

# ADMISSION FEES

## SINGLE ADMISSION FEES

Under 6 Years	FREE
6 - 18 Years	\$3.75
19 - 59 Years	\$7.00
60 Years+	\$5.75
Family	
2 adults & up to 3 youth (max 18 years)	\$14.00
or 1 adult & up to 4 youth (max 18 years)	

## ADDITIONAL SERVICES

Locker Tokens	\$0.25 each or \$5/25
Skate Rentals	\$3.75
Skate Sharpening	\$5.75
	\$51.75/10

All rates include GST.

## 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. Rates in effect September 1, 2023. For all pass details, visit [panoramarecreation.ca](http://panoramarecreation.ca)

Active Passes  
can be purchased  
& renewed online at  
[panoramarecreation.ca](http://panoramarecreation.ca)

### PER-VISIT PASSES

	6 - 18 Years	19 - 59 Years	60 Years+
10 Visits	\$33.75	\$63.00	\$51.75
25 Visits	\$79.75	\$148.75	\$122.25
50 Visits	\$150.00	\$280.00	\$230.00

### MONTHLY PASSES

	ONE MONTH PASS	NEW CONTINUOUS PASS 1st month	NEW CONTINUOUS PASS (Subsequent months)	ANNUAL PASS (Paid in full)
Adult (19 yrs+)	\$60	\$60	\$32.50	\$390.50
Family - One Adult*	n/a	\$70	\$39.65	\$475.50
Family - Two Adult**	\$120	\$120	\$65	\$781
Youth (18 years & Under)	n/a	n/a	n/a	\$85

\*Family - 1 adult and up to 4 youth (max 18 yrs) living in the same household.

\*\*Family - 2 adults and up to 3 youth (max 18 yrs) living in the same household.

	COST PER MONTH	PAID IN FULL
Regional Annual Pass	\$46	\$552

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.

# SPRING BREAK 2024



Swimming  
Fitness  
Skating  
Weight Room  
Sports  
Jumpstart Multi  
Sport Court  
Teen Lounge  
Kindergym

March 16 - April 2, 2024  
Holiday hours in effect Friday March 29,  
Sunday March 31 & Monday Apr 1.

### PANORAMA RECREATION CENTRE

1885 Forest Park Drive, North Saanich, BC, V8L 4A3

✉ [info@panoramarec.bc.ca](mailto:info@panoramarec.bc.ca) ☎ 250 656 7271



Panorama  
RECREATION

Live well. Have fun.

### GREENGLADE COMMUNITY CENTRE

2151 Lannon Way, Sidney, BC, V8L 3Z1

✉ [info@panoramarec.bc.ca](mailto:info@panoramarec.bc.ca) ☎ 250 656 7055

🌐 [panoramarecreation.ca](http://panoramarecreation.ca)

f /panoramarecreation

✉ @Panorama\_Rec

📷 @panoramarec

# SWIM MAR 16 - APR 1



Schedule subject to change without notice. For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.  
See last page for swim descriptions.

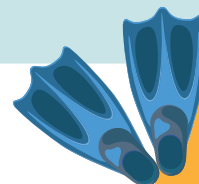


@ Panorama Recreation Centre

	SAT MAR 16	SUN MAR 17	MON MAR 18	TUES MAR 19	WED MAR 20	THURS MAR 21	FRI MAR 22	SAT MAR 23
Lanes, Water Walking, Leisure	7AM-12PM 3-4PM	7-8AM 10:30AM-12PM 3-6PM	6-8AM 10AM-12PM 4-9:30PM	6-8AM 9AM-12PM 4-9:30PM	6-8AM 10AM-12PM 4-9:30PM	6-8AM 9AM-12PM 4-9:30PM	6-9AM 10AM-1PM	7AM-12PM 3-4PM
Water Walking, Leisure			8AM-10AM	8AM-10AM	8AM-10AM	8AM-10AM	9AM-11AM	
Lanes, Leisure		8AM-10:30AM	12-1PM		12-1PM			
Leisure, Swim Club	4-6:30PM						4-6:30PM	4-6:30PM
Fun Swim	12-3PM 6-8:30PM	12-3PM \$2 6-8:30PM	1-4PM	1-4PM	1-4PM	1-4PM	1-4PM 6:30-9:30PM	12-3PM 6:30-8:30PM
Deep Water Aquafit			8-9AM		8-9AM			
Combo Aquafit				8-9AM		8-9AM	9-10AM	
Shallow Aquafit			9-10AM		9-10AM			
Light & Easy Aquafit			12-1PM		12-1PM			

