

# Panorama RECREATION

FALL  
2025

CENTENNIAL PARK  
OPENING  
SEPTEMBER 2  
MULTI SPORT BOX



REGISTRATION OPENS 6:30AM

General  
Programs



Swim & Skate  
Lessons



Making a difference...together



Panorama  
RECREATION

Live well. Have fun.



[panoramarecreation.ca](https://panoramarecreation.ca)



[/panoramarecreation](https://facebook.com/panoramarecreation)



[@panoramarec](https://instagram.com/panoramarec)

# WELCOME!

Panorama Recreation promotes individual and community wellness by providing recreation opportunities in an effective and efficient manner reflecting the needs of our communities. We believe that everyone should have an opportunity to participate in recreation activities and, with that, are committed to providing a safe, welcoming, positive and inclusive environment where everyone is valued and respected.

## ON THE COVER

We are excited to announce the Centennial Park Sport Box will open for community use on Tuesday, September 2nd. We are now accepting requests to rent the facility for the Fall 2025 season.



Visit the "Centennial Park" section under Location & Hours at [panoramarecreation.ca](http://panoramarecreation.ca) for details.

## REGISTRATION DATES

General Programs	Swim & Skate Lessons	
	Set 1	Set 2
Tuesday, July 22 @ 6:30am (Visible online July 15)	Tuesday, Aug 26 @ 6:30am (Visible online Aug 19)	Tuesday, Oct 21 @ 6:30am (Visible online Oct 14)

For more registration information, see p. 62 & 63

## LET'S CONNECT

 [panoramarecreation](https://www.facebook.com/panoramarecreation)

 [panoramarec](https://www.instagram.com/panoramarec)

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## CONTACT US

 [info@panoramarec.bc.ca](mailto:info@panoramarec.bc.ca)

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

 250 656 7271

## FACILITIES

Located on the beautiful Saanich Peninsula, Panorama Recreation offers innovative facilities and quality programs and services to accommodate our growing community. Panorama Recreation operates Panorama Recreation Centre and Greenglade Community Centre, and provides programs and services in additional facilities such as the Central Saanich Cultural Centre and North Saanich Middle School.

Visit us online at  
[panoramarecreation.ca](http://panoramarecreation.ca)  
for current  
facility hours.



Panorama Recreation is a space where the 2SLGBTQIA+ community can freely express themselves without fear. It is a space that does not tolerate violence, bullying, or hate speech towards the 2SLGBTQIA+ community.

### PANORAMA RECREATION CENTRE

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



- Two arenas
- Aquatic Centre - indoor swimming & leisure pool with wheelchair-accessible waterslide
- Indoor & outdoor tennis courts, squash, and racquetball courts
- Weight room and fitness studio
- Multi-purpose rooms
- Accessible playground
- Outdoor Jumpstart Multi Sport Court

### GREENGLADE COMMUNITY CENTRE

2151 Lannon Way, Sidney, BC,  
V8L 3Z1



- Gymnasium
- Activity rooms for program use
- Pottery studio
- Weight and fitness room, mind and body studio, and dance studio
- Lounge and sports fields
- Licensed childcare
- Community Garden
- Accessible playground

### CENTENNIAL PARK

7500 Block Wallace Drive,  
Central Saanich, BC



- Multi Sport Box
- Fieldhouse
- Picnic Shelters

For information on playing fields, ball diamonds, playground, splash pad and trails, please visit [centralsaanich.ca](http://centralsaanich.ca)

## TERRITORIAL ACKNOWLEDGMENT

The CRD conducts its business within the traditional territories of many First Nations, including but not limited to BOKECEN (Pauquachin), MÁLEXEL (Malahat), P'a:chi:da?aht (Pacheedaht), Pune'laxutth' (Penelekut), Sc'ianew (Beecher Bay), Songhees, STAUTW (Tsawout), T'Sou-ke, WJOŁŁP (Tsartlip), WSIKEM (Tseycum), and xʷsepsəm (Esquimalt), all of whom have a long-standing relationship with the land and waters from time immemorial that continues to this day.

# ADMISSION FEES (EFFECTIVE SEPTEMBER 1, 2025)

## SINGLE ADMISSION FEES

Under 6 Years	FREE
6 - 18 Years	\$4
19 - 59 Years	\$7.50
60 Years+	\$5.95
Family (2 adults & up to 3 youth (max 18 years) or 1 adult & up to 4 youth (max 18 years)	\$15

# ACTIVE PASSES (EFFECTIVE SEPTEMBER 1, 2025)

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.  
For all pass details, visit [panoramarecreation.ca](http://panoramarecreation.ca)

PER-VISIT PASSES	6 - 18 Years	19 - 59 Years	60 Years+
10 Visits	\$36	\$67.50	\$53.55
25 Visits	\$85	\$159.40	\$126.45
50 Visits	\$160	\$300	\$238

Active Passes  
can be purchased  
& renewed online at  
[panorama  
recreation.ca](http://panorama<br/>recreation.ca)

MONTHLY PASSES	ONE MONTH PASS	CONTINUOUS PASS Cost per month	ANNUAL PASS (Paid in full)
Adult (19 yrs+)	\$63.95	\$63.95 (1st month) \$34.70	\$416.25
Family - One Adult*	\$74.05	\$74.05 (1st month) \$44.05	\$528.65
Family - Two Adults**	\$127.90	\$127.90 (1st month) \$69.40	\$832.50
Youth (18 years & Under)	n/a	n/a	\$112.40

\*Family - 1 adult and up to 4 youth (max 18 yrs) living in the same household.  
\*\*Family - 2 adult and up to 3 youth (max 18 yrs) living in the same household.

Regional Annual Pass	PER-MONTH COST \$47.50	PAID IN FULL \$570
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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.





## What is the Continuous Pass?

Your pass will be valid continuously until you request to cancel it. Prefer to pay in full? No problem! Purchase a One Month or Annual Pass.

## Changed your mind?

Cancel your Continuous Pass any time before your next scheduled payment. You will continue to have access until the end of your current paid month.

## Convert your existing pass to a Continuous Pass!

Any current Active Pass may be converted to a Continuous Pass up to seven days after expiry.

## Fee Increases

All passes including the Continuous Pass are subject to fee increase per the Fees & Charges Bylaw.

## Failed Payments

After 3 failed attempts to obtain payment, your Continuous Pass will be cancelled and must be re-purchased as a new pass.

## More Information

- Active Passes are valid at Panorama Recreation Centre & Greenglade Community Centre.
- In accordance with our Terms & Conditions no refunds or cancellations are offered on Per Visit or Paid in Full Active Passes unless for compassionate or medical reasons. The Continuous Active Pass can be cancelled at any time.
- Replacement fee for lost or stolen cards is \$10.50.
- Visit us online for a complete list of our Active Pass policies.

## FINANCIAL ASSISTANCE

A regional initiative supported by the Greater Victoria Active Communities committee, the LIFE Program is intended to reduce financial barriers to recreation. For more information visit us online at [panoramarecreation.ca](http://panoramarecreation.ca)



# COURT BOOKINGS

## TENNIS, SQUASH AND CONVERTIBLE COURTS

### @ PANORAMA RECREATION CENTRE

Available courts include 4 indoor and 2 outdoor tennis courts, 1 squash court, and 1 convertible court. The convertible court supports squash, racquetball, wallyball and table tennis. It has a wall-mounted basketball hoop and can be used as a practice wall space for tennis, pickleball, volleyball and more.

Nets and table tennis tables provided. Loaner racquets, paddles, balls and eye protection available at Reception.

#### SINGLE SESSIONS

Book a single session online or via Reception up to 7 days in advance.



#### RECURRING BOOKINGS

Request weekly or bi-weekly timeslot for all or part of the season. Visit the "Book a Court" section at [panoramarecreation.ca](http://panoramarecreation.ca) for details.



### GOGGLES ON? GAME ON!

Eye protection is required for juniors and recommended for adults in squash, pickleball, and racquetball. Borrow glasses at Greenglade or Panorama; bring your own for Centennial Park Sport Box play.

## PICKLEBALL COURTS

### @ GREENGLADE COMMUNITY CENTRE and CENTENNIAL PARK SPORT BOX

Pickleball courts are available at Greenglade Community Centre (2 courts) and Centennial Park Sport Box (4 courts). Nets provided; bring your own paddle and balls. Limited loaner paddles available at Greenglade.

#### SINGLE SESSIONS

Single sessions will be available at the Centennial Park Sport Box some time in the fall. Visit the "Book a Court" section of [panoramarecreation.ca](http://panoramarecreation.ca) for details.



#### RECURRING BOOKINGS

##### Greenglade Community Centre

Form your own group and book a weekly court rental. Visit Programs > Adult > Sports section of [panoramarecreation.ca](http://panoramarecreation.ca) for timeslots.

Fall bookings open July 22 @ 6:30am.



##### Centennial Park Multi Sport Box

Request weekly or bi-weekly timeslot for all or part of the season. Visit the "Book a Court" section of [panoramarecreation.ca](http://panoramarecreation.ca) for details.



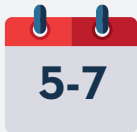
### DROP-IN SPORTS

Smash, rally and play all week! Join drop-in squash, toonie table tennis, badminton and reservable pickleball at various locations. Check the Activity Schedules > Sports on our website for details and the latest schedule!



# SPECIAL EVENTS

## SEPTEMBER



### **Friday - Sunday** **MIXED SINGLES TRIPLE** **KNOCKOUT TENNIS** **TOURNAMENT**

Panorama Recreation Centre

Each player guaranteed at least 3 matches! This is an unsanctioned, non-ranking tournament. Matches will be scheduled Friday evening and throughout the day Saturday/ Sunday. See p. 53 for more details.



### **Sunday, 12:15 - 1:30pm** **FREE MEET THE PENINSULA** **PANTHERS EVERYONE** **WELCOME SKATE**

Panorama Recreation Arena A

Join Panthers hockey players on-ice for a free everyone welcome skate, generously sponsored by the Murphy Family Foundation and Peninsula Panthers.

Admissions and rentals included.



### **Saturday, 12 - 1:15pm** **RAINBOW EVERYONE** **WELCOME SKATE**

Panorama Recreation Arena A

Let's send off summer with a splash of colour! Wear your brightest and most colourful outfit - and let's see if we can complete the rainbow! Stickers and prizes to be won for the most colourful getups.



### **Monday, 12:20 - 1:50pm** **\$2 PRO-D DAY SKATE**

### **Monday, 1 - 4pm** **\$2 PRO-D DAY SWIM**

Panorama Recreation Centre

Join us for a fun-filled Pro-D day! Bring your family and friends for swimming and skating fun. Skate rentals and helmet borrowing available. \$2 admission.



# SPECIAL EVENTS

## OCTOBER



**Saturday, 12 - 1:15pm**  
**FREE MEET THE PENINSULA  
PANTHERS EVERYONE  
WELCOME SKATE**  
Panorama Recreation Arena A

Join Panthers hockey players on-ice for a free everyone welcome skate, generously sponsored by the Murphy Family Foundation and Peninsula Panthers. Admissions and rentals included.



 **MURPHY FAMILY  
FOUNDATION**



**Friday, 7pm**  
**SLIDER'S 16TH BIRTHDAY**  
Panorama Recreation Arena

Join Panorama Recreation and the Peninsula Panthers as we celebrate Slider's 16th birthday! Stop by the Arena Lobby at 7pm for some treats. Have a ticket to the Peninsula Panther's game? We will be presenting Slider with a special gift for his sweet 16th birthday!



**Friday, 6 - 8pm**  
**FREE MUSIC BINGO**  
**@ TEEN LOUNGE**  
Greenglade Community Centre

This week's event is Music Bingo! Join us for a chance to win fun prizes while jamming out to popular songs. Regular Teen Lounge activities still available as well as a free shuttle to panorama for skating or swimming.



**Friday, 12:20 - 1:50pm**  
**\$2 PRO-D DAY SKATE**  
**Friday, 1 - 4pm**  
**\$2 PRO-D DAY SWIM**  
Panorama Recreation Centre

Join us for a fun-filled Pro-D day! Bring your family and friends for swimming and skating fun. Skate rentals and helmet borrowing available. \$2 admission.



**Saturday, 12 - 1:15pm**  
**SPOOKY SKATE**  
**EVERYONE WELCOME SKATE**  
Panorama Recreation Arena A

Halloween is just around the corner. Come on out and test out your Halloween costume and get ready for a spooky skate for all ages! Get an early start to your trick or treating as well!

## TRICK OR TREAT? TREAT...THE KIDS TO A FREE SWIM OR SKATE!

Give a healthy treat this Halloween with Panorama's free swim or skate passes. Drop-in passes are valid for youth 6 - 18 years.

\$15 for 10 passes

On sale October 15th. Passes valid November 1-30 2025.





# SPECIAL EVENTS



**Friday - Sunday**  
**HALLOWEEN MIXED DOUBLES  
TRIPLE KNOCKOUT  
TENNIS TOURNAMENT**  
Panorama Recreation Centre

Each team guaranteed at least 3 matches! This is an unsanctioned, non-ranking tournament. Matches will be scheduled Friday evening and throughout the day Saturday/ Sunday. See p. 53 for more details.



**Thursday, 9:30 - 11am**  
**BOO BASH @ KINDERGYM**  
Greenglade Community Centre

Pop on your favorite costume and step into our spooky Halloween event. Themed activity stations, decorations, and paint tattoos, will take place in addition to our regular Kindergym equipment. \$4/child. Reserve online or drop in if space available. Ages 1-5 yrs.

## NOVEMBER



**Sunday, 12:15 - 1:30pm**  
**FREE MEET THE PENINSULA  
PANTHERS EVERYONE  
WELCOME SKATE**  
Panorama Recreation Arena A

Join Panthers hockey players on-ice for a free everyone welcome skate, generously sponsored by the Murphy Family Foundation and Peninsula Panthers.



Admissions and rentals included.



**Friday, 12:20 - 1:50pm**  
**\$2 PRO-D DAY SKATE**

**Friday, 1 - 4pm**  
**\$2 PRO-D DAY SWIM**

Panorama Recreation Centre

Join us for a fun-filled Pro-D day! Bring your family and friends for swimming and skating fun. Skate rentals and helmet borrowing available. \$2 admission.



**Saturday, 12 - 1:15pm**  
**DOUBLE TROUBLE  
EVERYONE WELCOME SKATE**  
Panorama Recreation Arena A

We are seeing double for 11/22. Friends and families, come on out with your best matching outfits, hats, or whatever you can think of. See if our eagle eyes can tell you and your twins apart!



**Friday, 6 - 8pm**  
**FREE TRIVIA NIGHT  
@ TEEN LOUNGE**  
Greenglade Community Centre

Join us for a fun-filled Trivia Night where teens can test their knowledge across categories like pop culture, sports, history, and more! Compete individually or in teams for a chance to win exciting prizes. Regular Teen Lounge activities still available as well as a free shuttle to panorama for skating or swimming.

# SPECIAL EVENTS

## DECEMBER



**GINGERBREAD HOUSE  
CHALLENGE**  
Panorama Recreation Centre

Purchase a gingerbread house kit from Panorama or Greenglade starting November 15! Decorate with family, friends, or coworkers and return it to Panorama by December 1 for our CFA Santa's Anonymous display and challenge.

All proceeds support CFA Santa's Anonymous. Houses will be displayed all December. Public voting and prizes for the favourites!



**Friday - Sunday  
MIXED SINGLES TRIPLE  
KNOCKOUT TENNIS  
TOURNAMENT**  
Panorama Recreation Centre

Each player guaranteed at least 3 matches! This is an unsanctioned, non-ranking tournament. Matches will be scheduled Friday evening and throughout the day Saturday/Sunday. See p. 53 for more details.



**Saturday, 12 - 1:15pm  
FREE MEET THE PENINSULA  
PANTHERS EVERYONE  
WELCOME SKATE**  
Panorama Recreation Arena A

Join Panthers hockey players on-ice for a free everyone welcome skate, generously sponsored by the Murphy Family Foundation and Peninsula Panthers. Admissions and rentals included.



**MURPHY FAMILY  
FOUNDATION**



**Tuesday, 9:30 - 11am  
FROZEN FUN @ KINDERGYM**  
Greenglade Community Centre

Step into a world of wintery wonder at our Frozen Fun event! Themed activity stations, decorations, and face painting will take place in addition to our regular Kindergym equipment. \$4/child. Reserve online or drop in if space available. Ages 1-5 yrs.

