

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



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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 | | | | |

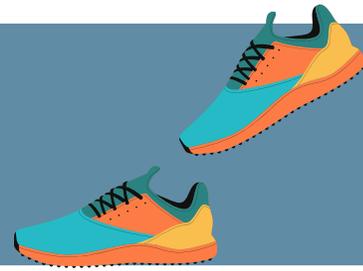
AQUATIC SESSION DESCRIPTIONS

| | |
|---|--|
| 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 |
|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

@ 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.

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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-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 | | | |

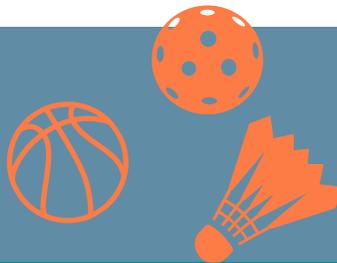
*Weight Room closed 12-1pm for circuit class.

| | |
|-------------------|--|
| 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



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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 |
| NEW 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



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| 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



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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

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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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