# **AQUATIC** SCHEDULE







Effective September 2 - December 20, 2024

Holiday hours in effect for September 2, Sep 30, Oct 13, Oct 14, Nov 11 For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code.

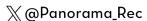
Schedule subject to change without notice.

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

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









# **AQUAFIT** SCHEDULE

Effective September 2 - December 20, 2024





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

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

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

### **AQUATIC SESSION DESCRIPTIONS**

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



### FITNESS SCHEDULE

Effective September 3, 2024 - December 20, 2024







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

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

12 yrs+. Schedule subject to change without notice.

**MONDAY TUESDAY** WEDNESDAY **THURSDAY FRIDAY SATURDAY SUNDAY** 

#### @ Panorama Recreation Centre

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

### **@ Greenglade Community Centre**

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

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



### **WEIGHT ROOM SCHEDULE**

Effective September 3, 2024 - December 20, 2024





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

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

Schedule subject to change without notice.

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

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

<sup>\*</sup>Weight Room closed 12-1pm for circuit class.

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



# **SPORTS** SCHEDULE

Effective September 2-30, 2024

**TUESDAY** 



Schedule subject to change without notice.

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

**WEDNESDAY** 



**SUNDAY** 

**SATURDAY** 

**FRIDAY** 

	•	<b>Court at Panorama</b> pon weather. Sun shad								
Badminton/ Volleyball										
0am 10nm*	0am 10am*	0 am 10 am *	0am 10am*	0am 10am*	0am 10am*	0am 10am*				

**THURSDAY** 

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

**Jumpstart Multi Sport Court** 

**MONDAY** 

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).

MONDA	Y	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY					
@ Greenglade (	@ Greenglade Community Centre (GG) or North Saanich Middle School (NSMS)										
<b>Badminton</b> (at l 7:30-9:30PN	-				All Levels						
All Levels Pickleball (at 5-6:55PM	GG)		All Levels       Pickleball (at GG)       All Level         8:15-10:10AM       Pickleball (at GG)         10:15AM-12:10PM       6:30-8:30		ill (at NSMS)	Pickleball (at GG) 8:15-10:10AM 10:15AM-12:10PM All Levels					
NEW Advanced Pickleball 7-8:55pm			5-6:55PM 7-8:55PM	(No session Sep 5)		Pickleball (at NSMS) 6:30-8:30PM (No session Sep 6)					
*No sessions on sta	atutory h	olidays. On SD63 school holid	ays, schedule may differ. Plea	se refer to w	ebsite for most a	accurate schedule.					
Reservable Pickleball		rels - All skill levels welcome s available for borrow from	. Bring a paddle and ball (a c Reception).	ouple	Schedules > S	spot online on the Activity ports section of our rvations open at 7:30am					
16 yrs+		<b>ced</b> - 4.0+ skill levels welcon guide). Bring a paddle and b	ne (as per Pickleball Canada all.	2-digit	every other Friday for all sessions within the upcoming two calendar weeks (beginning August 30).						
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.										









## **SPORTS** SCHEDULE

### Effective October 1-December 20, 2024

(Refer to holiday schedule for 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.

#### **SATURDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SUNDAY**

#### FREE on Jumpstart Multi Sport Court at Panorama Recreation Centre

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

Badminton/	Badminton/	All Levels				
Volleyball	Volleyball	Pickleball	Pickleball	Pickleball	Pickleball	Pickleball
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).

MONDA	Y	TUESDAY	WEDNESDAY	THU	RSDAY	FRIDAY
@ Greenglade	Commu	nity Centre (GG) or Nort	th Saanich Middle Schoo	ol (NSMS)		
<b>Badminton</b> (at 7:30-9:30P)	-		All Levels		Levels	All Levels
All Levels Pickleball (at 5-6:55PM	: GG)	All Levels Pickleball (at GG) 8:15-10:10AM	All Levels Pickleball (at GG) 8:15-10:10AM 10:15AM-12:10PM	Pickleball (at NSMS) 6:30-8:30PM Intermediate (3.0-3.5) Pickleball (at GG) 5-6:55PM 7-8:55PM		<b>Pickleball</b> (at GG) 8:15-10:10AM 10:15AM-12:10PM
NEW Advanced Pickleball 7-8:55pm		10:15AM-12:10PM	5-6:55PM 7-8:55PM			All Levels Pickleball (at NSMS) 6:30-8:30PM
*No sessions on st	atutory h	olidays. On SD63 school holid	ays, schedule may differ. Plea	se refer to w	ebsite for most a	accurate schedule.
Reservable		<b>els</b> - All skill levels welcome s available for borrow from	. Bring a paddle and ball (a c Reception).	couple	1	spot online on the Activity
Pickleball		nediate - 3.0-3.5 skill levels v ting guide). Bring a paddle a	velcome (as per Pickleball C and ball.	Schedules > Sports section of our website. Reservations open at 7:30am every other Friday for all sessions within		
16 yrs+		<b>ced</b> - 4.0+ skill levels welcon guide). Bring a paddle and b	ne (as per Pickleball Canada all.	2-digit	the upcoming two calendar weeks (beginning September 27).	