## GIVE THE GIFT OF RECREATION - STOCKING STUFFERS

Give a gift of recreation with Panorama's drop-in passes. Drop-in passes are valid for youth 6 - 18 years.

\$15 for 10 passes.

On sale December 1st. Passes valid December 26, 2025 - January 31, 2026



# SPECIAL EVENTS

## DECEMBER



**Daily Skates**  
**WINTER WONDERLAND**  
Panorama Recreation Centre

Skate amongst a festive display of lights, trees and seasonal inflatables! Daily public skates and private rentals available. For all public sessions, skate rentals and helmet borrowing available. Skate aids (plastic assists) available upon request.

The schedule of daily skate times will be published December. Booking of private rentals opens November 1.



**Saturday, 11am - 3pm**  
**WINTER WONDERLAND**  
**FAMILY SKATING CARNIVAL**  
Panorama Recreation Centre

Holiday fun for the whole family...on ice! Enjoy hot chocolate, kids games, painting on the ice, and special visits from Santa and Slider. Skate rentals and helmet borrowing available. Skate aids (plastic assists) available upon request.

**SKATE IN OUR MAGICAL**

**Daily public skates & private rentals!**

**Winter Wonderland**

**DECEMBER 20 - JANUARY 1**

Special skate:  
Family Carnival  
Saturday,  
December 20,  
11am-3pm.

Skate rentals  
& helmet  
borrowing  
available!

  
Panorama  
RECREATION  
Live well. Have fun.



# PARTIES

## AQUATIC PARTIES

### All ages

Make a splash at your next birthday bash with a fun-filled pool party! Ideal for all ages, our aquatic parties include pool admission for up to 15 children and 5 adults. Choose between a Do-It-Yourself Party, where you take the lead, or a Hosted Party, where our enthusiastic staff help keep the fun afloat with games and pool toys.

Your group will also enjoy access to a party room—perfect for drying off, enjoying snacks, and opening gifts.

Do it yourself party      **\$145**

Hosted party\*      **\$180**

Make a splash for your next birthday bash! Parties are for 15 children and 5 adults.

### SATURDAYS & SUNDAYS

Hosted Parties      1-4pm

Do It Yourself Parties      12-3pm

### NOTES

- Adult supervision required in the water.
- Participants under 7 yrs must be within arms reach of an adult 16 yrs+. 1:3 ratio adults to children.
- Must be at least 42 inches tall to use the waterslide.
- 1.5 hrs of pool time followed by 1.5 hrs in the poolside room.
- Party rooms seat up to 15 comfortably, 20 maximum.
- Please bring your own decorations or activities for the poolside room. Fridge/freezer available.
- **\*Hosted parties:** A party host will set up and lead age-appropriate fun activities and bring out pool equipment! Party host is in the water 1-2pm.
- In the event a party host is not available, host fees will be refunded and the party converted to a DIY pool party. Hosted parties booked within 7 days of party date require staff approval.



Make a splash,  
glide on ice,  
or break a sweat  
— it's party time!

Choose from swim, skate,  
or gym for birthday fun  
that moves.

Easy to plan, exciting to  
attend — memories made  
in motion!



# GYM PARTIES

Celebrate your next birthday with a Gym Party! Each party includes 1 hour of gymnasium free play, followed by 1 hour in a party room for up to 25 guests.

All Gym Parties include use of the giant inflatable obstacle course. Additional equipment include: kindergym toys, sports equipment, tumbling mats, and a mini bouncy castle! Gym parties are now double hosted and include face painting at every party.

\$250

1 yrs+

Greenglade Community Centre Gymnasium & Room 8/9

SATURDAYS	10am-12pm	11:30am-1:30pm
	1-3pm	2:30-4:30pm
SUNDAYS	11:30am-1:30pm	1-3pm
		2:30-4pm

## NOTES:

- Must be at least 36 inches tall to use the giant inflatable obstacle course. A mini bouncy castle is available for those less than 36 inches tall.
- All Gym Parties include 1 hour of gymnasium time followed by 1 hour in a party room. During the gymnasium time, the giant inflatable obstacle course is set up along with sports equipment, tumbling mats, kindergym toys, and a mini bouncy castle. Please bring your own decorations or activities for the party room. Fridge/freezer available.

# SKATING PARTIES

## All Ages

Celebrate your next birthday on ice! Our DIY Skating Party package includes admission and skate rentals for up to 15 children and 5 adults during our Everyone Welcome Skate session. You'll also have access to a private party room for three hours — perfect for cake, snacks, and gifts.

15 children or less. \$145

Includes 3 hour room rental

SATURDAYS 11:45am-2:45pm (Skate 12-1:15pm)

SUNDAYS 11:45am-2:45pm (Skate 12:15-1:30pm)



## PARTY CANCELLATION POLICIES

### Cancellation Policy

Full refund if cancelled with more than 14 days' notice. 50% refund if cancelled with less than 14 days' notice. Parties cancelled with less than seven days notice will not receive a refund. Rebooking may be accommodated without penalty pending future availability.



# SWIM LESSONS

## PROGRAM OVERVIEW

*Swim for Life! Never too young to learn, never too old to start!*

The Lifesaving Society Swim for Life® program is a comprehensive swim program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Learning Swim to Survive® skills are key foundations of the Swim for Life® program. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life® includes fun, hands-on activities that focus on teaching Water Smart® education for the whole family. Lessons that will last a lifetime!

## LESSON FORMATS



### Private Swim Lesson

A Private Swim Lesson is a nonrecurring, one-on-one lesson with a trained swim instructor. Private swim lessons are ideal for asking questions, learning new drills, addressing specific challenges, or completing outstanding criteria from a swim level.

### Private Swim Lesson Set

A Private Swim Lesson Set is a predetermined, recurring, private lesson that runs for the duration of the season. Up to three swimmers who are of the same or very similar ability may partake in the lesson. Please refer to the private lesson description online for more information.

### Public Swim Lesson Set

A Public Swim Lesson Set is a predetermined, recurring, group lesson that runs for the duration of the season. The program is organized by age and swimming ability as per the Lifesaving Society's Swim for Life® program. Participants learn in a group setting and are given the opportunity to improve their skills and abilities while making new friends! Individual feedback is provided.

### Home School Swim Lessons

An opportunity for home-schooled children to take part in the swim for life program during weekday mornings or early afternoons. These lessons take place in the main lap swimming pools. Three different swimming groups are available: Swimmer 1 & 2, Swimmer 3 & 4, Swimmer 5 & 6.

### Lifeguard Academy

Lifeguard Academy is designed to take swimmers beyond the learn-to-swim program and introduce them to lifesaving sport. They will practice and train swimming and basic lifesaving skills. Lifeguard Academy is recommended as a useful onramp to Bronze Medallion and Cross. See p. 30

## SWIM LESSON REGISTRATION



### Set 1: Lessons Sep 2 - Oct 26

Online viewing Tues, Aug 19  
Registration opens Tues, Aug 26, 6:30am

### Set 2: Lessons Oct 28 - Dec 18

Online viewing Tues, Oct 14  
Registration opens Tues, Oct 21, 6:30am

For lesson descriptions, dates  
and times, visit us online  
@ [panoramarecreation.ca](http://panoramarecreation.ca)

## CREATIVE CRAFT'N SPLASH

3 - 6 yrs

Drop off your child for a morning of fun! Activities include play time outside, snack, story time, a creative craft followed by a half-hour swim lesson! Swimming ability is not required. Children should be dropped off wearing a dry bathing suit and play clothes. Please dress for weather (rain or shine).

## PARENT AND TOT (LEVELS 1-3)

4 - 36 mos

The Parent & Tot Program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development. Please register in the level appropriate for the child's age: 4-12 months, 12-24 months, or 24-36 months.

## PRESCHOOL (LEVELS 1-5)

3 - 5 yrs

The Preschool program develops an appreciation and healthy respect for the water before these kids get in too deep. With our progression-based approach, we work to ensure 3-5 year olds become comfortable in the water and have fun while developing a foundation of water skills. Water Smart® education is in all Preschool levels.

## SWIMMER (LEVELS 1-6)

5 - 12 yrs

The Swimmer program makes sure your children learn how to swim before they get in too deep. Each level challenges children to develop safe entries, deep water support, underwater skills, and swimming strokes. Learn healthy habits by getting and staying fit in the water. Swimmer levels include fun, hands-on teaching activities that focus on teaching water safety – lessons that will last a lifetime!

## ADULT SWIMMER (1-3)

16 yrs+

Whether you're just starting out or just want help with your strokes, our Adult swim program is for you! Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes. You'll be able to set your own goals in consultation with your instructor. Water Smart® education is in all Adult levels.

## SWIM LESSON CANCELLATION POLICY

We strongly discourage holding space in multiple programs (levels and/or time slots) for extended periods. This prevents others from accessing programs and services. Refunds/credits will not be granted for withdrawal requests made with less than 3 days (72 hours) notice.

Those who continue to hold space in multiple programs and withdraw with insufficient notice may lose access to online registration.



# SKATE & HOCKEY LESSONS

## GROUP SKATE LESSONS

Learn to Skate Lessons for both preschool and school age run Friday afternoons and Saturday mornings.

**Panorama Recreation Centre Arena A**

### PARENT & TOT

2 - 5 yrs

This class offers first time skaters an opportunity to get comfortable on the ice through play. The parent or guardian is shown tips and tricks to support their child in learning the skating fundamentals. Instructors will guide participants through activities to encourage skating physical literacy. Parents/Guardians may wear skates or ice cleats. Helmets mandatory.

### PRESCHOOL 1-4

3 - 5 yrs

Preschool levels 1 to 4 are intended to build young skaters' confidence while having fun on the ice. Instructors will lead group games and activities to build fundamental skating skills such as balancing and marching!

### SCHOOL AGE 1-6

5 yrs+

School age levels 1 to 6 are geared towards children looking to gain fundamental skating skills in a small group setting. Children will have the opportunity to learn key skills such as skating backwards and crossovers through guided activities.

## PRIVATE & SEMI-PRIVATE SKATE LESSONS

All ages

Get one-on-one support learning or advancing your ice skating skills with private lessons! Lesson sets are available at various days and times of week. Please visit our website for availability and booking.

Interested in a semi-private? You may share your private lesson set with up to 2 others for no additional cost. 3 participants max.

## SKATE LESSON REGISTRATION

### Set 1: Lessons Sep 12 - Oct 25

Online viewing Tues, Aug 19  
Registration opens Tues, Aug 26, 6:30am

### Set 2: Lessons Oct 31 - Dec 13

Online viewing Tues, Oct 14  
Registration opens Tues, Oct 21, 6:30am

For lesson descriptions, dates  
and times, visit us online  
@ [panoramarecreation.ca](http://panoramarecreation.ca)

### ADULT

15 yrs+

#### Beginner

Introductory course for the adult beginner skater. Instructors will cover balance, safety, stride, stopping and crossovers, and other requests from skaters.

Tu	10:45am-11:15am	Sep 9-Oct 21	\$47/6	169468
Tu	10:45am-11:15am	Oct 28-Dec 9	\$47/6	169475

#### Intermediate

Intended for adults with moderate skating experience, participants must know how to stop and skate width of ice with gliding. Instructors will cover more advanced skills such as crossovers, 2-foot jumps, 2-foot stops, tight turns and other requests from skaters.

Tu	12:30pm-1pm	Sep 9-Oct 21	\$47/6	169469
Tu	12:30pm-1pm	Oct 28-Dec 9	\$47/6	169476



# MINI CANUCKS

## Starting OUT

### 3 - 6 yrs

For the beginner hockey player who has successfully completed Pre-School 2. This class will introduce stick handling, passing and shooting, with an emphasis on having fun. A helmet with facemask, and full hockey gear required.

F	3:20pm-3:50pm	Sep 12-Oct 24	\$53/7	171504
F	3:20pm-3:50pm	Oct 31-Dec 12	\$53/7	171505

Sa	9:45am-10:15am	Sep 13-Oct 25	\$53/7	171509
Sa	9:45am-10:15am	Nov 1-Dec 13	\$53/7	171510

## Stepping UP

### 4 - 7 yrs

For hockey players who have completed Mini Canucks Starting Out. This course will progress on the fundamentals of hockey with an emphasis on having fun and teamwork. A helmet with facemask and full hockey gear required.

F	3:20pm-3:50pm	Sep 12-Oct 24	\$53/7	171503
F	3:20pm-3:50pm	Oct 31-Dec 12	\$53/7	171506

Sa	9:45am-10:15am	Sep 13-Oct 25	\$53/7	171507
Sa	9:45am-10:15am	Nov 1-Dec 13	\$53/7	171508

# LEARN TO PLAY HOCKEY

### 6 - 13 yrs

Specialty 45-minute introduction to hockey lesson. Participants will learn basic skating, puck handling, passing, and shooting drills. Full gear required including neck guard and face cage. Must have completed School Age 2.

Sa	11am-11:45am	Sep 13-Oct 25	\$69/7	171511
Sa	11am-11:45am	Nov 1-Dec 13	\$69/7	171514



# LEARN TO FIGURE SKATE

### 6 - 13 yrs

Specialty 40-minute introductory course aimed to teach skaters the first steps to spins, jumps, and twirls. Gloves and a helmet mandatory. Skaters must have successfully completed School Age 3 prior to registration.

F	4:40pm-5:20pm	Sep 12-Oct 24	\$67/7	171512
F	4:40pm-5:20pm	Oct 31-Dec 12	\$67/7	171513



# CHILD CARE

## FULL DAY & PARTIAL DAY PROGRAMS

Greenglade Community Centre

### OWL'S NEST EARLY LEARNING PROGRAM

3 - 5 yrs

Our licensed Early Learning Programs blend Emergent and Reggio Emilia philosophies to support the development of the whole child—socially, emotionally, cognitively, and physically. Through meaningful play, structured routines, and exploration, children build confidence and skills for life and Kindergarten.

### OUT OF SCHOOL CARE

Operating M-F from 3-5:30pm, our program includes engaging activities & local outings each month along with daily healthy snacks!

KELSET, Sidney and Deep Cove students will be based out of Greenglade Community Centre. Brentwood and Keating Elementary students will be based out of the Central Saanich Cultural Centre.

Visit our website for more information and waitlist details.

# CAMPS

## PRO D DAY CAMP

K - 11 yrs

Join us for a themed day of crafts, games, and outdoor adventures! An activity schedule will be emailed in advance to those registered. No care before or after camp available.

Greenglade Community Centre

K - 7yrs

M	8:30am-4:30pm	Sep 22	\$46	172301
F	8:30am-4:30pm	Oct 24	\$46	172302

K - 11yrs

F	8:30am-4:30pm	Nov 21	\$46	169406
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8 - 11 yrs

M	8:30am-4:30pm	Sep 22	\$46	169398
F	8:30am-4:30pm	Oct 24	\$46	169400



## FULL DAY & PARTIAL DAY EARLY LEARNING PROGRAMS

@ Greenglade Community Centre

Full Day, 8am to 4:30pm

Monday to Friday

For ages 30 months to 5 years

Partial Day, 9am to 2pm

Monday to Friday

For ages 4 to 5 years



panoramarecreation.ca



/panoramarecreation



@panoramarec



# POTTERY PRO D DAY CAMP

6 - 12 yrs

A fun half-day of crafting and sculpting with clay! Participants will use their imaginations to build and small projects which will be fired and ready for pickup about 2 weeks after the class is completed. Other crafts and games will complement studio time. All materials included.

Greenglade Community Centre Pottery Studio

Instructor: Heather Verdin

6 - 9 yrs

M	9am-12pm	Sep 22	\$40	169824
F	9am-12pm	Oct 24	\$40	169826
F	9am-12pm	Nov 21	\$40	169827

9 - 12 yrs

M	1pm-4pm	Sep 22	\$40	169825
F	1pm-4pm	Oct 24	\$40	169828
F	1pm-4pm	Nov 21	\$40	169829

# LEGO ROBOTICS

Join LITTLUNIVERSE for an exciting week of LEGO, coding and science! Participants will receive their own camp t-shirt!

