

AQUATIC SCHEDULE

Effective July 2 - August 18, 2024



Holiday hours in effect for Mon, July 1 and Aug 5.

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 7-9am	Lanes, Water Walking, Leisure 7-9am
Water Walking, Leisure 8-10am	Water Walking, Leisure 8-9am	Water Walking, Leisure 8-9am	Water Walking, Leisure 8-9am	Water Walking, Leisure 8-10am		
Lanes, Water Walking, Leisure, Programs 10am-12pm	Lanes, Water Walking, Leisure 9-10am	Lanes, Water Walking, Leisure 9-10am	Lanes, Water Walking, Leisure 9-10am		Lanes, Water Walking, Leisure, Programs 9-11:30am	Lanes, Water Walking, Leisure, Programs 9-11:30am
	Water Walking, Leisure, Swim Club, Programs 10am-12pm	Lanes, Water Walking, Leisure, Programs 10am-12pm	Lanes, Water Walking, Leisure, Programs 10am-12pm	Lanes, Water Walking, Leisure, Swim Club 10am-1pm		
Lanes, Leisure 12-1pm	Lanes, Water Walking, Leisure 12-1pm	Lanes, Leisure 12-1pm	Lanes, Water Walking, Leisure 12-1pm			
Fun Swim 1:30-3:45pm	Fun Swim 1:30-3:45pm	Fun Swim 1:30-3:45pm	Fun Swim 1:30-3:45pm	Fun Swim 1:30-4pm	Fun Swim 12-3:30pm	Fun Swim 12-3:30pm
Leisure, Swim Club, Programs 4 - 7pm	Leisure Swim Club, Programs 4-7pm	Leisure, Swim Club, Programs 4-7pm	Leisure, Swim Club, Programs 4-7pm	Lanes, Water Walking, Leisure 4-6:30pm	Lanes, Water Walking, Leisure 3:30-6:30pm	Lanes, Water Walking, Leisure 3:30-6:30pm
Water Walking, Leisure, Swim Club 7-8:30pm	Water Walking, Leisure, Swim Club 7-8:30pm	Water Walking, Leisure, Swim Club 7-8:30pm	Water Walking, Leisure, Swim Club 7-8:30pm			
Lanes, Water Walking, Leisure 8:30-9:30pm	Lanes, Water Walking, Leisure 8:30-9:30pm	Lanes, Water Walking, Leisure 8:30-9:30pm	Lanes, Water Walking, Leisure 8:30-9:30pm	Leisure Pool Only Fun Swim, Lanes 6:30-9:30pm	Fun Swim 6:30-8:30pm	\$2 Fun Swim 6:30-8:30pm

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AQUAFIT SCHEDULE

Effective June 28 - August 18, 2024

NO CLASS July 1, Aug 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Deep Water Aquafit 8-9am	Combo Aquafit 8-9am	Combo Aquafit 8-9am	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		

Deep & Shallow Water Aquafit	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. Shallow water will be in the shallow end of the Main pool, and deep will be in the deep end of the Main pool
Combo Aquafit	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. This class will take place in both the shallow and deep ends of the Main Pool.
Light & Easy Aquafit	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.

AQUATIC SESSION DESCRIPTIONS

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.
Shallow & Deep Water Aquafit	Water exercise class in the main pool.
Light & Easy Aquafit	Slow paced water exercise in the main and leisure pools.
Programs	Programs running in the pool such as Swim Lessons. Space priority goes to programs.
Swim Club	Swim Club practicing in the pool.

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AQUATIC SCHEDULE

Effective August 19 - September 2, 2024



Holiday hours in effect for Sept 2.