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

Recreational-level play. All skill levels welcome. Birds provided. Bring or borrow a racquet.



**Badminton** 

12 yrs+







Drop-in using your Active Pass or by paying cash at the door.

## **ARENA** SCHEDULE

Effective September 3 - December 20, 2024









Schedule subject to change without notice.

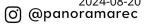
For our most current schedule, visit panoramarecreation.ca or scan this QR code.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
<b>Stick and Puck</b> <b>19 yr+</b> 11:40-12:50pm	NEW Parent & Tot Ice Play 11:10-12:20pm	<b>Toonie Skate</b> 3-4:20pm	NEW Sensory Skate 10:00-10:50am	<b>Pro D Skate</b> 1-2:20pm Oct 25	Everyone Welcome 12-1:20pm	Parent & Child Hockey 11:30-12:45pm			
Everyone Welcome 1-2:20pm Sep 30, Nov 11	Adult Skate 1-2pm	Youth Stick & Puck 3:10-4pm	Everyone Welcome 11-12:20pm	Everyone Welcome 4-5:30pm Sep 6	Halloween Skate 12-1:20pm Oct 26	Everyone Welcome 12:45-1:45pm			
Pro D Skate 1-2:20pm Sep 23, Nov 18 \$2		Shinny Hockey 10:30-11:30pm Sep 11, 25, Oct 9, 23, Nov 13, 27 Dec 11		Teen Skate 8:30-9:30pm (except Sep 6 and Pro-D days)  Shinny Hockey 8:25-9:35pm (Sep 6 only)	NEW Figure Skating See description Youth Stick & Puck 10:30am- 12:00pm (Sep 7 only)				
Everyone Welcome	A skate for all ages and abilities. Skates available for rent. Helmets free of charge. Includes specialty skates.								
Parent & Child Hockey	For children up to 12yrs with guardian. An opportunity for you and your young player to shoot around. Helmets mandatory for all. Full face guards mandatory for children.								
Youth Stick & Puck	10-16yrs. Practice shooting and stickhandling without a goalie. No games, scrimmages, or drills permitted. Must reserve online.								
Pro D Skate	A leisure skate for all ages. Dates include Sep 23, Oct 25, Nov 18.								
Figure Skating	An opportunity for figure skaters to practice skills without crowds or distractions.  • 7-8pm, Sep 7  • 6-7pm, Dec 7								
Stick & Puck 19+	Ages 19+. Goalies, games, scrimmages, or drills not permitted. Opportunity to practice shooting and stick handling. Must reserve online.								
Toonie Skate	A \$2 leisure skate. Skates available for rent. Helmets available free of charge.								
NEW Parent & Tot Ice Play	Ages 2-7 with an adult. An opportunity for littles to get comfortable on ice. Ice toys, hockey and skating aids provided with child friendly music. Strollers are welcome.								
Adult Skate	Tailored for adults to enjoy skating in a relaxed and welcoming environment.								
NEW Sensory Skate	*New* An inclusive, safe ice experience for all abilities and neurodiveristies. Includes gentle lighting and calm music. Wheelchair/strollers allowed on ice.								
Shinny Hockey	Hockey scrimmage with 20 players,2 goalies. Full gear mandatory. Must reserve online. Sep 11, 25, Oct 9, 23, Nov 13, 27, Dec 11								
Teen Skate	A leisure skate for ages 11-16. In conjunction with Teen Lounge. No skating aids available. Starts September 13th.								









# **COMMUNITY RECREATION** SCHEDULE

Effective September 13 - December 20, 2024





For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code. Schedule subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
<b>Kindergym</b> 9:30-11am Starts Sep 16			<b>Kindergym</b> 9:30-11am Starts Sep 16	<b>Teen Lounge</b> 6-8pm Starts Sep 13		<b>Toys &amp; Tumbles</b> 9:30-11am Starts Sep 15			
Kindergym	1 - 5 yrs. Featuring ride-on toys, mini bouncy castle, tumbling mats, slides & more! Parent participation required. Reserve your spot online. \$4/child. Drop-in if space available. Available at Greenglade Community Center.								
Toys & Tumbles	2 - 5 yrs. Featuring sports equipment, tumbling mats, small bouncy castle, ride-on toys & more. Parent participation required. Reserve your spot online. Drop-in if space available. \$4.50/child. Available at Greenglade Community Center.								
Teen Lounge	11-16 yrs. A safe and inclusive atmosphere for local teens to meet, connect, and relax with friends. Shuttle provided to Panorama for swimming and skating. First Session is September 13th. No session on October 25th. Final Session of season on December 20th. Reserve your spot online. Drop-in space available. <b>FREE</b> at Greenglade Community Center.								