Greenglade Community Centre Room 6

Instructor: Littluniverse

# (WEDO 2.0) AND SCIENCE- CONCERT ED!

6 - 10 yrs

ROCK AND ROLL! Throughout the day we will be building and programming different aspects of a concert whether it's the audience dancing, the band playing with guitars and drums, etc! Come and see the show near the end of the day! Take home a couple of science experiments! There's plenty of indoor/outdoor activities with game consoles, air hockey/foosball, arts/crafts, board games, and MORE!

F	9am-4pm	Oct 24	\$120	170185
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# (SPIKE ESSENTIAL) AND SCIENCE - GORILLA BATTLEBOTS ED!

6 - 10 yrs

BattleBots ENGAGE! Build your ultimate Gorilla Battlebot in the morning for the big tournament in the afternoon! Take home a couple of science experiments! There's plenty of indoor/outdoor activities with game consoles, air hockey/foosball, arts/crafts, board games, and MORE!

F	9am-4pm	Nov 21	\$120	170187
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# (WEDO 2.0) AND SCIENCE - CONSTRUCTION

6 - 9 yrs

Don't forget your hard hat! With a teammate, dive into the world of engineering using LEGO's WEDO 2.0 sets and software. No experience? No worries! Learn the basics of coding on DAY 1! Choose from a library of awesome builds, from easy to difficult! On Friday, build one giant construction site! Take home a science experience everyday! There's something for everyone with plenty of indoor and outdoor activities. We also have game consoles, air hockey, foosball, arts/crafts, board games, and MORE!

M-F	9am-4pm	Dec 29-Jan 02	\$312/4	171452
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# POLAR EXPRESS WINTER BREAK CAMP

5 - 11 yrs

This holiday season, we're full speed ahead on the Polar Express with themed games, activities and crafts. Along with special trips such as skating and much more! December 24th will be a short day, ending at 2:30pm!

Greenglade Community Centre Room 9

5 - 7 yrs

M-W	8:30am-4:30pm	Dec 22-Dec 24	\$127/3	169407
M-F	8:30am-4:30pm	Dec 29-Jan 02	\$169/4	169410

8 - 11 yrs

M-W	8:30am-4:30pm	Dec 22-Dec 24	\$127/3	169408
M-F	8:30am-4:30pm	Dec 29-Jan 02	\$169/4	169411

# PERSONAL BOUNDARY AND SELF DEFENCE WORKSHOP

10 - 17 yrs

See p. 34 for details.

# EARLY YEARS

## KINDERGYM

1 - 5 yrs

Free-play fun featuring ride-on toys, a mini bouncy castle, tumbling mats, slides, music, and more! Reserve your spot online, or drop-in if space remains. Guardian participation required. Maximum 35 children per session.

**Greenglade Community Centre Gymnasium**

Tu,Th 9:30am-11am Sep 9-Dec 18 \$4 Drop-in

## TOYS & TUMBLES

2 - 5yrs

Join us for a special weekend version of Kindergym! Aimed at preschool and early school-aged children, attendees can expect ride-on toys, tumbling mats, slides, and our giant inflatable obstacle course. Must be at least 3ft tall to use the inflatable course.

Su 9:30am-11am Sep 7-Dec 28 \$4.5 Drop-in

## ARTS & CULTURE

### LITTLE'S ART CLASSES

3 - 5 yrs

In this series we will explore new mediums each class, experimenting and creating. Mediums include acrylics, drawing, mixed media, sculpting/pottery and much more, with new projects each class. No experience is necessary. All supplies and curated projects included. Please wear clothing for fun, paint and creativity!

**McTavish Academy of Art - Art Studio**

*Instructor: Mctavish Academy Of Art*

Sa 9:30am-10:15am Sep 6-Oct 25 \$144/8 169620

Sa 9:30am-10:15am Nov 1-Dec 20 \$144/8 169623

Su 9:30am-10:15am Sep 7-Oct 26 \$144/8 169625

Su 9:30am-10:15am Nov 2-Dec 21 \$144/8 169626

Th 3:15pm-4pm Sep 11-Nov 13 \$190/10 169629

Th 3:15pm-4pm Nov 20-Dec 18 \$95/5 169631

NEW

## TINY CRAFTERS

3 - 5 yrs

Join us to create and learn new skills in this artsy session. Each class includes opportunities for creative, process-based art projects alongside guided crafts. Dress for the mess and come prepared for crafty fun.

**Greenglade Community Centre Room 8**

Th 10:30am-12pm Oct 16-Nov 6 \$100/4 169490

## NATURE, ART & PLAY

3 - 6 yrs

Kids will explore the outdoors, create art inspired by nature, and enjoy fun, hands-on activities. This program encourages creativity and learning in a beautiful natural setting, giving little ones the chance to connect with nature while having a blast!

**Greenglade Community Centre Room 8**

F 9:30am-12pm Sep 19-Oct 10 \$100/4 169473

F 9:30am-12pm Nov 7-Nov 28 \$100/4 169477

## ART ATTACK

4 - 6 yrs

Join us to create, make messes, and learn new skills in this artsy session. Each class includes opportunities for creative process-based art projects alongside guided crafts. Mediums include painting, collage, earth clay, and more. Dress for the mess and come prepared for splatterly fun.

**Greenglade Community Centre Room 7**

Su 11am-12:30pm Oct 5-Oct 26 \$100/4 169486



# MUSIC & DANCE

## KINDERMUSIK

*Instructor: Musicoastal (Jessica Burgess)*

### Baby Foundations

#### Newborn - 1½ yrs

Did you know sound recognition begins in the womb? Foundations classes are all about exploring and reacting to new sounds, objects, and movements. Plus, parents and caregivers heighten connections with their babies by learning bonding techniques.

#### Greenglade Community Centre Room 5

Tu 10:45am-11:30am Sep 9-Nov 4 \$159/8 169240

### Wiggle & Grow!

#### 1½ - 3½ yrs

Toddlers have tons of energy and curiosity. Wiggle and Grow classes are all about exploring creativity and enhancing cognitive development through singing, dancing, and instrument play, while grownups learn how to help unpack big emotions with music.

#### Greenglade Community Centre Room 5

Tu 9:30am-10:15am Sep 9-Nov 4 \$159/8 169239

#### Central Saanich Cultural Centre Room A

W 9:30am-10:15am Sep 10-Nov 5 \$175/9 169241

## PJ'S PRESCHOOL

### 3 - 5 yrs

#### Central Saanich Cultural Centre Room A

*Instructor: Pj Music*

### Piano Semi-Private

A creative class for parent and child. Children will learn to find notes and play a song by the end of the course. They will also be taught to read music, play by the ear and compose their own songs.

Su 12pm-12:30pm Sep 28-Dec 7 \$310/10 171335

### Piano

A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups. You do not need a piano at home to participate.

Su 1pm-1:30pm Sep 28-Dec 7 \$280/10 171338

## DANCING WITH MY FAMILY

### 9 mos - 2 yrs

This parent and child class is a great way to get moving and meet new friends! We clap and sing and move our feet to the rhythm and the beat. We wiggle and play with all sorts of props and boogie, boogie, boogie, until we almost drop! If you are looking for a creative movement class, come and join the fun!

#### Allegro Performing Arts Centre

W 9:30am-10am Sep 10-Oct 22 \$110/7 169305

W 9:30am-10am Oct 29-Dec 10 \$110/7 169306





MOVE & GROOVE WITH ME

3 - 4 yrs

A Parent & Tot Dance Class! This high-energy class is perfect for little dancers who are eager to move, groove, and explore the joy of dance - right alongside their favourite grown-up! We'll sing, dance, and have tons of fun together in a playful and supportive environment. Caregiver participation is required.

Allegro Performing Arts Centre

Instructor: Allegro Performing Arts Centre

Sa	11:15am-11:45am	Sep 13-Oct 25	\$150/7	169314
Sa	11:15am-11:45am	Nov 1-Dec 13	\$150/7	169316

TINY DANCERS

3 - 5 yrs

Children love to dance and dream. In an atmosphere of encouragement and imagination, your little dancer will be introduced to creative movement though dance and song along with some very basic ballet movement.

Instructor: Allegro Performing Arts Centre

Panorama Recreation Centre Fitness Studio

W	3:15pm-3:45pm	Sep 10-Oct 22	\$144/7	169307
W	3:15pm-3:45pm	Oct 29-Dec 10	\$144/7	169308

Allegro Performing Arts Centre

Sa	10:30am-11am	Sep 13-Oct 25	\$144/7	169311
Sa	10:30am-11am	Nov 1-Dec 13	\$144/7	169317

SPORTS

SWIM, SKATE & HOCKEY LESSONS

Dive in, lace up, and play—various lessons in swim, skate, and hockey for all ages and skill levels! See pp. 14-17.

NEW RICHARDSON SPORT INC.  
10-SPORT

2 - 6 yrs

Get ready for nonstop fun with RSI's 10 Sport program—the ultimate way for kids to stay active, build skills, and fall in love with movement! This action-packed, high-energy program introduces children of all skill levels to a wide range of sports and activities designed to boost physical literacy. With a focus on fun, inclusion, and skill-building, RSI's 10 Sport is the perfect way to move, play, and thrive!

North Saanich Middle School Gymnasium

Instructor: Richardson Sport Inc.

2 - 4 yrs

Su	9am-9:30am	Sep 7-Oct 26	\$128/8	170208
Su	9am-9:30am	Nov 2-Dec 21	\$128/8	170209

4 - 6 yrs

Su	9:30am-10:15am	Sep 7-Oct 26	\$146/8	170201
Su	9:30am-10:15am	Nov 2-Dec 21	\$146/8	170206



# PRESCHOOL RHYTHMIC GYMNASTICS

## 3 - 6 yrs

Our preschool classes are created with focus on learning physical literacy, basic skills and musical awareness. We will go over beginner apparatus skills with the rope, hoop, ball, ribbon and scarves, plus body elements such as pointed toes and straight knees and arms. Basic turns, balances, jumps and dance steps will also be covered. Some skills will be incorporated into a session end show routine.

**Greenglade Community Centre Gymnasium**

*Instructor: Island Rhythmic Gymnastics*

Tu 4pm-5pm Sep 9-Dec 9 \$216/12 169248

# GENERAL INTEREST

## BIRTHDAY PARTIES

From pool adventures and ice-skating fun to high-energy gym activities including our inflatable obstacle course, we've got the perfect party for every age and interest! Let us help you celebrate with ease — we provide the space, activities, and smiles. Check out our swim, skate and gym parties. See pp. 12-13

## LITTLE SCIENTISTS LAB

### 2 - 4 yrs

Dive into an exciting STEM journey tailored for curious young minds! Enroll in our Little Scientists Lab, where budding explorers can engage in hands-on experiments, uncovering thrilling reactions and igniting a passion for science that lasts a lifetime.

**Greenglade Community Centre Room 8**

W 10am-11:30am Sep 17-Oct 8 \$100/4 169479  
W 10am-11:30am Nov 19-Dec 10 \$100/4 169482

## WHISKING WONDERS

### 4 - 6 yrs

Bake up yummy treats and healthy snacks while exploring the joy of cooking! Every class includes themed stories, songs, and crafts, all tied to the delicious creations we make - and of course, we get to enjoy what we bake!

**Greenglade Community Centre Room 8**

Su 10am-12pm Nov 16-Dec 7 \$115/4 169467

# SCHOOL AGE

## ARTS & CULTURE

## KIDS ART SERIES - EXPLORING MEDIUMS

### 5 - 8 yrs

In this series we will explore new mediums each project, experimenting and creating. These medium include acrylics, drawing, mixed media, sculpting/pottery and much more, with new projects each class. No experience is necessary. All supplies and curated projects included. Please come prepared wearing clothing for fun, paint and creativity!

**McTavish Academy of Art - Art Studio**

*Instructor: Mctavish Academy Of Art*

### 5 - 8 yrs

Sa	11am-12:30pm	Sep 6-Oct 25	\$168/8	169598
Sa	11am-12:30pm	Nov 1-Dec 20	\$168/8	169601
Su	11am-12:30pm	Sep 7-Oct 26	\$168/8	169612
Su	11am-12:30pm	Nov 2-Dec 21	\$168/8	169614

### 6 - 9yrs

Tu	4pm-5:30pm	Sep 9-Oct 28	\$168/8	169581
Tu	4pm-5:30pm	Nov 4-Dec 16	\$126/6	169584
W	4pm-5:30pm	Sep 10-Oct 29	\$168/8	169589
W	4pm-5:30pm	Nov 5-Dec 17	\$147/7	169590

### 8 - 12yrs

Sa	1:30pm-3pm	Sep 6-Oct 25	\$168/8	169603
Sa	1:30pm-3pm	Nov 1-Dec 20	\$168/8	169609
Tu	6pm-7:30pm	Sep 9-Oct 28	\$168/8	169585
Tu	6pm-7:30pm	Nov 4-Dec 16	\$126/6	169586
W	6pm-7:30pm	Sep 10-Oct 29	\$168/8	169593
W	6pm-7:30pm	Nov 5-Dec 17	\$147/7	169597

# GENERATIONS IN CLAY

16 yrs+ (Children 6-12 yrs with adult)

This class is for parents and kids, grandparents and grandkids, or any intergenerational creative duo looking to make art together. Work together on various hand building projects, try out the wheel, and create lots of great projects to bring home. Appropriate for all skill levels, all materials included. Your registration is for one adult (16+) and one child (6-12), please register the participating adult.

**Greenglade Community Centre Pottery Studio**

*Instructor: Heather Verdin*

M      6pm-8pm      Sep 22-Oct 27    \$200/5   169807

# POTTERY

**Greenglade Community Centre Pottery Studio**

*Instructor: Heather Verdin*

**Kiddo's**

6 - 9 yrs

A wonderful opportunity for kids ages 6-9 to learn and explore the art of pottery and clay sculpture. Your child will sculpt, build, and play with clay! Appropriate for all skill levels, your child will bring home several functional and sculptural pieces. All materials included.

M      4pm-5:30pm      Oct 20-Nov 17    \$100/5   169799

# School Age

9 - 12 yrs

A wonderful opportunity for kids ages 9-12 to learn and explore the art of pottery and clay sculpture. Your child will learn the basics of hand building with clay, and have the opportunity to try out the potter's wheel! Appropriate for all skill levels, your child will bring home several functional and sculptural pieces. All materials included.

W      4pm-5:30pm      Sep 24-Oct 22    \$100/5   169801

# MUSIC & DANCE

## PJ'S MUSIC

Musical instruments available for practicing at home may be rented from PJ Music 250-213-9343

**Central Saanich Cultural Centre Room A**

*Instructor: Pj Music*

## Private Piano Lesson

6 yrs+

A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups.

Su	11:30am-12pm	Sep 28-Dec 7	\$510/10	171339
Su	2pm-2:30pm	Sep 28-Dec 7	\$510/10	171340

## Piano for Kids - Semi-Private

6 - 10 yrs

A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups.

Su	12:30pm-1pm	Sep 28-Dec 7	\$310/10	171336
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## Piano for Kids - Group

7 - 12 yrs

A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups.

Su	1:30pm-2pm	Sep 28-Dec 7	\$280/10	171337
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Ukulele for Kids - Semi-Private

6 - 10 yrs

Let's learn the musical basics like chords, melodies, note reading and rhythms through popular songs that will kickstart your learner's musical journey! No previous experience necessary.

Su 3pm-3:30pm Sep 28-Dec 7 \$310/10 171341

Guitar for Kids - Semi-Private

6 - 10 yrs

Master the art of reading sheet music and tabs, opening the door to playing a wide range of songs and genres. Dive into the world of open chords, the building blocks of countless songs, and gain the ability to strum and switch chords with ease Start playing your favorite songs, from classic rock to soothing acoustic ballads, and impress your friends and family with your musical talent. Develop your strumming skills with a variety of patterns, adding depth and rhythm to your playing. Learn to play beautiful melodies on your guitar, adding an extra layer of musicality to your repertoire.

Su 3:30pm-4pm Sep 28-Dec 7 \$310/10 171342

HIP HOP

6 - 11 yrs

Join the modern dance craze! Hip Hop is funky, fun and of course very hip! Learn the latest moves to all your favorite music. All levels welcome!