	SUN MAR 24	MON MAR 25	TUES MAR 26	WED MAR 27	THURS MAR 28	FRI MAR 29	SAT MAR 30
Lanes, Water Walking, Leisure	7-8AM 10:30AM-12PM 3-6PM	6-8AM 10AM-12PM 4-9:30PM	6-8AM 9AM-12PM 4-9:30PM	6-8AM 10AM-12PM 4-9:30PM	6-8AM 9AM-12PM 4-9:30PM	7AM-12PM 3-6PM	7AM-12PM 3-4PM
Water Walking, Leisure		8AM-10AM	8AM-10AM	8AM-10AM	8AM-10AM		
Lanes, Leisure	8AM-10:30AM	12-1PM		12-1PM			
Leisure, Swim Club							4-6:30PM
Fun Swim	12-3PM \$2 6-8:30PM	1-4PM	1-4PM	1-4PM	1-4PM	12-3PM	12-3PM 6:30-8:30PM
Deep Water Aquafit		8-9AM		8-9AM			
Combo Aquafit			8-9AM		8-9AM		
Shallow Aquafit		9-10AM		9-10AM			
Light & Easy Aquafit		12-1PM		12-1PM			

	SUN MAR 31	MON APR 1
Lanes, Water Walking, Leisure	7-8AM 10:30AM-12PM 3-6PM	7AM-12PM 3-6PM
Lanes, Leisure	8AM-10:30AM	
Fun Swim	12-3PM	12-3PM



**POOL CLOSED  
FOR ANNUAL  
MAINTENANCE  
APRIL 2-18.  
REOPENS  
APRIL 19**

# SKATE MAR 16 - 31



Schedule subject to change without notice. For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.



## @ Panorama Recreation Centre

	SAT MAR 16	SUN MAR 17	MON MAR 18	TUES MAR 19	WED MAR 20	THURS MAR 21	FRI MAR 22	SAT MAR 23
Everyone Welcome	12-1:20PM	1-2:20PM	1:30-2:50PM	1:30-2:50PM	\$2 3-4:20PM	1:30-2:50PM		12-1:20PM
Parent & Child Hockey	11:35AM-12:35PM							
Adult Stick & Puck			11:40AM-1PM	11AM-12:20PM				
Youth Stick & Puck			3-4:20PM	3-4:20PM	3:10-4PM			

	MON MAR 25	TUES MAR 26	WED MAR 27	THURS MAR 28	SAT MAR 30	SUN MAR 31
Adult Skate				11:40AM-1PM		
Everyone Welcome	1:30-2:50PM	1:30-2:50PM	\$2 3-4:20PM	1:30-2:50PM	12-1:20PM	12-1:20PM
Parent & Tot				10:40-11:40AM		
Shinny Hockey				9:10-10:30PM		
Adult Stick & Puck		11AM-12:20PM				

Adult Skate	18 yrs+. Brushing up on your skating skills? Instructors will be available to give you some tips.
Everyone Welcome	Bring your family and friends for skating fun, music and games.
Parent & Tot	For children 7 yrs & under to get comfortable on the ice. Toys and skating aids are provided along with child-friendly music. Strollers welcome. \$7 drop-in includes admission and rentals for 1 parent/1 tot or swipe of active pass.
Shinny Hockey	16 yrs+ Requires full gear. \$7/player, Goalies play for free. <a href="#">Reserve your spot online</a>
Stick & Puck	For those who want to brush up on their hockey skills. Helmet with face mask and hockey gloves required. <b>Goalies, games &amp; scrimmages not permitted.</b> Youth, 10-16 yrs, Adult, 16 yrs+.



