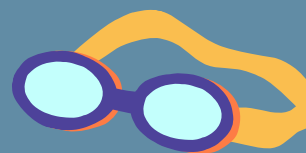


AQUATIC SCHEDULE

Effective January 6-March 21, 2025



Holiday hours in effect for February 17, 2025

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+).



Leisure pool, hot Tub, River, Sauna and Steam open Mon-Fri, 6am-9:30pm, Sa/Su 7am-8:30pm. Holiday Hours in Effect Feb 17, 2025.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swimming, Water Walking 6-7:45am	Lap Swimming, Water Walking 6-7:45am	Lap Swimming, Water Walking 6-7:45am	Lap Swimming, Water Walking 6-7:45am	Lap Swimming, Water Walking 6-8:45am	Lap Swimming, Water Walking 7-8:45am	Lap Swimming, Water Walking 7-8:15am
Aquafit, Water Walking 8-10am	Aquafit, Water Walking 8-9am	Aquafit, Water Walking 8-9am	Aquafit, Water Walking 8-9am	Aquafit, Water Walking 9-10am	Programs 8:45-11:45am	Programs, Lap Swimming 8:15-10:15am
Lap Swimming, Water Walking 10am-12pm (Sensory Swim 10-11am)		Programs, Lap Swimming, Water Walking 9am-12pm	Lap Swimming, Water Walking 9am-3:15pm (Sensory Swim 10-11am)	Programs, Lap Swimming, Water Walking 10am-2pm	Pool Transition 11:45am-12pm	Lap Swimming, Water Walking 10:15am-12pm
Aquafit, Lap Swimming 12-1pm	Lap Swimming, Water Walking 9am-3:15pm	Aquafit, Lap Swimming 12-1pm	Lap Swimming, Water Walking 9am-3:15pm	Aquafit, Lap Swimming 2-3pm		
		Lap Swimming, Water Walking 1:30-3:15pm			Fun Swim 12-3pm	Fun Swim 12-2:45pm
Lap Swimming, Water Walking 1-4pm	Programs, Lap Swimming, Water Walking 3:15-4pm	Programs, Lap Swimming, Water Walking 3:15-4pm	Programs, Lap Swimming, Water Walking 3:15-4pm	Lap Swimming, Water Walking 3-4pm	Pool Transition 3-4pm	Programs 2:45-5:45pm
	Programs, Water Walking 4-6:30pm	Programs, Water Walking 4-6:30pm	Programs, Water Walking 4-6:30pm			Lap Swimming, Water Walking 5:45-6:30pm
Programs, Lap Swimming 4-7pm				Programs, Lap Swimming 4-7pm	Programs, Lap Swimming 4-7pm	
Lap Swimming, Water Walking 7-9:30pm	Lap Swimming, Leisure Pool Fun Swim 6:30-9:30pm	Lap Swimming, Leisure Pool Fun Swim 8-9:30pm	Lap Swimming, Leisure Pool Fun Swim 6:30-9:30pm	Lap Swimming, Leisure Pool Fun Swim 7-9:30pm	Lap Swimming, Leisure Pool Fun Swim 7-8:30pm	\$2 Fun Swim 6:30-8:30pm

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AQUAFIT SCHEDULE

Effective January 6-March 21, 2025



Holiday hours in effect for February 17th-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
Deep Water Aquafit 8-9am	Combo Aquafit 8-9am	Combo Aquafit 8-9am	Combo Aquafit 8-9am	Combo Aquafit 9-10am
Shallow Water Aquafit 9-10am		Light & Easy 12-1pm		Light & Easy 2-3pm
NEW Light & Easy 12-1pm				

AQUATIC SESSION DESCRIPTIONS

Leisure Pool, Hot Tub, Sauna & Steam Room	The leisure pool, hot tub, sauna and steam room are open (excluding holidays): <ul style="list-style-type: none"> Monday-Friday, 6am-9:30pm Saturday/Sunday, 7am-8:30pm
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.
Lap Swimming	Minimum 3 lanes available in main pool.
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.
Sensory Swim	An inclusive swim experience for all ages, abilities and neurodiveristies. Expect gentle lighting with no music.
Water Walking	1 lane in Leisure pool for Water Walking.