Panorama Recreation Centre Fitness Studio

Instructor: Allegro Performing Arts Centre

W 4:30pm-5:15pm Sep 10-Oct 22 \$175/7 169319

W 4:30pm-5:15pm Oct 29-Dec 10 \$175/7 169323

TUTUS, JAZZ, AND HIP HOP COMBO

5 - 7 yrs

Do you have a dancer who is leaping and spinning all over your house? In this fun and creative class, dancers will learn basic ballet, jazz and hip hop techniques set to songs, music and rhythms.

Panorama Recreation Centre Fitness Studio

Instructor: Allegro Performing Arts Centre

W 3:45pm-4:30pm Sep 10-Oct 22 \$175/7 169318

W 3:45pm-4:30pm Oct 29-Dec 10 \$175/7 169320

Sa 11:45am-12:30pm Sep 13-Oct 25 \$175/7 169404

Sa 11:45am-12:30pm Nov 1-Dec 13 \$175/7 169405

MULTI-STYLE DANCE

7 - 12 yrs

Join Our High-Energy, Multi-Style Dance Class! Get ready to move, groove, and shine in a fun-filled dance class that introduces Jazz, Hip Hop, and Theatre Dance! Each session is packed with excitement as dancers explore a variety of styles, learning new moves and building confidence along the way. Whether you're a beginner or have some experience, this is a fantastic opportunity to try different dance forms all in one class. Bring your friends and discover the joy of dancing together! Come dance, learn, and have a blast - one style at a time!

Greenglade Community Centre Room 5

Instructor: Allegro Performing Arts Centre

F 3:30pm-4:15pm Sep 12-Dec 5 \$250/10 169409





# GENERAL INTEREST

## PARENTS NIGHT OUT

### Swim Party

5 - 11 yrs

Cheaper than a babysitter and way more fun! Experienced childcare staff will take participants swimming followed by activities at Greenglade. A movie and pizza dinner will be provided. Children are encouraged to wear PJ's! Must be in Kindergarten to register.

Greenglade Community Centre Room 9

5 yrs 9 mos - 6 yrs

Sa	5:30pm-9:30pm	Oct 18	\$30	169493
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7 - 11 yrs

Sa	5:30pm-9:30pm	Oct 18	\$30	169492
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### PJ Party

5 yrs 11 mos - 11 yrs

Cheaper than a babysitter and way more fun! Experienced childcare staff will guide participants in activities at Greenglade, including access to our inflatable obstacle course. A movie and pizza dinner will be provided. Children are encouraged to wear PJ's! Must be in Kindergarten to register.

Greenglade Community Centre Room 9

Sa	5:30pm-9:30pm	Nov 29	\$30	170215
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# KIDS IN THE KITCHEN

8 - 10 yrs

North Saanich Middle School Food/Textiles Room

### Harvest Bites

Celebrate the flavors of fall with fun, kid-friendly bakes made from seasonal ingredient favourites. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers.

W	6pm-7:30pm	Oct 22-Nov 5	\$63/3	170207
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### Cozy Classics

Join us as we explore Cozy Classics, where kids discover how to make warm, comforting fall recipes that are easy and delicious. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers.

W	6pm-7:30pm	Nov 19-Dec 3	\$63/3	170210
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# HOME ALONE

9 - 12 yrs

This program is designed for the modern child who spends more time on their own. The after school time or occasional short outings for parents are easily dealt with when children are well prepared. This three-hour course focuses on dealing with home and personal safety, emergency situations and strangers

Greenglade Community Centre Room 6

Instructor: Kathleen Lee

Su	9:30am-12:30pm	Sep 14	\$40	170161
Su	9:30am-12:30pm	Nov 16	\$40	171261





## SCIENCE & TECHNOLOGY

### LEGO ROBOTICS

**Greenglade Community Centre Room 6**

*Instructor: Littluniverse*

#### Spike Essential - Beginner Level

**6 - 9 yrs**

LEGO Boats and Ferries, Snowmobiles, Cave Cars, Animal Alarms, Helicopters, Cable Cars, Ferris Wheels and MORE! Come take your building skills to another level while learning about motors, sensors, coding and more! With a teammate you will dive into the basics of engineering using LEGO's Spike Essential Kits and Software. Come and program exciting interactive objects that move, react, and make sounds! No prior coding/programming experience is necessary. Participants should at least have some experience with Lego.

Su 9:30am-11am Sep 28-Dec 14 \$175/10 170168

#### Wedo 2.0 - Intermediate Level

**7 - 11 yrs**

Rock and Roll with the Guitarist! Take a ride on the CH-47 Chinook Helicopter! Run away from the Mosasaurus from Jurassic World! The builds are endless! Come take your building skills to another level while learning about motors, sensors, coding and more! Program exciting interactive objects that move, react, and make sounds! The builds in this class will only be from the more medium to difficult builds in our WEDO 2.0 library. Note: No prior coding/programming experience is necessary.

Su 11:15am-12:45pm Sep 28-Dec 14 \$235/10 170169

#### Sumo Bots Tournament Workshop!

**9 - 14 yrs**

Think you have what it takes to take your building/programming skills to another level?! You and 2 other participants will be one of two teams representing North Saanich! Your team will design, build, and program a Sumo Robot to compete in the tournament (Dec 6) at Gordon Head Recreation in Saanich. Participants will get their own LITTLUNIVERSE t-shirt

Su 9am-3:30pm Nov 30 \$120 170177

### VIDEO GAME DESIGN - BEGINNER LEVEL - 2D PLATFORMER EDITION

**7 - 9 yrs**

It's GAME OVER! Do you love video games? Don't just be a gamer! Become a Game Developer! In this program participants will design their very own 2D platformer based video game! This program will help kids develop their creativity and turn their imaginations into reality. Each participant will get to take home their project with them at the end of the program. Have your friends and family play it!

Su 1:15pm-2:45pm Sep 28-Dec 14 \$225/10 170170

### MINECRAFT MODDING - BEGINNER LEVEL - PVP EDITION!

**8 - 12 yrs**

Woah, did you just take out the Ender Dragon with one hit? Quick put on your OP armor! Knockback your opponent so far they won't know what hit them! But watch out if they come back at you with Dragon Fire! Participants will transform the way they experience the game by learning how to mod by creating different custom objects designed to improve your chances in PvP! Using blockly coding they will program and test each mod they create thus adding a new level of gameplay to their Minecraft experience. Participants should already have some experience with the world of Minecraft. Participants will not need access to their Minecraft account as they will be using our accounts and will be playing on private servers. No prior coding/programming experience is necessary.

**Greenglade Community Centre Room 6**

*Instructor: Littluniverse*

Su 3pm-4:30pm Sep 28-Dec 14 \$275/10 170174

# SPORTS

## SWIM, SKATE & HOCKEY LESSONS

Dive in, lace up, and play—various lessons in swim, skate, and hockey for all ages and skill levels! See pp. 14-17

## SPABA LITTLE DRIBBLERS BASKETBALL

5 - 9 yrs

Come learn the exciting, fast-paced sport of basketball. Sessions will be high-energy, aimed at introducing and developing basic basketball skills while having fun. Participants will each receive a basketball and t-shirt to keep!

North Saanich Middle School Gymnasium

*Instructor: Saanich Peninsula Amateur Basketball Association (SPABA)*

Little Dribblers I

5 - 7 yrs

Su 2:30pm-3:30pm Nov 16-Feb 1 \$105/10 169247

Little Dribblers II

8 - 9 yrs

Su 3:45pm-4:45pm Nov 16-Feb 1 \$105/10 169246

NEW

## FUTURE SOCCER STARS

6 - 9 yrs

This fun, non-competitive class introduces young children to soccer while building key motor skills. Through playful games, obstacle courses, and simple drills, kids will develop agility, balance, coordination, and basic soccer techniques like dribbling and passing. The focus is on movement, confidence, teamwork, and fun - setting the stage for a lifetime of active play!

North Saanich Middle School Gymnasium

*Instructor: Richardson Sport Inc.*

Su 10:15am-11:15am Sep 7-Oct 26 \$156/8 170195

Su 10:15am-11:15am Nov 2-Dec 21 \$156/8 170213

## RECREATIONAL RHYTHMIC GYMNASTICS

6 - 12 yrs

Our recreational class develops apparatus skills with the rope, hoop, ball, ribbon and scarves. Along with apparatus skills, we develop physical literacy, body skills and awareness through balance, turn, jump and dance techniques, plus challenge participants with spatial awareness in relation to their peers. We will work with the abilities of each participant to ensure they are appropriately challenged throughout. The skills learned in these classes will be incorporated with expression and musical awareness into a routine that will be performed at a session end show.

Greenglade Community Centre Gymnasium

*Instructor: Island Rhythmic Gymnastics*

Tu 5pm-6pm Sep 9-Dec 12 \$216/12 169249

NEW

## GIRL POWERED SPORTS

6 - 12 yrs

This give-it-a-try program encourages physical literacy, teamwork and personal growth, in a supportive, all-girls environment. Participants will have opportunity to build confidence and develop recreational-level skills in a variety of sports - including, but not limited to, basketball, soccer, volleyball and tennis. A different sport will be featured each class!

Centennial Park Sport Box

Sa 10am-11:15am Sep 13-Oct 18 \$105/6 169300

## ARCHERY Parent and Child

8 yrs+

Learn the fundamentals of archery, including innovative techniques, and shooting skills, in a safe and friendly environment. All levels welcome and equipment provided. Each registration includes participation for one child and one adult.

North Saanich Middle School Gymnasium

*Instructor: Pacific Archery Academy*

Sa 12:30pm-1:30pm Sep 13-Oct 18 \$180/6 169861

Sa 12:30pm-1:30pm Oct 25-Nov 29 \$180/6 169862

# LIFEGUARD ACADEMY

9 - 13 yrs

An introduction to the world of life guarding. This academy consist of:

- Practicing swim skills, lifesaving kicks, manikin carries, obstacle swims, line throw, manikin tows, and relays!
- First aid and lifesaving techniques including CPR, heat exhaustion/stroke emergencies, hypothermia, cuts and bleeds, bone and joint injuries, and lifts and carries.

Perfect for those beyond swim lessons or seeking an alternative to lap swimming. Pre-requisites: Swimmer level 6, or previous swim club/aquatic sport experience, or ability to swim 100m front crawl.

## Panorama Recreation Centre Pool

W	5:30pm-7pm	Sep 3-Oct 22	\$160/8	171752
W	5:30pm-7pm	Oct 29-Dec 17	\$160/8	171754

# POWER UNLIMITED WITH DENNISE BOWLES

9 - 14 yrs

Take your hockey game to the next level. Balance, acceleration, agility, speed, explosive starts, edge control and game stride will all be covered in this challenging, yet rewarding program. Power Unlimited offers high quality instruction with a dedication to the improvement of each student. Full hockey gear is required.

## Panorama Recreation Centre Arena B

W	4:10pm-5pm	Oct 1-Dec 10	\$170/11	169478
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# TENNIS

## RED BALL 1

6 - 7 yrs

Get a taste for tennis with this Progressive Tennis program. Participants will be introduced to the foundational skills of tennis using half-courts and oversized, low-compression balls - maximizing learning and fun! No previous tennis experience required - though registrants should be comfortable with the fundamental movement skills of running, throwing and catching.

### Panorama Recreation Centre Indoor Tennis Court

Th	3:45pm-4:45pm	Sep 11-Dec 18	\$180/15	169912
Su	12:45pm-1:45pm	Sep 14-Dec 21	\$156/13	170150

## RED BALL 2

6 - 8 yrs

In this two day per week follow up to Red Ball 1, participants will continue developing their rally, serve and net play skills. Following the Progressive Tennis program, half-courts and oversized, low-compression balls will be used.

Pre-requisite: Successful completion of Red Ball 1, and competence with the fundamental movement skills of running, throwing and catching.

### Panorama Recreation Centre Indoor Tennis Court 1

Tu/Th	3:45pm-4:45pm	Sep 9-Dec 18	\$308/28	169907
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ORANGE BALL 1

8 - 10 yrs

Get a taste for tennis with this Progressive Tennis program; geared towards players just starting the game or needing more time to develop the fundamentals of serving, rallying, net play and scoring. Three-quarter sized courts and low-compression balls will be used - maximizing learning and fun!

No previous tennis experience required - though registrants should be comfortable with the fundamental movement skills of running, throwing and catching.

Panorama Recreation Centre Indoor Tennis Court

Th	5pm-6:25pm	Sep 11-Dec 18	\$255/15	170151
Su	2pm-3:25pm	Sep 14-Dec 21	\$221/13	170153

ORANGE BALL 2

8 - 10 yrs

In this two day per week follow up to Red Ball 2 or Orange Ball 1, participants will continue developing foundational techniques and tactics; learning to maintain rallies when receiving more challenging shots, serve with improved placement, approach the net and place volleys. Following the Progressive Tennis program, three-quarter sized courts and low-compression balls will be used.

Pre-requisite: Successful completion of Red Ball 2 or Orange Ball 1, and competence with the fundamental movement skills of running, throwing and catching.

Panorama Recreation Centre Indoor Tennis Court 1

Tu/Th	5pm-6:25pm	Sep 9-Dec 18	\$398/28	169908
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GREEN BALL 1

10 - 14 yrs

Get a taste for tennis with this Progressive Tennis program; geared towards players just starting the game or needing more time to develop the fundamentals of serving, rallying, net play and scoring. Full-courts and low-compression balls will be used - maximizing learning and fun!

No previous tennis experience required - though registrants should be comfortable with the fundamental movement skills of running, throwing and catching.

Panorama Recreation Centre Indoor Tennis Court 1

Tu	6:30pm-8pm	Sep 9-Dec 15	\$204/12	170110
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NEW GREEN BALL 2

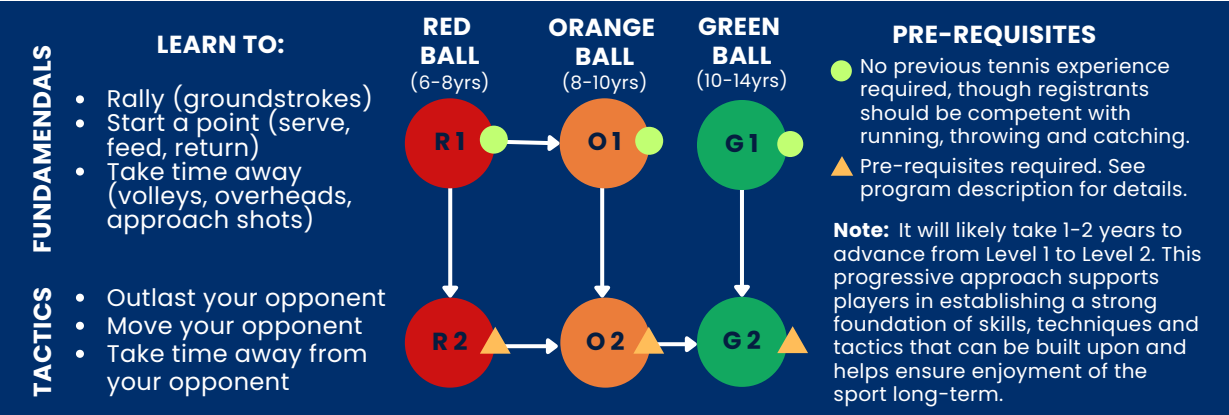
10 - 14 yrs

A two day per week program for junior players who want to continue their tennis development.

Pre-requisite: Previous participation in Green Level 2 or permission to register from Panorama Tennis Coordinators.

Panorama Recreation Centre Indoor Tennis Court 1

Su	3:30pm-5pm			
Th	6:30pm-7:55pm	Sep 11-Dec 18	\$384/27	171241



# YOUTH & TEEN

## TEEN LOUNGE GREENGLADE

11 - 16 yrs

Teen Lounge, hosted at the Greenglade Community Centre, is a FREE pre-registered and drop in program for island youth. Teen Lounge is designed to be a safe and inclusive atmosphere for local teens to meet, connect, and relax with friends. The space features board games, interactive video games, couches and tables for lounging, as well as an open gymnasium for free play and organized activities. Register in advance to secure your space. A free shuttle to Panorama Recreation Centre is available during this program for those who would like to attend our Friday Night Swim or Skate. Admission to these activities is free for anyone who attends Teen Lounge! No return shuttle to Greenglade provided. Teens must arrive before 7:00pm to attend. No Teen Lounge on Pro-D Days (Oct 24, Oct 31, Nov 21) or Stat Holidays.