# FITNESS MAR 16 - 23



Schedule subject to change without notice.

Please note our fitness schedule may fluctuate week to week.

For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.



12 yrs+. See last page for fitness class descriptions.

	SAT MAR 16	SUN MAR 17	MON MAR 18	TUES MAR 19	WED MAR 20	THURS MAR 21	FRI MAR 22	SAT MAR 23
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## @ Panorama Recreation Centre

Bootcamp			6-6:45AM		6-6:45AM			
Bootcamp Circuit							6-6:45AM	
Cardio Countdown					9:15-10:15AM		9:15-10:15AM	
HIIT			6-6:45AM	5:30-6:15PM		5:30-6:15PM	5:30-6:15PM	
Jazzercise*	10:15-11:15AM	8:15-9:15AM	7-8PM		7-8PM			10:15-11:15AM
Spin	8:15-9AM 9:15-10AM		5-5:45PM	6:15-7AM 8-8:45AM	8-8:45AM 5:30-6:15PM	6:15-7AM 8-8:45AM		8:15-9AM 9:15-10AM
Spin & Strength			12-1PM		12-1PM		12-1PM	
Sport Step		9:30-10:30AM						
Total Body Conditioning			9-10AM	9-10AM	1:30-2:30PM	9-10AM	1:30-2:30PM	
TRX			9-10AM	10:30-11:30AM	6:30-7:30PM	10:30-11:30AM	9-10AM	
Yoga**			8-8:45AM		8-9AM		8-9AM	

## @ Greenglade Community Centre

Circuit Training				12-1PM	6:45-7:45PM	12-1PM		
Fitness Yoga**	10:30-11:30AM							10:30-11:30AM
Hatha Yoga				5:15-6:15PM		5:15-6:15PM		
Total Body Conditioning	9:15-10:15AM							9:15-10:15AM

\*Drop-in \$15. \*\*\$13 drop-in or swipe of an active pass



## RESERVE YOUR SPOT

March 2024 classes - Online reservations available starting Mar 8, 7:15am for the following 2 weeks of classes.

# FITNESS MAR 24 - APR 2

	SUN MAR 24	MON MAR 25	TUES MAR 26	WED MAR 27	THURS MAR 28	FRI MAR 29	SAT MAR 30
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## @ Panorama Recreation Centre

Bootcamp		6-6:45AM		6-6:45AM		NO CLASSES	
Cardio Countdown				9:15-10:15AM			
HIIT		6-6:45AM	5:30-6:15PM		5:30-6:15PM		
Jazzercise*	8:15-9:15AM	7-8PM		7-8PM			10:15-11:15AM
Spin		5-5:45PM	6:15-7AM 8-8:45AM	8-8:45AM 5:30-6:15PM	6:15-7AM 8-8:45AM		8:15-9AM 9:15-10AM
Spin & Strength		12-1PM		12-1PM			
Sport Step	9:30-10:30AM						
Total Body Conditioning		9-10AM	9-10AM	1:30-2:30PM	9-10AM		
TRX		9-10AM	10:30-11:30AM	6:30-7:30PM	10:30-11:30AM		

## @ Greenglade Community Centre

Circuit Training			12-1PM	6:45-7:45PM	12-1PM		
Fitness Yoga**		8-9AM		8-9AM			10:30-11:30AM
Hatha Yoga			5:15-6:15PM		5:15-6:15PM		
Movin' On Up			9-10AM		9-10AM		
Total Body Conditioning							9:15-10:15AM

	SUN MAR 31	MON APR 1	TUES APR 2
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## @ Panorama Recreation Centre

HIIT		NO CLASSES	5:30-6:15PM
Jazzercise*	8:15-9:15AM		
Spin			6:15-7AM 8-8:45AM
Sport Step	9:30-10:30AM		
Total Body Conditioning			9-10AM
TRX			10:30-11:30AM

## @ Greenglade Community Centre

Circuit Training			12-1PM
Hatha Yoga			5:15-6:15PM
Movin' On Up			9-10AM

\*Drop-in \$15. \*\*\$13 drop-in or swipe of an active pass



# WEIGHT ROOM MAR 16 - APR 2

Schedule subject to change without notice.