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FITNESS SCHEDULE

Effective January 5-March 31, 2025



Holiday hours in effect for February 17-no classes.

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	Circuit Bootcamp 6-6:45am	Spin 8:15-9am	Jazzercise** 8:15-9:15am
TBC 9-10am	Spin 8-8:45am		Spin 8-8:45am	TRX 9-10am	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	Cardio Plus 9:15-10:15am	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 1:15-2:15pm	HIIT 5:30-6:15pm	TBC 1:15-2:15pm		
HIIT 6-6:45pm		Spin 5:30-6:15pm		HIIT 5:30-6:15pm		
Jazzercise ** 7-8pm		TRX 6:30-7:30pm				
		Jazzercise ** 7-8pm				

@ Greenglade Community Centre

Fitness Yoga* 8-9am	Moving On Up 9:15am-10:15am	Fitness Yoga* 8-9am	Moving On Up 9:15am-10:15am	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 7pm-8pm	Hatha Yoga* 5:15-6:15pm			

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

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WEIGHT ROOM SCHEDULE

Effective January 5-March 31, 2024



Holiday hours in effect for February 17.

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 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-7:00pm	Weight Room 8am-8pm*	Weight Room 8am-8pm	Weight Room 9am-3pm	Weight Room 9am-3pm
Supervised 10am-12pm	Supervised 8-10am	Supervised 10am-12pm	Supervised 8-10am			

*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.

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SPORTS SCHEDULE

Effective January 6-March 14, 2025



Schedule subject to change without notice.

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

PICKLEBALL

@ Greenglade Community Centre (G) or North Saanich Middle School (N)

		MONDAY	WEDNESDAY	THURSDAY	FRIDAY
All Levels Pickleball*	(G)	8:15-10:10am 10:15AM-12:10pm** 5-6:55pm	8:15-10:10am 10:15am-12:10pm** 5-6:55pm 7-8:55pm		8:15-10:10am 10:15am-12:10pm**
All Levels Pickleball*	(N)			6:30-8:30pm	6:30-8:30pm
Intermediate (3.0-3.5) Pickleball*	(G)			5-6:55pm 7-8:55pm	
Advanced (4.0+) Pickleball*	(G)	7-8:55pm			

*No sessions on statutory holidays.

**No sessions on School District 63 school holidays. Refer to website for most accurate schedule.

BADMINTON and TABLE TENNIS

@ Panorama Recreation Centre (P) or North Saanich Middle School (N)

		MONDAY
Badminton Drop-In*	(N)	7:30-9:30PM
FREE Table Tennis \$2 Drop-In	(P)	7am-9pm-Timeslots on the Hour

*No sessions on statutory holidays.

Reservable Pickleball 16 yrs+	All Levels-All skill levels welcome.	Bring a paddle and ball. A couple available for borrow from Reception or program monitor. 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.
	Intermediate-3.0-3.5 skill levels welcome (as per Pickleball Canada 2-digit rating guide).	
	Advanced-4.0+ skill levels welcome (as per Pickleball Canada 2-digit rating guide).	
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.	
Table Tennis 12 yrs+	All skill levels welcome. \$2/person. Timeslots on the hour. Reserve your spot online or drop-in if space permits. Six players max per session (more permitted if of same group). Two tables available. Paddles and balls provided. Continued play permitted as long as others not waiting.	

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COMMUNITY RECREATION SCHEDULE

Effective January 6-March 14, 2025



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 & Tumbles 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. \$4/child. Drop-in if space available. Available at Greenglade Community Centre.					
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 Centre.					
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 January 10th. No session on February 14th. Final Session of season on March 14th. Reserve your spot online. Drop-in space available. FREE at Greenglade Community Centre.					