### Greenglade Community Centre Room 9

F 6pm-8pm Sep 12-Dec 12 FREE

## ARTS & CULTURE

## TEEN PAINT NIGHT

12 - 16 yrs

Join us for a fun-filled themed evening of painting, perfect for all experience levels! Follow along with step-by-step guidance, while adding your own personal style to create a one-of-a-kind masterpiece. A cup of tea will be provided to sip on as we paint. All supplies are provided, and you'll leave with your very own painting to show off!

### Greenglade Community Centre Room 6

#### Golden Autumn

Tu 6pm-8pm Oct 21 \$30 170193

#### Frosted Glow

Tu 6pm-8pm Dec 2 \$30 170194

## MIXED MEDIA ART FOR TEENS

12 - 17 yrs

In this series, students will prepare various pieces of artwork with the opportunity to hang or display their work on our last day in our Art Gallery. Students will have the independence to choose projects that suit or appeal to them, while the instructor is there for support and guidance. The goal of this series is to produce artwork for our art show on the last day of class. Canvas, acrylic paints, water colour paints (and paper), and air dry clay available for students to use.

### McTavish Academy of Art - Art Studio

*Instructor: Mctavish Academy Of Art*

Th	4:15pm-5:45pm	Sep 11-Nov 13	\$210/10	169667
Th	4:15pm-5:45pm	Nov 20-Dec 18	\$105/5	169669

## TEEN POTTERY

12 - 17 yrs

An opportunity for youth to express themselves through the art of clay. This class will allow teens to explore and develop their own visions, with lots of instructor support to build skills and prompt with ideas when needed. Youth will explore hand building techniques, and have the opportunity to use the potter's wheel if desired. All materials included. Projects will be ready for pickup approximately 3 weeks after the final class.

### Greenglade Community Centre Pottery Studio

*Instructor: Heather Verdin*

W	4pm-5:30pm	Nov 5-Dec 3	\$100/5	169803
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## FINANCIAL ASSISTANCE

A regional initiative supported by the Greater Victoria Active Communities committee, the LIFE Program is intended to reduce financial barriers to recreation. For more information visit us online at [panoramarecreation.ca](http://panoramarecreation.ca)





# GENERAL INTEREST

## BIRTHDAY PARTIES

From pool adventures and ice-skating fun to high-energy gym activities including our inflatable obstacle course, we've got the perfect party for every age and interest! Let us help you celebrate with ease — we provide the space, activities, and smiles. Check out our swim, skate and gym parties. See pp. 12-13.

## DUNGEONS AND DRAGONS

11 - 17 yrs

Enter the world of Dungeons and Dragons! A welcoming environment for all players new and beyond. Brand new players, come and learn the game and create your own character and follow along with our experienced Dungeon Masters. Join us in as we explore the world of exciting adventure and fantasy while working through campaign together as a group and make new friends on your journey!

Greenglade Community Centre Room 9

### Forgotten Kingdoms

W	6pm-8:30pm	Sep 24-Oct 22	\$50/5	170211
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### Enchanted Quest

W	6pm-8:30pm	Nov 5-Dec 3	\$50/5	170212
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# SPORTS

## SWIM, SKATE & HOCKEY LESSONS

Dive in, lace up, and play—various lessons in swim, skate, and hockey for all ages and skill levels! See pp. 14-17.

## TEEN TOURS

Welcome to Teen Tours! Teen Tours provide youth with an opportunity to hop on the Panorama Bus and explore the hottest locations the island has to offer.

Greenglade Community Centre Room 1

### Axe Throwing & Dallas Beach

14 - 18 yrs

We'll kick off the adventure by heading to Axe & Grind, followed by exploring Dallas Beach. Sign up with a friend or come meet new people for a day of fun and adventure!

Sa	3pm-7pm	Sep 20	\$55	171454
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### Haunted Manor Mini Golf & Pumpkin Patch

14 - 18 yrs

We'll kick off the adventure by heading to Michell's Farm and picking pumpkins, followed by hitting up Haunted Manor Mini Golf. After we will head back to Greenglade and carve our pumpkins. Sign up with a friend or come meet new people for a day of fun and adventure!

Sa	3pm-7pm	Oct 25	\$55	171456
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# ARCHERY

North Saanich Middle School Gymnasium

Instructor: Pacific Archery Academy

## Youth

### 9 - 17 yrs

Ready to aim high and hit the bullseye? Come learn the art of archery in a safe, enjoyable and inclusive environment. Expect structured lessons, full of engaging activities, to improve skills and accuracy while having fun. All abilities welcome and equipment provided.

W	6pm-7pm	Sep 10-Oct 15	\$135/6	169863
W	6pm-7pm	Oct 22-Nov 26	\$135/6	169867

Sa	11:30am-12:30pm	Sep 13-Oct 18	\$135/6	169865
Sa	11:30am-12:30pm	Oct 25-Nov 29	\$135/6	169866

## Advanced Archery

### 9 - 18 yrs

Advance your archery skills with guidance of Pacific Archery Academy's expert coaches! This program is for experienced youth archers who are interested in developing their skills in a more competitive environment. Expect structured lessons that build upon the fundamentals; having participants shoot from a further distance and teaching refined techniques throughout. Equipment provided or participants may bring their own.

Pre-requisite: Successful completion of a Pacific Archery Academy program or equivalent.

W	7pm-8:15pm	Sep 10-Nov 26	\$270/12	169857
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NEW

## Elite Competition Prep

### 13 yrs+

Take your archery to the next level with this high-performance program for recurve athletes aiming for national or international success. Classes will focus on shot consistency, mental resilience and execution under pressure, with each session including video analysis, equipment tuning, targeted conditioning and match simulations - building a complete competitive archer who's ready for the podium!

Sa	10:30am-11:30am	Sep 13-Nov 29	\$270/12	170176
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# SHE PLAYS TENNIS - BEGINNER (1.0-1.5) GROUP LESSONS

## 12 - 16 yrs

Get introduced to the fundamental skills, techniques and tactics of tennis. This could be the start of your tennis era! This program is suitable for brand new or beginner players who are just starting to play or have been introduced to the game but, have difficulty playing due to lack of consistency rallying and serving (1-1.5 skill rating as per Tennis Canada's self-rating guide). Those who self-identify as female welcome.

### Panorama Recreation Centre Indoor Tennis Court 1

W	3:30pm-4:45pm	Sep 10-Oct 29	\$130/8	170139
W	3:30pm-4:45pm	Nov 5-Dec 17	\$114/7	170144

NEW

## VOLLEYBALL

## 13 - 16 yrs

Our Youth Volleyball Program offers a fun, supportive environment for players of all skill levels to develop their volleyball fundamentals—serving, passing, setting, and spiking—while learning teamwork and sportsmanship. Each session includes skill-building drills followed by 45–60 minutes of gameplay, allowing players to apply what they've learned. Intermediate players are encouraged to explore specific positions; preferences can be noted during registration.

### North Saanich Middle School Gymnasium

Instructor: Claire Liaros

Su	4pm-5:30pm	Sep 7-Nov 9	\$144/9	170172
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WE ARE

HIRING

JOIN OUR TEAM



View current opportunities at [panoramarecreation.ca](https://panoramarecreation.ca)

# FITNESS

## FITNESS PROGRAMS

Many of our adult fitness programs have a minimum age of 14 yrs. See p. 54.

# LEADERSHIP & TRAINING

## PERSONAL BOUNDARY AND SELF DEFENCE WORKSHOP

This exhilarating, interactive workshop includes an outline of personal boundaries and how to defend them, with emphasis on strangers and acquaintances. You will practice de-escalation and street-smart self-defence techniques through scenario based exercises, focusing on key target areas from standing or on the ground. In this workshop you will discover your personal power and the tools you have to protect yourself. Our goal is to leave you confident, aware and feeling empowered with basic skills to set, hold and enforce your boundaries in multiple situations. This workshop addresses assault, sexual assault, harassment, bullying, online safety in an age appropriate manner.

**Greenglade Community Centre Room 6**

*Instructor: Sixth Sense Self Defence*

## For Female Tweens

10 - 13 yrs

M	9:30am-11:30am	Sep 22	\$65	169574
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## For Female Teens

14 - 17 yrs

M	12pm-2pm	Sep 22	\$65	169576
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# BABYSITTING TRAINING

11 - 15 yrs

**Greenglade Community Centre**

Designed by the Canada Safety Council, this course covers rights and responsibilities, child development, behaviour management, nutrition, safety, handling emergencies or sick children, games and basic first aid. Participants will work from a child care manual. Course graduates who successfully complete the course will be presented with a wall certificate and wallet card.

Sa	9:30am-4pm	Sep 20	\$85	170221
Sa	9:30am-4pm	Oct 18	\$85	170222
Sa	9:30am-4pm	Oct 18	\$85	170224

## REGIONAL YOUTH WEIGHT ROOM ORIENTATION

13 yrs+

This orientation will provide children aged 13-15 with an introduction on how to safely use a recreation centre weight room. Content will include: Weight room guidelines and etiquette; cardio and weight training guidelines; orientation and instruction on how to use basic cardio and strength training equipment. Upon completion of this orientation, participants will receive a sticker which permits access to weight rooms at the following facilities: Panorama, Esquimalt, City of Victoria, Saanich, West Shore and Oak Bay Recreation Centres.

**Panorama Recreation Centre Weight Room**

*Instructor: Zachary Zeigler*

Sa	9am-11am	Sep 13	\$15	170180
Sa	9am-11am	Oct 18	\$15	170182
Sa	9am-11am	Nov 15	\$15	170188

*Instructor: Liam McTavish*

Su	9am-11am	Sep 21	\$15	170181
Su	9am-11am	Oct 26	\$15	170184
Su	9am-11am	Nov 23	\$15	170189
Su	9am-11am	Dec 14	\$15	170190

## BRONZE MEDALLION

13 yrs+

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness - the four components of water rescue - form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

### Panorama Recreation Centre Lookout Room

Sa-Su 9am-4pm Sep 13-Sep 20 \$150/3 171498

## BRONZE CROSS

13 yrs+

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision.

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Prerequisite: Bronze Medallion.

### Panorama Recreation Centre Lookout Room

Sa-Su 9am-4pm Sep 21-Sep 28 \$150/3 171499

## NATIONAL LIFEGUARD (NL)

15 yrs+

The NL program develops a sound understanding of lifeguarding principles, good judgement, communication skills, and a mature responsible attitude toward the role. Candidates will develop physical fitness, theoretical and practical knowledge. Fee includes whistle and pocket masks. Prerequisites: 15 years of age, Bronze Cross, and Standard First Aid. 100% attendance is mandatory.

### Panorama Recreation Centre Lookout Room

Sa-Su 8:30am-5pm Oct 18-Nov 2 \$375/6 171500

## SWIM INSTRUCTOR COURSE

15 yrs+

Swim Instructors are trained using a competency-based model that walks them through teaching and evaluation philosophy. As well as techniques/approaches required to teach water safety, rescue, and related aquatic skills. Instructors also learn about long-term and short-term planning, class management, safety supervision, and the principles of evaluation.

Course includes an 8hr practicum, completed within course time.

Prerequisites: Standard First Aid, 15 years old (by the last day of the course), Bronze Cross

### Panorama Recreation Centre Lookout Room

Su 8:30am-5:30pm Nov 9-Dec 7 \$375/5 171501

## STANDARD FIRST AID WITH CPR C

12 yrs+

Standard First Aid with CPRC provides comprehensive training covering all aspects of first aid. In-depth topics include head/spinal injuries, bone breaks, heart attack, stroke, burns, and other medical emergencies.

### Panorama Recreation Centre Lookout Room

Sa-Su 9am-5:30pm Oct 4-Oct 5 \$180/2 171502



# POTTERY STUDIO

## @ GREENGLADE COMMUNITY CENTRE

16 yrs+

The Pottery Studio at Greenglade Community Centre is a fully-functioning studio that includes everything needed to see projects from start to finish - including wheels, work tables, a slab roller, handbuilding tools, glazes and a kiln! Services include clay purchase, project and supply storage, glazing, firing, classes and workshops. Learn more about our studio online!

### MEMBERSHIPS & FEES

Available to current members of the pottery studio. Clay \$39.75/bag

	15-18 yrs	19 yrs+
Drop in	\$9.40	\$9.40
10 Punch Pass	\$79.70	\$84.60
25 Punch Pass	\$189.40	\$199.75

### RESERVABLE DROP IN HOURS

Pottery members only. Reserve your spot online up to 1 week in advance, unsupervised.

**Our pottery studio is at capacity, please join a beginners class to obtain the necessary hours to become a member at our studio.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-11:30AM 11:30AM-2:30PM 2:30-5:30PM 5:30-8:30PM	2:30-5:30PM 5:30-8:30PM	8:30-11:30AM 11:30AM-2:30PM 2:30-5:30PM 5:30-8:30PM	2:30-5:30PM 5:30-8:30PM	8:30-11:30AM 11:30AM-2:30PM 2:30-5:30PM* 5:30-8:30PM	9AM-12PM 12-3PM	9AM-12PM 12-3PM

See online for accurate dates. Due to pottery classes or camps there are some weeks these drop ins will not be available.

\*Family Drop-in.

### RECURRING BLOCK BOOKINGS RESERVED DROP IN

16 yrs+

Register to reserve your spot in the pottery studio. All participants must be current members of the pottery studio.

M	8:30am-11:30am	Sep 8-Dec 22	\$140/14	169952	Th	8:30am-11:30am	Sep 4-Dec 18	\$160/16	169848
M	11:30am-2:30pm	Sep 8-Dec 22	\$140/14	169953	Th	11:30am-2:30pm	Sep 4-Dec 18	\$160/16	169850
					Th	2:30pm-5:30pm	Sep 4-Dec 18	\$160/16	169851
					Th	5:30pm-8:30pm	Sep 4-Dec 18	\$160/16	169852
Tu	8:30am-11:30am	Sep 2-Dec 16	\$140/14	169853					
Tu	11:30am-2:30pm	Sep 2-Dec 16	\$140/14	169854	F	8:30am-11:30am	Sep 5-Dec 19	\$140/14	169958
Tu	2:30pm-5:30pm	Sep 2-Dec 16	\$140/14	169855	F	11:30am-2:30pm	Sep 5-Dec 19	\$140/14	169960
Tu	5:30pm-8:30pm	Sep 2-Dec 16	\$140/14	169856					
W	8:30am-11:30am	Sep 3-Dec 17	\$160/16	169954	Sa	9am-12pm	Sep 6-Dec 20	\$160/16	169968
W	11:30am-2:30pm	Sep 3-Dec 17	\$160/16	169955	Su	9am-12pm	Sep 7-Dec 21	\$160/16	169970





# ADULT

## VISUAL ARTS & CRAFTS

### POTTERY

16 yrs+

#### Greenglade Community Centre Pottery Studio

##### Beginners Level 1

Ready to dive into the world of pottery? Join us for a comprehensive class covering the basics of clay and the pottery process. From centering and wheel throwing to basic hand building, you'll learn the essential techniques for creating stunning pieces. Start with raw clay and journey through trimming, adding handles, and finally, embellishing with decoration and glazing. Whether you're shaping cylinders, crafting bowls, or experimenting with hand-built designs, this class offers hands-on experience and expert guidance every step of the way. Unleash your creativity and discover the art of pottery with us!

Clay included in supply fee, additional clay for drop-in outside of class can be purchased at reception. No refunds will be provided after course start date.

Please purchase pottery starter tool kit (1 pin tool, 1 wire tool, 1 sponge, two trimming tools, 1 wooden rib and 1 wooden knife tool).

*Instructor: Michale Fjeldstad*

F	6:30pm-9pm	Sep 5-Oct 10	\$265/6	169790
F	6:30pm-9pm	Oct 17-Nov 21	\$265/6	169791

*Instructor: Heather Verdin*

W	6:30pm-9pm	Sep 24-Oct 29	\$265/6	169815
W	6:30pm-9pm	Nov 5-Dec 10	\$265/6	169816

### Level 2

For those that can confidently throw on the wheel and are beyond beginner level, join our level 2 pottery class to elevate your skills in a supportive environment. In this class we will alter one project, make a French butter crock, and practice throwing small plates. Join us and take your pottery to the next level!