For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.



	SAT MAR 16	SUN MAR 17	MON MAR 18	TUES MAR 19	WED MAR 20	THURS MAR 21	FRI MAR 22	SAT MAR 23
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## @ Panorama Recreation Centre

	7AM-8:30PM	7AM-8:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	7AM-8:30PM
Supervised	8AM-12PM	8AM-12PM	7-9AM	7-9AM	7-9AM	7-9AM	7-9AM	8AM-12PM
	4:30-8:30PM	4:30-8:30PM	4-9:30PM	4-9PM	4-9:30PM	4-9PM	4-9:30PM	4:30-8:30PM

## @ Greenglade Community Centre

Greenglade	9AM-3PM	9AM-3PM	8AM-8PM	8AM-8PM CLOSED 12-1PM	8AM-6:45PM	8AM-8PM CLOSED 12-1PM	8AM-8PM	9AM-3PM
Supervised			9-11AM		10AM-12PM			

	SUN MAR 24	MON MAR 25	TUES MAR 26	WED MAR 27	THURS MAR 28	FRI MAR 29	SAT MAR 30
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## @ Panorama Recreation Centre

	7AM-8:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	6AM-9:30PM	7AM-6PM	7AM-8:30PM
Supervised	8AM-12PM	7-10AM	7-9AM	7-9AM	7-9AM	1-6PM	8AM-12PM
	4:30-8:30PM	4-9:30PM	4-9PM	4-9:30PM	4-9PM		4:30-8:30PM

## @ Greenglade Community Centre

Greenglade	9AM-3PM	8AM-8PM	8AM-8PM CLOSED 12-1PM	8AM-6:45PM	8AM-8PM CLOSED 12-1PM	CLOSED	9AM-3PM
Supervised		9-11AM		10AM-12PM			

	SUN MAR 31	MON APR 1	TUES APR 2
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## @ Panorama Recreation Centre

	7AM-6PM	7AM-6PM	6AM-9:30PM
Supervised	8AM-12PM	1-6PM	7-9AM
	2-6PM		4-9PM

## @ Greenglade Community Centre

Greenglade	9AM-3PM	CLOSED	8AM-8PM CLOSED 12-1PM
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# SPORTS MAR 16 - APR 2

Tennis, squash, racquetball and ping pong court booking available! Visit the Book a Court section of our website



## JUMPSTART MULTI SPORT COURT

The shared Jumpstart Multi Sport Court (JSMSC) at Panorama Recreation Centre is designed for a variety of sports and allows accessible programming for all ages

Opening hours based on weather conditions. Bring your own equipment or borrow ours! Equipment may be signed out at Reception. It is available first come, first served.

	SUN	MON	TUES	WED	THURS	FRI	SAT
<b>FREE</b> Badminton/ Volleyball		8am-10pm	8am-10pm				
<b>FREE</b> Pickleball	8am-10pm			8am-10pm	8am-10pm	8am-10pm	8am-10pm
<b>FREE</b> Basketball/ Open Court		8am-10pm	8am-10pm	8am-10pm	8am-10pm	8am-10pm	8am-10pm



## SPORTS

Schedule subject to change without notice.

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	MON MAR 18	THURS MAR 21	FRI MAR 22	MON MAR 25	TUES MAR 26	WED MAR 27	THURS MAR 28	TUES APR 2
Badminton	7:30-9:30PM							
All Levels Pickleball*		NSMS 6:30-8:30PM	NSMS 6:30-8:30PM	GG 5-6:55PM	GG 8:15-10:10AM	GG 8:15-10:10AM 5-6:55PM 7-8:55PM		GG 8:15-10:10AM 10:15AM- 12:10PM
Intermediate Pickleball*				GG 7-8:55PM			GG 5-6:55PM 7-8:55PM	

