

FITNESS SCHEDULE

Effective April 3 - June 28, 2024



Holiday hours in effect for Mon, May 20. 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

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

@ Greenglade Community Centre

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

*Hatha Yoga - \$13 drop-in or swipe of an Active Pass, **Jazzercise - \$15 drop-in

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WEIGHT ROOM SCHEDULE

Effective April 3 - June 28, 2024



Holiday hours in effect for Mon, May 20. 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 yrs with Regional Weight Room Orientation course).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
@ Panorama Recreation Centre						
Weight Room 6am-9:30pm	Weight Room 6am-9:30pm	Weight Room 6am-9:30pm	Weight Room 6am-9:30pm	Weight Room 6am-9:30pm	Weight Room 7am-8:30pm	Weight Room 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 Centre						
Weight Room 8am-8pm	Weight Room 8am-8pm	Weight Room 8am-6:45pm	Weight Room 8am-8pm	Weight Room 8am-8pm	Weight Room 9am-3pm	Weight Room 9am-3pm
Supervised 9-11am		Supervised 10am-12pm	Supervised 8-10am			
Supervised	A qualified weight room attendant will be able to assist you with basic equipment set-up and exercise technique.					
Personal Training	A personal trainer will assist in developing an individualized workout and movement plan based on your history and specific goals. Our coaches will begin by observing your current movement patterns and look to optimize a routine to move with greater efficiency and function. Visit our website for more details and to download your package. Personal Training packages may also be picked up from reception.					

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ARENA SCHEDULE

Effective April 3 - 22, 2024



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Everyone Welcome 1-2:20pm Apr 22 Only	Adults Only Stick & Puck 1-2:20pm Apr 9 & 16 Only	Toonie Skate 3-4:20pm Last session Apr 17	Adult Skate 11:40am-1pm Last session Apr 18			

Everyone Welcome	All ages and abilities welcome. Skate rentals available and helmets free of charge.
Adult Stick & Puck	19yrs+. This Adult Stick and Puck offers adults an opportunity to practice their hockey skills. Helmet and gloves required. Skates may be rented, pucks supplied, limited hockey sticks are available.
Toonie Skate	Join us for a \$2 Everyone Welcome skate. Skates and helmets may be rented.
Adult Skate	19yrs+. An instructor will be available to provide tips. Skates and helmets rentals available.

COMMUNITY RECREATION SCHEDULE

Effective April 3 - June 28, 2024



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kindergym 9:30-11am			Kindergym 9:30-11am	Teen Lounge 6-8pm No session May 17 Last session Jun 7		Toys & Tumblers 9:30-11am

Kindergym	1 - 5 yrs. Featuring ride-on toys, mini bouncy castle, tumbling mats, slides & more! Parent participation required. Reserve your spot online. \$3.50/child. Drop-in if space available.
Toys & Tumblers	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/child.
Teen Lounge	FREE 11-16 yrs. A safe and inclusive atmosphere to meet, connect, and relax with friends. Shuttle provide to Panorama for swimming (excluding Apr 5 & Apr 12 for pool shutdown). Reserve your spot online. Drop-in if space available.

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SPORTS SCHEDULE

Effective April 3 - April 30, 2024



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. Sun 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
*Registered programming scheduled Monday/Wednesdays 3:30-7pm and Saturdays 9:30am-12pm. Public court availability reduced during these times.						

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).

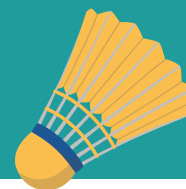
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
@ Greenglade Community Centre (GG) or North Saanich Middle School (NSMS)				
Badminton (at NSMS) 7:30-9:30PM (No sessions Apr 22 & 29)				
All Levels Pickleball (at GG) 5-6:55PM	All Levels Pickleball (at GG) 8:15-10:10AM 10:15AM-12:10PM	All Levels Pickleball (at GG) 8:15-10:10AM 10:15AM-12:10PM 5-6:55PM 7-8:55PM	All Levels Pickleball (at NSMS) 6:30-8:30PM	All Levels Pickleball (at GG) 8:15-10:10AM 10:15AM-12:10PM All Levels Pickleball (at NSMS) 6:30-8:30PM
Intermediate Pickleball (at GG) 7-8:55PM			Intermediate Pickleball (at GG) 5-6:55PM 7-8:55PM	

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.	
Pickleball - All Levels	16 yrs+. All skill levels welcome.	Bring a paddle and ball. Space-permitting, continued play welcome. Reserve your spot online on the Activity Schedules > Sports section of our website. Reservations open at 7:30am every other Friday (beginning March 29).
Pickleball - Intermediate+	16 yrs+. Intermediate, 3.0+ skill levels. Refer to Pickleball Canada self-assessment guidelines.	

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SPORTS SCHEDULE

Effective May 1 - June 28, 2024



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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. Sun 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
*Registered programming scheduled Monday/Wednesdays 3:30-7pm and Saturdays 9:30am-12pm. Public court availability reduced during these times.						

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
@ North Saanich Middle School (NSMS)				
Badminton 7:30-9:30PM (No sessions May 20 & Jun 24)			All Levels Pickleball 6:30-8:30PM (No sessions May 2, Jun 6, Jun 20)	All Levels Pickleball 6:30-8:30PM (No sessions May 3 & Jun 28)
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.			
Pickleball - All Levels	16 yrs+. All skill levels welcome. Bring a paddle and ball. Space-permitting, continued play welcome. Reserve your spot online on the Activity Schedules > Sports section of our website. Reservations open at 7:30am every other Friday (beginning April 26).			

Recurring Group Court Rental @ Greenglade Community Centre	Badminton/ Volleyball	A limited number of timeslots are available this season. Please contact our Racquet Sports Coordinator for details.
	Pickleball	A limited number of timeslots are available seasonally. Please refer to the Programs > Adult > Sports > Pickleball section of our website for further details and sign up.

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