Clay included in supply fee, additional clay for drop-in outside of class can be purchased at reception. No refunds will be provided after course start date. Please bring your pottery tools and bats.

Sa	1:30pm-4pm	Sep 6-Oct 11	\$265/6	169792
Sa	1:30pm-4pm	Oct 18-Nov 22	\$265/6	169793

### POTTERY WHEEL THROWING TASTER

13 yrs+

This two-session beginner class is perfect for those unable to commit to a full beginner session, or those wanting to brush up on some basic wheel throwing techniques. Students will have two sessions to work on the wheel with the guidance of an instructor. At the end of the second class you will be able to choose your best two pieces that we will fire and glaze for you. No experience necessary, all materials provided.

Registrants do not need to be a member of the Greenglade pottery studio to attend. Pottery Level 1 must be taken for those looking to become a member of the studio.

#### Greenglade Community Centre Pottery Studio

*Instructor: Heather Verdin*

Su	1pm-4pm	Nov 9-Nov 16	\$125/2	169823
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**WE ARE  
HIRING**  
JOIN OUR TEAM



View current opportunities at [panoramarecreation.ca](https://panoramarecreation.ca)

POTTERY - MAKE A

13 yrs+

Greenglade Community Centre Pottery Studio

Instructor: Heather Verdin

Mug

Create a handmade clay mug in one class! A great opportunity to check out the Greenglade Pottery Studio and get your hands into clay, come on your own, or bring a friend or family member to create with together. Parent and child 2yrs+ are welcome to attend and make a mug together. Please note, each registration will complete one mug. If your guest would like to make their own, make sure they register separately. All levels welcome, supplies included.

Mugs are made using hand building techniques (not the potters wheel). Finished projects will be ready for pick up approximately 3 weeks post workshop following firing and glazing.

Su	2pm-4pm	Sep 28	\$38	169817
Su	2pm-4pm	Nov 2	\$38	169818

Jack-o-Lantern

Get into the spooky mood by making a clay jack-o-lantern! A great opportunity to check out the Greenglade Pottery Studio and get your hands into clay. Come on your own, or bring a child or youth aged 2yrs-17yrs to create together. All levels welcome, supplies included. Lanterns will be made using hand building techniques, and each pair will bring home 3-4 small clay pumpkins. Finished projects will be ready for pick up in time for Halloween following firing and glazing.

Su	2pm-4pm	Oct 19	\$38	169819
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FINANCIAL ASSISTANCE

A regional initiative supported by the Greater Victoria Active Communities committee, the LIFE Program is intended to reduce financial barriers to recreation. For more information visit us online at [panoramarecreation.ca](http://panoramarecreation.ca)



Gingerbread House

Create a clay gingerbread house! A great opportunity to check out the Greenglade Pottery Studio and get your hands into clay. Come on your own, or bring a child or youth aged 2yrs-17yrs to create together. All levels welcome, supplies included. Gingerbread houses will be made using hand building techniques, and each pair will bring home one finished house! (Please note, each registration will complete one gingerbread house. If your guest would like to make their own, make sure they register separately) Finished projects will be ready for pick in time for Christmas following firing and glazing.

Su	2pm-4pm	Nov 30	\$38	169821
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Ornament

Create an assortment of clay holiday ornaments! A great opportunity to check out the Greenglade Pottery Studio and get your hands into clay. Come on your own, or bring a child or youth aged 2yrs-17yrs to create together. All levels welcome, supplies included. Ornaments will be made using hand building techniques, and each pair will bring home 3-4 ornaments. Finished projects will be ready for pick up in time for Christmas following firing and glazing.

Su	2pm-4pm	Dec 7	\$38	169820
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POTTERY WORKSHOP - GLAZING

13 yrs+

This workshop will cover best practices for glaze application, discuss how to trouble shoot problems, and venture into some more advanced techniques. Bring your questions and some bisqueware to practice on, some additional bisque testers will be provided. Please note: to register you must be a current member of the Greenglade pottery studio.

Greenglade Community Centre Pottery Studio

Instructor: Heather Verdin

Su	1pm-4pm	Oct 5	\$50	169822
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# SELF-DIRECTED POTTERY

16 yrs+

Embark on a creative journey of self-discovery with our Self-Directed Pottery Class, guided by a seasoned pottery instructor and technician who is there to support and inspire your artistic exploration. You'll have the freedom to choose your pace and projects, whether it's crafting functional tableware, sculpting intricate figurines, or experimenting with abstract forms. The instructor will be readily available to offer guidance, troubleshoot challenges, and provide valuable tips to help you achieve your artistic goals. This class is for current members of the Greenglade Community Centre pottery studio only.

Please ensure you have enough clay or purchase clay prior to class.

**Greenglade Community Centre Pottery Studio**

*Instructor: Michale Fjeldstad*

F	6:30pm-9pm	Nov 28-Dec 19	\$160/4	169794
Sa	1:30pm-4pm	Nov 29-Dec 20	\$160/4	169795

# RECONNECT WITH YOUR CREATIVITY

18 yrs+

In this series we will explore your creativity using a variety of mediums, process and most of all fun! Your skilled instructor will guide your step by step through the process to reconnect with your creativity. Exploring new mediums and projects.\*All supplies provided.

**McTavish Academy of Art - Art Studio**

*Instructor: Mctavish Academy Of Art*

W	1pm-3pm	Sep 10-Oct 15	\$240/6	169686
W	1pm-3pm	Oct 29-Dec 3	\$240/6	169687

# PHOTOGRAPHY: BEYOND THE BASICS

18 yrs+

This course builds on our Introduction to Photography class. Participants should have a solid grasp of the exposure triangle and be confident adjusting camera settings.

We'll explore advanced topics including exposure, histograms, depth of field, hyperfocal distance, light, filters, post-processing, and planning. Techniques covered include panoramas, HDR, focus stacking, ICM, and long exposures. Emphasis will be placed on composition, visual planning, and image critique. Participants are encouraged to bring photos for feedback.

By the end, you'll gain skills and insights to elevate your photography to the next level.

**Greenglade Community Centre Room 5**

*Instructor: Steve Smith & Leah Gray*

Su	1pm-5pm	Sep 21-Oct 5	\$265/3	169237
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# DISCOVER LIGHT IN PHOTOGRAPHY

18 yrs+

Photography is the art of "writing with light." This course explores how understanding and controlling light—natural and artificial—can dramatically improve your images.

We'll cover natural light, continuous lighting, speedlights, and studio setups. Topics include light properties, types, polarization, the inverse square law, and light metering. You'll learn to apply these concepts across genres like macro, portrait, wildlife, and landscape photography.

Ideal for intermediate and advanced photographers, but beginners are welcome and will benefit greatly.

**Greenglade Community Centre Room 5**

*Instructor: Steve Smith & Leah Gray*

Su	1pm-5pm	Nov 2-Nov 16	\$265/3	169238
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# MUSIC & DANCE

## PJ MUSIC PRIVATE PIANO LESSON

6 yrs+

A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills. Each class is tailored to the needs of different age groups. Keyboards for practicing at home may be rented from PJ Music 250-213-9343

Central Saanich Cultural Centre Room A

Instructor: Pj Music

Su	11:30am-12pm	Sep 28-Dec 7	\$510/10	171339
Su	2pm-2:30pm	Sep 28-Dec 7	\$510/10	171340

## SEMI-PRIVATE BEGINNER GUITAR

16 yrs+

Get to know your guitar, from the headstock to the body, and understand how it makes beautiful sounds! Learn how to tune your guitar and discover the secrets of reading music and play your favorite songs from sheet music and tabs. Find out the perfect way to hold your guitar comfortably and play without straining. Start strumming and plucking your way to playing easy melodies that will amaze your family and friends. Guitars can be rented from PJ Music Studios 250-213-9343.The materials fee is included in the cost.

Central Saanich Cultural Centre Room A

Instructor: Pj Music

Su	4:30pm-5pm	Sep 28-Dec 7	\$310/10	171758
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## BEGINNER UKULELE

16 yrs+

Are you charmed by the warm, uplifting sound of the Ukulele? Master the art of reading sheet music and tabs, opening the door to playing a wide range of songs and genres. Dive into the world of open chords, the building blocks of countless songs, and gain the ability to strum and switch chords with ease Start playing your favorite songs, from classic rock to soothing acoustic ballads, and impress your friends and family with your musical talent. Ukuleles can be rented from PJ Music Studios 250-213-9343.

Central Saanich Cultural Centre Room A

Instructor: Pj Music

Su	4pm-4:30pm	Sep 28-Dec 7	\$310/10	171757
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## INTRODUCTION TO SALSA & MERENGUE

16 yrs+

Heading south for the winter? Salsa & Merengue are two really popular Latin dances styles. Wouldn't it be fun to join in rather than sit on the sidelines. It's a great way to incorporate a little mild exercise into your life, the perfect date night out, or a chance to meet and make new friends. Recommended to sign up with a partner but solos are welcome and we'll do our best to even the numbers.

North Saanich Middle School Multipurpose Room

Instructor: E & R Ballroom Dance Elizabeth Smailes

Tu	8pm-8:55pm	Sep 16-Oct 21	\$78/5	169244
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## LINE DANCING

16 yrs+

**Greenglade Community Centre Room 4**

*Instructor: Claire Denney*

### Beginner Level 1

Learn modern line dance routines to many types of music including pop, show tunes, rock 'n' roll and country. A beginner-level course that will share the basics, by the end of the first class, you will have learned a few routines, met new people, and had a good time! Please wear soft soled non-marking shoes and dress comfortable.

Th	1:30pm-2:45pm	Sep 4-Sep 25	\$36/4	169255
Th	1:30pm-2:45pm	Oct 2-Oct 30	\$45/5	169256
Th	1:30pm-2:45pm	Nov 6-Nov 27	\$36/4	169257

### Beginner Level 2

Learn modern line dance routines to many types of music including pop, show tunes, rock 'n' roll and country. A beginner-level course that will share the basics, by the end of the first class, you will have learned a few routines, met new people, and had a good time! Please wear soft soled non-marking shoes and dress comfortable.

Tu	1:30pm-2:45pm	Sep 2-Sep 23	\$36/4	169258
Tu	1:30pm-2:45pm	Oct 7-Oct 28	\$36/4	169259
Tu	1:30pm-2:45pm	Nov 4-Nov 25	\$27/3	169260

## INTERMEDIATE FOXTROT & WALTZ

16 yrs+

If you know a few basic steps in Foxtrot and/or Waltz, then this course is designed for you. Even if you have taken an Intermediate Level class before, we can introduce different material in this course to keep things interesting. Many patterns exist in both dance styles which really facilitates the learning process. It's like getting two for the price of one! Please sign up with a partner or get in touch in advance for our partner matching service.

**North Saanich Middle School Multipurpose Room**

*Instructor: E & R Ballroom Dance Elizabeth Smailes*

Tu	7pm-7:55pm	Oct 28-Nov 25	\$78/5	169243
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## INTERMEDIATE RHUMBA & CHA CHA

16 yrs+

If you have taken our Introductory Rhumba & Cha Cha class or otherwise are familiar with a handful of basic patterns, you are eligible to participate in this class. We will review your basic patterns but the main focus is the introduction of new patterns to increase your repertoire for added interest and variety. We'll also spend a little time on basic technique to improve the overall quality of your dancing. As this is a dance style that involves two people dancing together, we strongly recommend you have a partner (family member, friend or significant other) sign up as well, or contact us as soon as possible for our partner matching service.

**North Saanich Middle School Multipurpose Room**

*Instructor: E & R Ballroom Dance Elizabeth Smailes*

Tu	7pm-7:55pm	Sep 16-Oct 21	\$78/5	169242
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## INTRODUCTION TO NIGHTCLUB SLOW DANCING

16 yrs+

Christmas is coming and that means more opportunities to attend social events where dancing is often featured. Nightclub Slow Dancing is a very easy and laidback dance style that works well to romantic 'love song' type music. Wouldn't it be fun to join in rather than sit on the sidelines. It's a great way to incorporate a little mild exercise into your life and is the perfect date night out. Please sign up with your significant other. We're very all-inclusive.

**North Saanich Middle School Multipurpose Room**

*Instructor: E & R Ballroom Dance Elizabeth Smailes*

Tu	8pm-8:55pm	Oct 28-Nov 25	\$78/5	169245
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TECHNOLOGY

IPAD: MASTERING THE BASICS & BEYOND

16 yrs+

Are you using the basic features of your iPad, but wondering what else you might be able to do with it? Join Mandy, who has taught Ed Tech workshops to university faculty, for this slower paced workshop. All levels are welcome in this relaxed and encouraging environment. We will explore important settings, contacts, email, privacy and security, FaceTime, and many other useful tips and tricks. Come and find out how to make your iPad work for you!

Greenglade Community Centre Room 6

Instructor: Mandy Ospina

Tu 9:30am-11am Sep 9-Sep 23 \$89/3 169284

IPHONE: MASTERING THE BASICS & BEYOND

16 yrs+

So, you have an iPhone and you've learned how to call, and maybe text, your family. You know there's more your phone can do, but you're not sure where to start! Join Mandy, who has taught Ed Tech workshops to university faculty, for this slower paced workshop. All levels are welcome in this relaxed and encouraging environment. We will explore important settings, texting, phone and contacts, privacy and security, email, and many other useful tips and tricks. Come learn the many uses of your iPhone - beyond just a phone!

Greenglade Community Centre Room 6

Instructor: Mandy Ospina

Tu 9:30am-11am Oct 7-Oct 21 \$89/3 169287

IPHONE & IPAD

16 yrs+

Greenglade Community Centre Room 6

Instructor: Mandy Ospina

What's New in iOS 26 (19)

Every Fall, Apple typically releases a new version of iOS (the operating system, or underlying software, that makes our iPhone & iPad work). With the new iOS comes some changes and new features! Join Mandy at this one-day workshop to find out what's new, and how to navigate the changes. If we have time, we will also have a look at some of the most common questions and trouble areas with using an iPhone or iPad.

F 9:30am-11:30am Oct 10 \$39 169294

Level 2

Have you taken the iPhone or iPad Mastering the Basics course, and aren't sure what's next? Join Mandy for Level 2, a course that covers a little bit of everything, and expands on the knowledge we built in the Basics courses. We will explore how to find and download an app, add appointments to the calendar, use Siri to assist with tasks, use widgets, make grocery lists in the Notes app, and other tips for texting, the phone, and privacy and security.

Tu 9:30am-11am Oct 28-Nov 4 \$59/2 169296

Everything Photos

With recent advances in quality and features, iPhones and iPads are becoming the primary camera for many people. Join Mandy for this hands-on workshop that will explore the many incredible ways you can use your iPhone/iPad to capture and edit both images and video. Learn how to take panoramic photos, apply filters, create mini slideshows, capture and edit video, share your photos and videos, and more.

Tu 9:30am-11am Nov 18-Dec 2 \$89/3 169290

## All About the Apps

Once you have mastered the basics of your iPhone/iPad, it's all about the apps! This course will explore the many incredible apps that come with your device (such as the Clock, Weather, Calculator, Voice Memos, Measure, Safari) and how to manage these apps. We will learn about home screen widgets, the app library, and how to update apps. We will then look at some of the amazing free apps that you can download from the App Store, and how to not only download these apps, but determine which apps are safe and what to consider when evaluating a new app.

Tu 9:30am-11am Dec 9-Dec 16 \$59/2 169291

## COOKING

### WHOLE-FOOD PLANT-BASED COOKING

16 yrs+

Curious about plant-based cooking? Join me for a hands-on class where we'll create delicious, wholesome dishes.

**North Saanich Middle School Food/Textiles Room**

*Instructor: Peggy White*

#### Taco Night

We'll whip up delicious black bean tacos, rich cashew cheese, and a decadent (but nourishing!) chocolate cake. Everything is gluten-free and made with whole-food ingredients - no refined sugars or oils. Perfect for beginners or anyone looking to bring more plant-powered flavour into their kitchen. Come hungry - leave inspired!

Tu 6pm-9pm Sep 23 \$110 169732

#### Thai Night

We'll create Thai Curry with chickpeas, classic pad thai, and velvety rice pudding - all 100% gluten-free and made with whole-food ingredients. Perfect for beginners or anyone looking to add more vibrant, plant-powered meals to their routine. Come hungry - leave inspired!