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 7-9am	Lanes, Water Walking, Leisure 7-9am
Water Walking, Leisure 8-10am	Water Walking, Leisure 8-9am	Water Walking, Leisure 8-9am	Water Walking, Leisure 8-9am	Water Walking, Leisure 8-10am		
	Lanes, Water Walking, Leisure 9-10am	Lanes, Water Walking, Leisure 9-10am	Lanes, Water Walking, Leisure 9-10am			
Lanes, Water Walking, Leisure, Programs 10am-12pm	Lanes, Water Walking, Leisure, Programs 10am-12pm	Lanes, Water Walking, Leisure, Programs 10am-12pm	Lanes, Water Walking, Leisure, Programs 10am-12pm	Lanes, Water Walking, Leisure 10-1pm	Lanes, Water Walking, Leisure, Programs 9-11:30am	Lanes, Water Walking, Leisure, Programs 9-11:30am
Lanes, Leisure 12-1pm	Lanes, Water Walking, Leisure 12-1pm	Lanes, Leisure 12-1pm	Lanes, Water Walking, Leisure 12-1pm			
Fun Swim 1:30-4pm	Fun Swim 1:30-4pm	Fun Swim 1:30-4pm	Fun Swim 1:30-4pm	Fun Swim 1:30-4pm	Fun Swim 12-3:30pm	Fun Swim 12-3:30pm
Lanes, Water Walking, Leisure, Programs 4-7pm	Lanes, Water Walking, Leisure, Programs 4-7pm	Lanes, Water Walking, Leisure, Programs 4-7pm	Lanes, Water Walking, Leisure, Programs 4-7pm	Lanes, Water Walking, Leisure 4-6:30pm	Lanes, Water Walking, Leisure 3:30-6:30pm	Lanes, Water Walking, Leisure 3:30-6:30pm
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	Leisure Pool Only Fun Swim, Lanes 6:30-9:30pm	Fun Swim 6:30-8:30pm	\$2 Fun Swim 6:30-8:30pm

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AQUAFIT SCHEDULE

Effective August 19 - September 2, 2024

NO CLASS Sep. 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Deep Water Aquafit 8-9am	Combo Aquafit 8-9am	Combo Aquafit 8-9am	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		

Deep & Shallow Water Aquafit	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. Shallow water will be in the shallow end of the Main pool, and deep will be in the deep end of the Main pool
Combo Aquafit	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. This class will take place in both the shallow and deep ends of the Main Pool.
Light & Easy Aquafit	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.

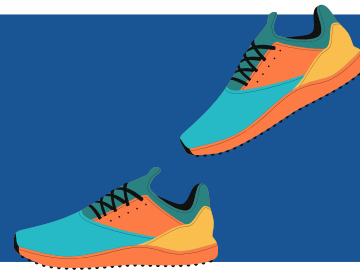
AQUATIC SESSION DESCRIPTIONS

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.
Shallow & Deep Water Aquafit	Water exercise class in the main pool.
Light & Easy Aquafit	Slow paced water exercise in the main and leisure pools.
Programs	Programs running in the pool such as Swim Lessons. Space priority goes to programs.
Swim Club	Swim Club practicing in the pool.

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FITNESS SCHEDULE

Effective June 29 - September 2, 2024



Holiday hours in effect for Monday, July 1, Monday August 5 and Monday September 2, 2024
 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
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@ 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 8-8:45am	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 June 29 - September 2, 2024



Holiday hours in effect for Monday, July 1, Monday August 5 and Monday September 2, 2024
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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 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 10am-12pm		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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SPORTS SCHEDULE

Effective July 1-August 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
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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-Friday 8am-4pm. 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
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@ Greenglade Community Centre

All Levels Pickleball 5-6:55pm		All Levels Pickleball 6-7:55pm	All Levels Pickleball 6-7:55pm	
NEW Advanced (4.0+) Pickleball 7-8:55pm				

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 Friday for all sessions within the upcoming two calendar weeks (beginning June 21).
	Advanced - 4.0+ skill levels welcome (as per Pickleball Canada 2-digit rating guide). Bring a paddle and ball.	

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	Available Wednesdays 4:30-5:55pm, with sign up by month. Refer to the Programs > Adult > Sports > Pickleball section of our website for further details and sign up. Up to 6 players welcome per group.

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ARENA SCHEDULE

Effective August 18 - September 2, 2024



Schedule subject to change without notice.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<p>Everyone Welcome 12:30-1:50pm</p>	<p>Parent & Child Hockey 11am-12pm</p> <p>Everyone Welcome 12:30-1:50pm</p> <p>Youth Stick & Puck 2-3pm</p>

Everyone Welcome	All ages and abilities welcome. Skate rentals available and helmets free of charge.
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. For those who want to brush up on their hockey skills. Helmet with full face mask and hockey gloves required. Goalies, games, and scrimmages not permitted.

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