm and 6:10-7:40pm	DEC 31 Everyone Welcome Skate 11am-3pm	JAN 1 Everyone Welcome Skate 11:20am-2:20pm	No public skates scheduled Jan 2-5.		



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



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

HOCKEY

See reverse for session descriptions.

MONDAYDAY

DEC 23 & 30

Adult Stick & Puck
 (19 yrs+)
 11:40am-12:50pm

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ARENA SCHEDULE

Effective December 21, 2024 - January 5, 2025



Schedule subject to change without notice.

For our most current schedule, visit panoramarecreation.ca or scan this QR code.

See reverse for schedule.



SKATING

See reverse for schedule.

Everyone Welcome	Leisure skates for all ages and abilities. The ice will be decorated with lights, trees and seasonal inflatables - including Santa Claus!	Please purchase admission ticket from Reception prior to accessing the arena.
Family Carnival Everyone Welcome	Join us on the ice for some holiday fun for the whole family! Leisure skate for all ages and abilities. Enjoy kids games, painting on the ice, and special visits from Santa and Slider.	Strollers and wheelchairs are permitted on ice. New skaters wishing use of a skating aid (plastic assist) may request one from the Skate Shop.

HOCKEY

See reverse for schedule.

Adult Stick & Puck	For 19yrs+.	Opportunity to practice shooting and stick handling. Goalies, games, scrimmages and/or drills not permitted. Helmets mandatory for all. Reservation recommended in advance via the Activity Schedules > Skating & Hockey section of panoramarecreation.ca .
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Skate rentals available during all public skating and hockey sessions. Rental tickets may be purchased from Reception. \$3.95 each.



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



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

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