Tu 6pm-9pm Oct 21 \$110 169733

## Cookies!

Got a sweet tooth but want to keep it healthy? Join me for a hands-on cookie class where we'll bake up a delicious variety of whole food, plant-based cookies - carrot spice, banana oatmeal, peanut butter and apple mulberry. Every recipe is gluten-free and made without refined sugars or oils, but full of flavour and feel-good ingredients. Perfect for beginners or anyone looking to indulge a little more mindfully. Come curious, leave with a cookie (or four)!

Tu 6:30pm-9pm Nov 18 \$95 169731

## GENERAL INTEREST

### WOOFERS' CANINE ESSENTIAL MANNERS

16 yrs+

In this six week course, you will learn how to create a strong relationship with your puppy or older dog with games and exercises. You will also learn how to teach your dog to stop pulling on leash, and how to get your dog to come back to you when you call. We will show you easy ways to solve these issues with games and exercises that you and your dog will enjoy. If you have a puppy, then these classes will help you teach puppy to walk nicely and come when called, right from the start. We aim to make our classes a joyful, and interesting experience for humans and their canine buddies.

Woofers uses only positive reinforcement methods. Classes are suitable for puppies from 10 weeks, and dogs of any age onwards!

Weeks 1-2: creating a lasting relationship with your dog

Weeks 3-4: teaching no pulling on leash

Weeks 5-6: teaching your dog to come when called

*Instructor: Bren Axon*

**Central Saanich Cultural Centre Room B**

Th 6:30pm-7:30pm Sep 18-Oct 23 \$230/6 169784

**Greenglade Community Centre Room 4**

Su 2pm-3pm Nov 2-Dec 7 \$230/6 169785

# WORKSHOPS & EDUCATION

## ORGANIZING YOUR LIFE...FOR DEATH

18 yrs+

We are all going die... Now that's been said, have you given any thought to your loved ones managing your life after death? Look around your home. Will anyone really want that 25-piece Royal Doulton figurine collection? How about personal contacts? Do you have an up-to-date address book or a phone that can be accessed? These questions and more will be addressed by professional organizer, Michelle Cooper. Michelle will provide guidance on downsizing your possessions and organizing the logistics of your life so that others won't have to.

Greenglade Community Centre Room 6

Instructor: Michelle Cooper

Th	10am-12pm	Oct 2	\$25	169729
Tu	6pm-8pm	Nov 4	\$25	169730

## BEGINNER BRIDGE

18 yrs+

If you have never played bridge or need a brush up, this course is for you! Come learn the basic rules, strategy and etiquette for this fun, competitive game. Each class includes a lesson with tips and discussion, followed by practice times. All supplies including course manual included.

Greenglade Community Centre Room 6

Instructor: Mike Dickie

W	10am-12pm	Sep 24-Nov 12	\$110/8	169198
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## TURN YOUR MEMORIES INTO A MEMOIR WITHOUT WRITING A WORD

30 yrs+

Whether you're creating something to share or simply reminiscing, this 4-week course gently guides you through free, easy-to-use tools to record, transcribe, organize, and publish your stories - along with a wealth of resources to help you uncover the meaning in your lived experiences.

Online Course

Instructor: Oliver Delorie

W	10am-11:15am	Oct 8-Oct 29	\$100/4	169832
W	10am-11:15am	Nov 5-Nov 26	\$100/4	169833

## FINANCIAL STRATEGIES FOR SUCCESSFUL RETIREMENT

18 yrs+

Learn to enhance ability to grow net worth during working years and to preserve financial resources once retired. Course topics: Understanding the financial services industry, financial planning, investment products and risk, real estate strategies, tax and debt minimization, income splitting, OAS claw-backs, conversion timing of RRSP and LIRA to RRIF/LIF, reverse mortgages, HELOCs, annuities, and estate planning. Ample opportunity for questions! Participants will each receive the latest copy of Peter's book, The Smart Canadian Wealth-BUILDER.

Panorama Recreation Centre Boardroom

Instructor: Peter Dolezal

W	10am-12pm	Oct 15-Oct 22	\$35/2	169197
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PERSONAL BOUNDARY AND SELF DEFENCE WORKSHOP FOR WOMEN

18 yrs+

This exhilarating, interactive workshop includes an outline of personal boundaries and how to defend them, with emphasis on strangers and acquaintances. You will practice de-escalation and street-smart self-defence techniques through scenario based exercises, focusing on key target areas from

standing or on the ground. In this workshop you will discover your personal power and the tools you have to protect yourself. Our goal is to leave you confident, aware and feeling empowered with basic skills to set, hold and enforce your boundaries in multiple situations. This workshop addresses assault, sexual assault, harassment and online safety.

Greenglade Community Centre Room 5

Instructor: Sixth Sense Self Defence

Sa 9:30am-11:30am Oct 18 \$85 169578

LANGUAGE

ALLIANCE FRANÇAISE: FRENCH ELEMENTARY A2.6

16 yrs+

In this class, students will continue learning and practicing skills in French around the topics of sports and leisure. You will focus on the future simple tense and how to describe your plans.

Material needed: Odyssée A2 (\$80) cahier and méthode (Unit 6). Please select book at check-out if you do not have this textbook.

Panorama Recreation Centre Boardroom

Instructor: Alliance Française De Victoria

Tu 6pm-8pm Sep 2-Oct 14 \$260/6 170011

SPANISH

18 yrs+

Greenglade Community Centre Room 6

Instructor: Josefina Koenig

Beginner Level 1

This class is intended for beginners who have little to no experience with the Spanish language. This class focuses on building Latin American Spanish vocabulary skills to enable communication in everyday situations involving travel, food, shopping and family. This class is suitable for students who are interested in travelling to Spanish-speaking countries.

W 6:30pm-8pm Sep 17-Oct 22 \$200/6 169263

Beginner/Intermediate

This class is for individuals with some knowledge of Spanish who want to improve their language skills. In this class, students will focus on learning new Latin American Spanish vocabulary and grammar to help them communicate in everyday situations involving travel, food, shopping and family. This class is suitable for students who are interested in travelling to Spanish-speaking countries.

W 2pm-3:30pm Oct 15-Nov 19 \$205/6 169270

W 6:30pm-8pm Oct 29-Dec 3 \$205/6 169264

LEADERSHIP & TRAINING

AQUATIC LEADERSHIP TRAINING

See p.

STANDARD FIRST AID WITH CPR C

12 yrs+

Standard First Aid with CPRC provides comprehensive training covering all aspects of first aid. In-depth topics include head/spinal injuries, bone breaks, heart attack, stroke, burns, and other medical emergencies.

Panorama Recreation Centre Lookout Room

Sa-Su 9am-5:30pm Oct 4-Oct 5 \$180/2 171502

SPORT

SWIM, SKATE & HOCKEY LESSONS

Dive in, lace up, and play—various lessons in swim, skate, and hockey for all ages and skill levels! See pp. 14-17.

DROP-IN SPORTS

Smash, rally and play your way through the week! Drop-in squash, toonie table tennis, badminton and reservable pickleball available at various locations —visit the Activity Schedules > Sports section of our website for more details and the latest schedule!

NEW

VOLLEYBALL SOCIAL  
GAME PLAY

16 yrs+

This inclusive Adult Volleyball Program welcomes players of all skill levels who are comfortable with the fundamental skills and basics of volleyball. It provides a fun and supportive environment where participants can enjoy the game. Each session consists of three 25-minute games, allowing players to compete against different teams. Mixed genders.

North Saanich Middle School Gymnasium

Instructor: Claire Liaros

Su 6pm-7:30pm Sep 7-Nov 9 \$59/9 170173

ARCHERY

16 yrs+

North Saanich Middle School Gymnasium

Instructor: Pacific Archery Academy

Learn the fundamentals of archery, including innovative techniques and shooting skills, in a safe and friendly environment. All levels welcome and equipment provided.

Sa	9:30am-10:30am	Sep 13-Oct 18	\$150/6	169858
Sa	9:30am-10:30am	Oct 25-Nov 29	\$150/6	169859

Intermediate

Assuming you have the basic skills and safety for archery already in your quiver, this intermediate program will work to build upon your skills and knowledge, covering the finer details of form and technique. Equipment provided or participants may bring their own.

Pre-requisite: Successful completion of a Pacific Archery Academy program or equivalent level of experience.

W 8:15pm-9:30pm Sep 10-Nov 26 \$300/12 169860





# SKATING LESSONS

15 yrs+

## Panorama Recreation Centre Arena A

### Beginner

Introductory course for the adult beginner skater. Instructors will cover balance, safety, stride, stopping and crossovers, and other requests from skaters.

Tu	10:45am-11:15am	Sep 9-Oct 21	\$47/6	169468
Tu	10:45am-11:15am	Oct 28-Dec 9	\$47/6	169475

### Intermediate

Intended for adults with moderate skating experience, participants must know how to stop and skate width of ice with gliding. Instructors will cover more advanced skills such as crossovers, 2-foot jumps, 2-foot stops, tight turns and other requests from skaters.

Tu	12:30pm-1pm	Sep 9-Oct 21	\$47/6	169469
Tu	12:30pm-1pm	Oct 28-Dec 9	\$47/6	169476

# WOMEN'S HOCKEY SKILL DEVELOPMENT

18 yrs+

Join us for a fun and exciting skill sessions to develop your skating, shooting, and passing skills. All abilities welcome to learn and grow your hockey skills. After practicing and learning your skills, we will finish each session with a game to put those new skills into action.

## Panorama Recreation Centre Arena A

### Players

M	6:50pm-7:40pm	Sep 8-Oct 20	\$72/6	169470
M	6:50pm-7:40pm	Nov 3-Dec 8	\$72/6	169471

### Goalies

M	6:50pm-7:40pm	Sep 8-Oct 20	\$36/6	169472
M	6:50pm-7:40pm	Nov 3-Dec 8	\$36/6	169474

# ADULT HOCKEY LEAGUE

19 yrs+

A recreational, non-contact league for 19yrs+ that includes one scheduled and officiated game weekly (some exclusion weeks). Games will be Sundays, with start times ranging from 4:30-10:15pm. Participants can expect a confirmed schedule and team assignments by August 20. All genders welcome. Registration includes a team jersey (to keep). Please see the online description via our registration page for full details.

Tier 1 - For experienced players. Fast pace of play. Non-contact.

Tier 2 - For players looking for a more relaxed pace of play or players that are less experienced. Non-contact.

## Panorama Recreation Centre Arena Lobby

Su	4:30pm-11:10pm	Sep 7-Mar 22
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### Tier 1 - Players

\$490/24 169480

### Tier 1 - Goalies

\$245/24 169481

### Tier 2 - Players

\$490/24 169484

### Tier 2 - Goalies

\$245/24 169483

# ADULT SWIM CLUB

16 yrs+

The Adult Swim Club focuses on conditioning and stroke development for swimmers of the intermediate Level swimmer. Practices range from 1500-2000m including warm-up and cooldown. Working on all strokes: Butterfly, Backstroke, Breaststroke, and Front Crawl. Minimum requirement: Ability to swim 100m continuously with a recognizable stroke (Front Crawl, Butterfly, Backstroke, Breaststroke)

## Panorama Recreation Centre Pool

*Instructor: Simon Makuch*

M	8pm-9pm	Sep 8-Dec 15	\$140/14	172495
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# TENNIS

## SKILL ASSESSMENT

6 yrs+

Unsure what tennis skill level you are? Spend 15-20 minutes with one of our certified coaches and get an idea!

All skill levels welcome. Sessions are one-on-one. Semi-privates are welcome if both individuals are assumed to be of a similar skill level. Register via the Private Lessons > Skill Assessment section of our online registration page.

### Panorama Recreation Centre Indoor Courts

Various days and times available, weekly!  
\$5/assessment

## PRIVATE LESSONS

6 yrs+

Get one-on-one support learning or advancing your tennis techniques and tactics with private lessons! Single session and multi-week sets available.

Interested in semi-private sessions? Share your lesson with another participant for no extra cost. A small group fee will be applied for groups of 3-4.

Visit the Private Lessons section of our online registration page for more information and sign up.

### Panorama Recreation Centre Indoor Tennis Courts

## GROUP LESSONS

15 yrs+

### Panorama Recreation Centre Indoor Tennis Courts

#### 1.0 Beginner

Learn how to rally, serve, and keep score in both singles and doubles play. This introductory program builds confidence through learning the tennis fundamentals. Perfect for those who are brand new to the game or have been introduced to the game but, have difficulty playing due to a lack of consistency. Program uses progressive red, orange and green tennis balls following International Tennis Federation (ITF) best practices. (1-1.5 skill rating as per Tennis Canada's self-rating guide).

Su	5:30pm-7pm	Sep 7-Oct 26	\$196/8	170122
Su	5:30pm-7pm	Nov 2-Dec 21	\$196/8	170123

M	5:30pm-7pm	Sep 8-Oct 27	\$172/7	170119
M	5:30pm-7pm	Nov 3-Dec 15	\$172/7	170120

NEW

#### 1.0 Beginner for Newcomers to Canada

Get introduced to the fundamentals of tennis, while also having opportunity to make some new friends! This program, open to newcomers to Canada of all genders, is suitable for those brand new to tennis or having been introduced to it but, experiencing difficulty playing due to a lack of consistency. Progressive red, orange and green tennis balls will be used. Each session will include a 1 hour group lesson, followed by up to 1 hour of social time, with coffee, tea and light snacks provided. All equipment provided and childminding available during program (for children 5 years or younger) upon request.

Th	11:30am-12:30pm	Sep 4-Dec 18	\$80/16	171348
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### 1.5 Beginner

Build consistency by practicing how to start a point with a reliable serve and receive a variety of groundstrokes. Learn to adjust to different ball heights, speeds, and placements. Learn to receive volleys at the net. Program uses progressive green tennis balls to enhance learning.

As a pre-requisite, you should have completed the 1.0 Beginners program or have been introduced to the game, but have difficulty playing due to a lack of consistency.

Tu	8am-9:30am	Sep 2-Oct 28	\$196/8	171279
Tu	8am-9:30am	Nov 4-Dec 16	\$147/6	171280
M	7pm-8:30pm	Sep 8-Oct 27	\$172/7	171277
M	7pm-8:30pm	Nov 3-Dec 15	\$172/7	171278

### Level 2.0

For players of a self-assessed 2.0 skill rating\*.

Learn to keep the ball in play by strengthening your serve, return, and baseline game. These lessons focus on outlasting your opponent and consistent shot-making, with added attention to receiving volleys in singles and doubles.

Registrants will lack consistency when rallying the ball and often choose forehand over backhand. You are reluctant to come to the net and do not have a full service motion yet. \*Refer to Tennis Canada self-rating guide.

Tu	9:30am-11am	Sep 2-Oct 28	\$196/8	171281
Tu	9:30am-11am	Nov 4-Dec 16	\$147/6	171282
Th	1pm-2:30pm	Sep 4-Oct 30	\$221/9	170158
Th	1pm-2:30pm	Nov 6-Dec 18	\$172/7	170159

### Level 2.5

For players of a self-assessed 2.5 skill rating\*.

Start points with purpose by placing your serve to your opponent's forehand or backhand. Build consistency in your groundstrokes by improving your ability to receive and respond to balls with varied depth, height, and angle. At the net, focus on volleying when receiving balls of different heights.

As a pre-requisite, registrants should be able to rally 10 balls in a row with an arc trajectory especially with the forehand and can consistently return balls to the middle of the court. You can play net during practice but are uncomfortable during a game. You are developing a full service motion on your first serve. \*Refer to Tennis Canada self-rating guide.

Th	9:30am-11am	Sep 4-Oct 30	\$221/9	170137
Th	9:30am-11am	Nov 6-Dec 18	\$172/7	170138
W	5pm-6:30pm	Sep 10-Oct 29	\$196/8	170141
W	5pm-6:30pm	Nov 5-Dec 17	\$172/7	170142

### Level 3.0

For players of a self-assessed 3.0 skill rating\*.

Enhance your point-winning potential by applying topspin and underspin on both forehand and backhand groundstrokes, and learning to use slice on your serve. Improve directional accuracy and mechanics on serves and returns. Develop control and consistency when volleying against balls delivered at varying heights.

