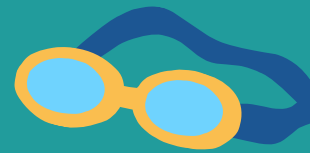


AQUATIC SCHEDULE

Effective May 1 - 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.

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



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|---|--|
| 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 6-8am | Lanes, Water Walking Leisure 7-8:45am | Lanes, Water Walking Leisure 7-12pm |
| Leisure, Water Walking 8-10am | Leisure, Water Walking 8-10am | Leisure, Water Walking 8-10am | Leisure, Water Walking 8-10am | Leisure, Water Walking 8-10am | Lessons Only 8:45-11:45am | |
| Lanes, Water Walking, Leisure 10am-4pm | Lanes, Water Walking, Leisure 10am-3:30pm | Lanes, Water Walking, Leisure 10am-12pm | Lanes, Water Walking, Leisure 10am-3:30pm | Lanes, Water Walking, Leisure 10am-2pm | Fun Swim 11:45am-3pm | Fun Swim 12-2:45pm |
| | | Lanes, Leisure 12-1pm | | Lanes, Leisure 2-3pm | | |
| | | Lanes, Water Walking, Leisure 1-3:30pm | | Lanes, Water Walking, Leisure 3-6:30pm | Lanes, Water Walking, Leisure 3-6:30pm | Lessons Only 2:45pm-6pm |
| Programs, Leisure 4-7pm | Programs, Leisure 4-7pm | Programs, Leisure 3:30-7pm | Programs, Leisure 4-7pm | | | |
| Lanes, Water Walking, Leisure 7-9:30pm | Lanes, Water Walking, Leisure 7-9:30pm | Lanes, Water Walking, Leisure 7-9:30pm | Lanes, Water Walking, Leisure 7-9:30pm | Fun Swim 6:30-9:30pm | Fun Swim 6:30-8:30pm | \$2 Fun Swim 6-8:30pm |

AQUAFIT

| | | | | | | |
|------------------|------------------|--------------------------|------------------|-------------------------|--|--|
| Aquafit 8-9am | Aquafit 8-9am | Aquafit 8-9am | Aquafit 8-9am | Aquafit 9-10am | | |
| | | Light and Easy 12-1pm | | Light and Easy 2-3pm | | |

| | |
|---------------|---|
| Lanes | Minimum 3 lanes available in main pool |
| Water Walking | 1 lane in Leisure pool for Water Walking |
| Leisure | Leisure, Hot Tub, River, Sauna and Steam open |
| Fun Swim | Facility, diving board, climbing wall, waterslide |

| | |
|--------------|--|
| Aquafit | Water exercises class in the main pool |
| Light & Easy | Slow paced water exercises in the main and leisure pools |
| Programs | Large programs running. Lessons/Swim Club |
| Lessons Only | Open for swim lessons only |

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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 | | | |

*Weight Room will be closed from 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. |

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COMMUNITY RECREATION 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.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------|---------|-----------|------------------------|----------------------|----------|------------------------------|
| Kindergym 9:30-11am | | | Kindergym 9:30-11am | Teen Lounge 6-8pm | | 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 | 11-16 yrs. A safe and inclusive atmosphere for local teens to meet, connect, and relax with friends. Shuttle provide to Panorama for swimming (excluding April 5th and 12th for pool shutdown). No session on May 17th. Final session is June 7th. Reserve your spot online. Drop-in space available. FREE |

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SPORTS SCHEDULE

Effective April 3 - May 31, 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 29, May 20) | | | | All Levels Pickleball (at GG) 8:15-10:10AM 10:15AM-12:10PM** (**No session May 17) |
| All Levels Pickleball (at GG) 5-6:55PM (No session May 20) | 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* (*No session May 1) | All Levels Pickleball (at NSMS) 6:30-8:30PM (No session May 2) | All Levels Pickleball (at NSMS) 6:30-8:30PM (No session May 3) |
| Intermediate Pickleball (at GG) 7-8:55PM (No session May 20) | | | 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.

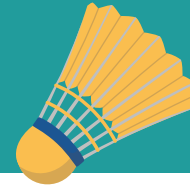
Pickleball - Intermediate+ 16 yrs+. Intermediate, 3.0+ skill levels. Refer to Pickleball Canada self-assessment guidelines.

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).

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SPORTS SCHEDULE

Effective June 1 - June 28, 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 |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

@ North Saanich Middle School (NSMS)

| | | | | |
|--|--|--|--|--|
| Badminton 7:30-9:30PM (No session Jun 24) | | | All Levels Pickleball 6:30-8:30PM (No sessions Jun 6, Jun 20) | All Levels Pickleball 6:30-8:30PM (No session 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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