Badminton	12 yrs+. Recreational; all skill levels welcome! Birds provided. Bring or borrow a racquet. Drop-in using your Active Pass or by paying cash at the door. @ North Saanich Middle School
All Levels*	16 yrs+. All skill levels welcome!. Bring a paddle and ball. Space-permitting, continued play welcome. @ Greenglade Community Centre (GG) or North Saanich Middle School (NSMS) <a href="#">Reserve your spot online as of 7:30am March 15. Visit the Activity Schedules &gt; Sports section of our website.</a>
Intermediate*	16 yrs+. For intermediate, 3.0+ skill levels. Refer to Pickleball Canada self-assessment skill level guidelines. Bring a paddle and ball. Space-permitting, continued play welcome. @ Greenglade Community Centre (GG) <a href="#">Reserve your spot online as of 7:30am March 15. Visit the Activity Schedules &gt; Sports section of our website.</a>

# DESCRIPTIONS

## SWIM



**7 YEAR RULE:** Children under the age of 7 must be accompanied in the water and stay within arm's reach of a responsible caregiver of at least 16 years of age. The ratio of caregivers to children under 7 is 1:3.

Lanes	Minimum 3 single lanes for lap swimming.
Leisure	Leisure pool, hot tub, sauna, and steam room available.
Fun Swim	Main pool, leisure pool, waterslide, sauna and steam room available. 42" tall to ride the waterslide.
Water Walking	Minimum 1 lane available for water walking in the leisure pool.
Combo, Deep/Shallow Aquafit	(Main Pool) All classes will provide a challenging workout with little to no impact on your joints! Start each class with 5-10 min of warm-up, 30-35 min of cardio and 10-15 min of strength and stretching.
Light & Easy Aquafit	(Main & Leisure Pool) A light version of Shallow Aquafit designed for people who have recovered from an injury and/or surgery, live with arthritis or are currently sedentary.

## FITNESS



12 yrs+

Bootcamp	This class will get your heart rate revved up! Minimal equipment with maximal effort.
Bootcamp - Circuit	This fun circuit-style bootcamp incorporates equipment combinations and interval training
Cardio Countdown	This high-energy class combines boxing form and technique with classic cardio fitness movement patterns. All welcome. Modifications offered for higher impact moves and small equipment may be used.
Circuit Training	Circuit Training is an efficient, all in one workout combining stations of weight training, cardio and strength intervals to keep the heart rate up and the body guessing. Stations will incorporate a variety of equipment including free weights, tubing, exercise balls and BOSUs to increase strength.
Fitness Yoga	This invigorating combination of traditional fitness training and yoga poses to tighten and tone. **\$13 drop-in or swipe of active pass.
Hatha Yoga	Hatha style Yoga class will bring awareness of breath in combination with traditional yoga poses. All levels welcome. **\$13 drop in or swipe of an active pass
HIIT	HIIT Improves endurance, strength and power while burning fat. This workout features a selection of training accessories such as dumbbells, steps, body bars and more! Previous experience recommended.
Movin' On Up	Self-paced, mild to moderate, low impact aerobic workout, followed by a strengthening session.
Spin Classes (Indoor Cycling)	The ultimate 45 minute indoor cycling workout combines aerobic and anaerobic exercise through drills and speed work. Build endurance, cardio and flexibility in this fun class while working at your own intensity level.
Spin & Strength	Combine the power of Spin and Strength training in this high powered class. Start with 25 minutes of indoor cycling drills, followed by a 25 minute strength training.
Sport Step	This class blends step choreography with all the classic step moves. During this fun class, we will focus on cardiovascular endurance followed by a shortened strength training section. All welcome!
Total Body Conditioning	Work your entire body using weights, body bars, resistance tubing, stability balls, gliders and the BOSU. No class is the same! If you like variety and strength training, this is the class for you!
TRX (Suspension Training)	This intense workout will use your own body weight and gravity to build long lean muscle, balance, stability and flexibility in one efficient class. You control how easy or hard you want to work.
Jazzercise	Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost. <b>*NEW RATE</b> Drop-in for \$15

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.