SPECIAL EVENTS

Thursday, February 13	9:30-11am	Kindergym-Cupid's Playdate	Friday, January 31	6-8pm	Teen Lounge -Movie & Sundae
Thursday, March 13	9:30-11am	Kindergym -Petal Party	Friday, February 21	6-8pm	Teen Lounge Minute to Win it
			Friday, March 7	6-8pm	Teen Lounge -Music Bingo

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
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).					

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ARENA SCHEDULE

Effective January 6-March 14, 2025





Schedule subject to change without notice.

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

See reverse for session descriptions.

SKATING

See reverse for session descriptions.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Everyone Welcome 12:45-1:45pm (No sessions Jan 26 & Feb 16) 		Everyone Welcome with Tot Zone 11:20am-12:20pm Adult Skate 1-2pm	Toonie Skate 3-4:20pm	Everyone Welcome with Tot Zone 10-11am	Teen Skate 8:25-9:30pm (No sessions Jan 17 & Feb 14)	Everyone Welcome 12-1:20pm 

SPECIAL SKATES

Saturday, January 25	12-1:20pm	Pajama-Rama Everyone Welcome
Friday, February 14	2-3:10pm	Pro-D Day \$2 Skate
Saturday, February 15	12-1:20pm	Valentine's Day Everyone Welcome
Monday, February 17	1-2:20pm	Family Day \$2 Skate
Saturday, March 15	12-1:20pm	St. Patrick's Day Everyone Welcome

Activity Location: Arena **A** Arena **B**



Skate **rentals and sharpening** available! See reverse for details.



DIY **Skating Parties** offered during Everyone Welcome skates with this symbol. Visit panoramarecreation.ca for details.

HOCKEY

See reverse for session descriptions.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Parent & Child Hockey 11:35am-12:35pm (No sessions Jan 26 & Feb 16)	Adult Stick & Puck 11:50am-1pm	NEW Women's Only Stick & Puck 1:10-2:10pm (No sessions Feb 11 & Feb 18) (Sessions Jan 28 & Feb 4 run 1:25-2:25pm)	Youth Stick & Puck 3:10-4pm	Adult Shinny Hockey Reservation Required 11:10am-12:20pm

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ARENA SCHEDULE

Effective January 6-March 14, 2025



Schedule subject to change without notice.

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

See reverse for schedule.



SKATING

See reverse for schedule. See notes below regarding skate rentals and helmets. Wheelchairs and strollers permitted on ice.

Everyone Welcome Pro-D Day Skate Toonie \$2 Skate	All Ages	Leisure skate. All abilities welcome.
NEW Everyone Welcome with Tot Zone	All Ages	Leisure skate with tot zone. All abilities welcome. The ice surface will be sectioned into two zones-one for open skating and the other for ice exploration, with a selection of toys. Ice cleats permitted in tot zone.
Adult Skate	17yrs+	Leisure skate. All abilities welcome. Enjoy skating in a relaxed and welcoming environment.
Teen Skate	11-16yrs	Leisure skate for ages 11-16. No skating aids (plastic assists) available. Lights will be dimmed and top 40 tunes playing. Teen Lounge offered at Greenglade Community Centre beforehand.

HOCKEY

See reverse for schedule.

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, including with full face guard for children.	
Youth Stick & Puck	10-16yrs	Opportunity to practice shooting and stick handling. Goalies, games, scrimmages and/or drills not permitted. Helmets mandatory for all.
Adult Stick & Puck	17yrs+	
NEW Women's Only Stick & Puck	17yrs+	
Shinny Hockey	Hockey scrimmage. Full gear mandatory. Reservation required via the Activity Schedules > Skating & Hockey section of panoramarecreation.ca .	



Skate rentals available during all public sessions. Rental tickets may be purchased from Reception for \$3.95 each.



We strongly encourage all skaters to wear a helmet, including those being pushed in a wheelchair or stroller. **Helmets are available for borrow** at no cost during all public sessions.

Skate sharpening available!

Drop off & pick up your skates from Reception. May require up to 48hrs to complete.
\$6.05/sharpen or \$54.45 for 10.

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