As a pre-requisite, you are able to rally 10 balls in a row with both backhands and forehands when receiving high, wide or short balls. You can control the direction on your return. You are consistent with your forehand volley but backhand, wide or low volleys are a challenge. You have a full-service motion on both first and second serves. \*Refer to Tennis Canada self-rating guide.

M	10:30am-12pm	Sep 8-Oct 27	\$172/7	171273
M	10:30am-12pm	Nov 3-Dec 15	\$172/7	171274
W	5pm-6:30pm	Sep 10-Oct 29	\$196/8	170143
W	5pm-6:30pm	Nov 5-Dec 17	\$172/7	170145

Level 3.5

For players of a self-assessed 3.5 skill rating\*.

Learn to take control of the point by hitting shots with intention that neutralize your opponent or keep them on the defensive. Focus on creating advantages through well-placed serves, solid returns and, quality groundstrokes. Develop effective decision making on the court that includes high percentage shots and when to approach the net. Strengthen your net play to finish points with confidence.

As a pre-requisite, you can move your opponent around and hit harder when receiving easier balls. You can return fast and well-placed serves defensively and can attack easier serves. You can control the direction of your volleys and can handle overheads that require moderate movement. You are able to vary the direction and speed of your serve. \*Refer to Tennis Canada self-rating guide.

M	9am-10:30am	Sep 8-Oct 27	\$172/7	171902
M	9am-10:30am	Nov 3-Dec 15	\$172/7	171903

WHEELCHAIR TENNIS

15 yrs+

Learn to play or advance your skills in wheelchair tennis. It's the same sport you know and love - just permitting two bounces instead of one! Program geared towards players of beginner to low intermediate skill level. Sessions will include practice and drills intended to develop key techniques and tactics, along with racquet and on-court movement skills, plus some friendly match play for the opportunity to put learnings into action.

If you would like to discuss whether or not this program could be a good fit for you, or borrow a wheelchair, please contact Panorama's Racquet Sports Coordinator prior to program start - (250) 655-2177 or info@panoramarec.bc.ca.

Panorama Recreation Centre Indoor Tennis Court 2

W	6:45pm-8:15pm	Sep 10-Oct 29	\$31-\$58/8	170148
W	6:45pm-8:15pm	Nov 5-Dec 17	\$28-\$51/7	172346

PRACTICE & PLAY

15 yrs+

High-rep, and seriously fun, these sessions are designed to help you groove the skills you've picked up in lessons. Expect a mix of focused practice, dynamic drills, and coach-supervised doubles play - all in one session. It's the perfect chance to apply what you're working on directly to real match situations.

Panorama Recreation Centre Indoor Tennis Courts

Level 2.5-3.0

For players of a self-assessed 2.5-3 skill rating\*.

As a pre-requisite, at a minimum, registrants should be able to rally 10 balls in a row with an arc trajectory especially with the forehand and can consistently return balls to the middle of the court. You can play net during practice but are uncomfortable during a game. You are developing a full service motion on your first serve. \*Refer to Tennis Canada self-rating guide.

M	1pm-3pm	Sep 8-Oct 27	\$186/7	170131
M	1pm-3pm	Nov 3-Dec 15	\$186/7	170132

Level 3.0-3.5

For players of a self-assessed 3-3.5 skill rating\*.

As a pre-requisite, you are able to rally 10 balls in a row with both backhands and forehands when receiving high, wide or short balls. You can control the direction on your return. You are consistent with your forehand volley but backhand, wide or low volleys are a challenge. You have a full-service motion on both first and second serves. \*Refer to Tennis Canada self-rating guide.

Th	12:30pm-2:30pm	Sep 4-Oct 30	\$239/9	170135
Th	12:30pm-2:30pm	Nov 6-Dec 18	\$186/7	170136
Su	6:30pm-8:30pm	Sep 7-Oct 26	\$212/8	171287
Su	6:30pm-8:30pm	Nov 2-Dec 21	\$212/8	171288

Level 3.5-4.0

For players of a self-assessed 3.5-4.0 skill rating\*.

Players will concentrate on stroke improvement techniques for groundstrokes, serves and volleys. Sessions will include drills meant to emphasize the concepts of the day and doubles play for the opportunity to put skills into action.

As a pre-requisite, you can move your opponent around and hit harder when receiving easier balls. You can return fast and well-placed serves defensively and can attack easier serves. You can control the direction of your volleys and can handle overheads that require moderate movement. You are able to vary the direction and speed of your serve. \*Refer to Tennis Canada self-rating guide.

M	7:30pm-9:30pm	Sep 8-Oct 27	\$186/7	170104
M	7:30pm-9:30pm	Nov 3-Dec 15	\$186/7	170105

NEW

4.0+ Singles Decision Making & Tactics

Join us for a practice and play program that focuses on decision making and tactics for singles play. A games-based approach will be used for practice.

For advanced players of a self-assessed 4.0+ skill rating (refer to Tennis Canada self-rating guide). As a pre-requisite, registrants should have a good understanding of the game, be able to rally 10 balls in a row from the baseline with topspin with both forehands and backhands, be able to serve with spin, and volley deep off of low balls. No sessions on statutory holidays.

Su	7pm-8:30pm	Sep 7-Oct 26	\$176/8	170124
Su	7pm-8:30pm	Nov 2-Dec 21	\$176/8	170125

TNT: TECHNIQUES & TACTICS | TENNIS

15 yrs+

For advanced players of a self-assessed 4.0+ skill rating\* - who are looking to advance their skills through drills developing technique and tactics in a game-based setting. As a pre-requisite, registrants should have a good understanding of the game, be able to rally 10 balls in a row from the baseline with topspin with both forehands and backhands, be able to serve with spin, and volley deep off of low balls. \*Refer to Tennis Canada self-rating guide.

Reservations open at 7:30am Friday for all sessions within the upcoming calendar week. \*\*Some exclusion weeks.

Panorama Recreation Centre Indoor Tennis Courts

Sa	9:30am-11:30am Weekly**	Sep -Dec	\$23 session
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WOMEN'S 3.0-3.5 DOUBLES STRATEGY

15 yrs+

If you are interested in developing the techniques, tactics and strategy behind winning doubles play, this program is for you! Sessions will include drills meant to emphasize the concepts of the day and match play for the opportunity to put skills into action.

For players of 3.0-3.5 skill level\* who self-identify as female. As a pre-requisite, at a minimum you are able to rally 10 balls in a row with both backhands and forehands when receiving high, wide or short balls. You can control the direction on your return. You are consistent with your forehand volley but backhand, wide or low volleys are a challenge. You have a full-service motion on both first and second serves. \*Refer to Tennis Canada self-rating guide.

Panorama Recreation Centre Indoor Tennis Court 4

F	2pm-4pm	Sep 5-Oct 31	\$239/9	169917
F	2pm-4pm	Nov 7-Dec 19	\$186/7	172324



LIVE BALL

15 yrs+

Live Ball is a doubles-style game in which pairs compete to gain and maintain control of the champion side. Each challenge starts with a coach feed, followed by fast-paced doubles action. Expect fitness, fun, action and camaraderie - all while also learning doubles strategy!

Panorama Recreation Centre Indoor Tennis Courts

Level 3.0

For players of a self-assessed 3.0 skill rating\*.

As a pre-requisite, you are able to rally 10 balls in a row with both backhands and forehands when receiving high, wide or short balls. You can control the direction on your return. You are consistent with your forehand volley but backhand, wide or low volleys are a challenge. You have a full-service motion on both first and second serves. \*Refer to Tennis Canada self-rating guide.

W	7:30am-9am	Sep 3-Oct 29	\$180/9	169914
W	7:30am-9am	Nov 5-Dec 17	\$140/7	170102

Level 3.0-3.5

For players of a self-assessed 3.0-3.5 skill rating\*.

As a pre-requisite, at a minimum, you are able to rally 10 balls in a row with both backhands and forehands when receiving high, wide or short balls. You can control the direction on your return. You are consistent with your forehand volley but backhand, wide or low volleys are a challenge. You have a full-service motion on both first and second serves. \*Refer to Tennis Canada self-rating guide.

Th	11am-12:30pm	Sep 4-Oct 30	\$180/9	170133
Th	11am-12:30pm	Nov 6-Dec 18	\$140/7	170134

Level 3.5

For players of a self-assessed 3.5 skill rating\*.

As a pre-requisite, you can move your opponent around and hit harder when receiving easier balls. You can return fast and well-placed serves defensively and can attack easier serves. You can control the direction of your volleys and can handle overheads that require moderate movement. You are able to vary the direction and speed of your serve. \*Refer to Tennis Canada self-rating guide.

M	6pm-7:30pm	Sep 8-Oct 27	\$140/7	170115
M	6pm-7:30pm	Nov 3-Dec 15	\$140/7	171393

WOMEN'S ONLY PLAY DAY

15 yrs+

If you are looking for the opportunity to practice your tennis skills in a fun, social setting, this is the place to be! Expect organized doubles play utilizing different formats. A coach will be present to line up matches, and offer occasional tactical and technical tips.

For players of 2.5-3.5 skill level (refer to Tennis Canada's self-rating guide) who self-identify as female.

Panorama Recreation Centre Indoor Tennis Court 4

Su	4:30pm-6:30pm	Sep 7-Sep 28	\$64/4	170228
Su	4:30pm-6:30pm	Oct 5-Oct 26	\$64/4	170230
Su	4:30pm-6:30pm	Nov 2-Nov 30	\$80/5	170229
Su	4:30pm-6:30pm	Dec 7-Dec 28	\$64/4	170231

FINANCIAL ASSISTANCE

A regional initiative supported by the Greater Victoria Active Communities committee, the LIFE Program is intended to reduce financial barriers to recreation. For more information visit us online at [panoramarecreation.ca](http://panoramarecreation.ca)



NEW

## MONTHLY MIXER - ORGANIZED SOCIAL MATCH PLAY

15 yrs+

Practice your match play skills in a fun, social setting! Expect organized play using a round robin format. Balls provided.

**Panorama Recreation Centre Indoor Tennis Courts**

### 3.0-3.5

Session intended for players of a self-assessed 3.0-3.5 skill level (refer to Tennis Canada self-rating guide). Sign up opens at 7am Friday for all sessions within the upcoming calendar week.

Sep 20, Oct 18, Nov 15, Dec 20

Sa      5pm-6:30pm      \$13/session

### 4.0+

Session intended for players of a self-assessed 4.0+ skill level (refer to Tennis Canada self-rating guide). Sign up opens at 7:30am Friday for all sessions within the upcoming calendar week.

Sep 20, Oct 18, Nov 15, Dec 20

Sa      6:30pm-8:30pm      \$17/session

## TENNIS TOURNAMENTS

15 yrs+

Unsanctioned and non-ranking events. Registration for each event closes one week prior to start of tournament. Matches will be scheduled Friday evening and through the day Saturday/Sunday. Players can expect a match schedule within the week leading up to the event. Competitive U15 juniors welcome with pre-approval. Please see the event listings online for more details!

**Panorama Recreation Centre Indoor Tennis Courts**

### Mixed Singles Triple Knockout

Join us for a Mixed Singles Triple Knockout Tennis Tournament. Each player guaranteed at least 3 matches!

F-Su	Sep 5-7	\$55*	170126
F-Su	Dec 5-7	\$55*	170154

**\*Save \$5 by registering online at least 14 days before event start.**

### Halloween Mixed Doubles Triple Knockout

Join us for a Halloween Mixed Doubles Triple Knockout Tennis Tournament. Each team guaranteed at least 3 matches!

F-Su	Oct 31-Nov 2	\$75/team*	170127
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**\*Save \$5 by registering online at least 14 days before event start.**



# FITNESS

## INTRO INTO WEIGHT TRAINING

16 yrs+

In this four part interactive series, you will learn the basics of fitness theory, become familiar with Panorama weight room equipment, and develop the skills needed to design a safe and effective workout routine. Participants should arrive wearing clean and comfortable athletic attire, and be prepared for a moderately paced workout each week. All levels welcome, and modifications will be offered as needed.

**Panorama Recreation Centre Lookout Room**

*Instructor: Jan Frampton*

Th	1pm-2pm	Sep 4-Sep 25	\$60/4	171242
Th	1pm-2pm	Oct 2-Oct 23	\$60/4	171245
Th	1pm-2pm	Nov 6-Nov 27	\$60/4	171255

## MOM AND BABE STRENGTH AND CORE

16 yrs+

This class is offered to new parents looking to build strength and develop essential core musculature all while keeping your little one close. The class is appropriate for kids up to 24 months. Mothers, fathers, or other caregivers are welcome to register.

**Panorama Recreation Centre Fitness Studio**

M	1:15pm-2pm	Sep 15-Oct 27	\$66/6	171290
M	1:15pm-2pm	Nov 3-Dec 8	\$66/6	171292

## BODY CAMP

15 yrs+

Experience fun, adaptable full-body workouts that are designed to build strength, improve cardiovascular endurance, and increase mobility. Each class is created using a variety of formats, including circuit-style routines, creative muscle-toning exercises, and TABATA-inspired cardio, ensuring participants stay motivated and challenged while improving their overall fitness levels.

**Central Saanich Cultural Center Room B**

*Instructor: Sherry LeBlanc*

Tu	5:30pm-630pm	Sep 9-Oct 28	\$105/7	171700
Tu	5:30pm-630pm	Nov 4-Dec 16	\$90/6	171703

Th	8pm-9am	Sept11-Oct 30	\$120/8	171704
Th	8pm-9am	Nov 6-Dec 18	\$105/7	171705

## FULL CIRCLE FITNESS

16 yrs+

Movement and mobility are medicine. This class will fulfill all of your fitness requirements. Combine the best of low impact cardio conditioning, functional strength training and mobility in one class. Live with more vitality and energy by improving stamina, strength and flexibility. This is a multi-levelled , joint friendly and fun class.

**Panorama Recreation Centre Fitness Studio**

*Instructor: Judy Brochez*

Tu	4pm-5:15pm	Sep 2-Sep 23	\$48/4	169975
Tu	4pm-5:15pm	Oct 7-Oct 28	\$48/4	169979
Tu	4pm-5:15pm	Nov 18-Dec 16	\$60/5	169981



BALANCE AND BALL

15 yrs+

This women-only fitness class is designed to improve stability, core strength, posture, and coordination using large exercise balls, weights, barre, and bodyweight resistance. Each session blends gentle cardio, focused balance drills, and functional strength movements to build confidence and core control. Designed for all levels, this class offers modifications to accommodate different skill levels. Barefoot participation is optional and encouraged to increase body awareness and improve ankle-foot mobility.

Central Saanich Cultural Center Room B

Instructor: Sherry LeBlanc

F	9am-10am	Sep 12–Oct 31	\$120/8	171706
F	9am-10am	Nov 7– Dec 19	\$105/7	171707

FASCIA IN MOTION

16 yrs+

The ultimate anti-ageing program! This program will include mobility training, training the long lines of fascia from fingertips to toes, and essential exercises to age well. When we consider posture, balance and movement patterns based on the characteristics of fascia, we can effectively link the brain, muscle and fascia into a smart body made to move.

Greenglade Community Centre Room 4

Instructor: Judy Brochez

Tu	10:45am-11:45am	Sep 2-Sep 23	\$48/4	170106
Tu	10:45am-11:45am	Oct 7-Oct 28	\$48/4	170107
Tu	10:45am-11:45am	Nov 18-Dec 16	\$60/5	170108
Th	10:30am-11:30am	Sep 4-Oct 2	\$60/5	170109
Th	10:30am-11:30am	Oct 9-Nov 13	\$60/5	170111
Th	10:30am-11:30am	Nov 20-Dec 18	\$60/5	170113

UPBEAT BARRE

15 yrs+

UpBeat Barre combines strength training, Pilates, cardio, and yoga into a high-energy fusion of fun. UPB rocks popular tunes for an intense and accessible muscular-endurance workout.

Instructor: Chelsea Stanley

Central Saanich Cultural Centre Room B

W	9am-10am	Sep 3-Sep 24	\$68/4	169627
W	9am-10am	Oct 22-Nov 12	\$68/4	169630
W	9am-10am	Nov 19-Dec 17	\$85/5	169632

UPBEAT LIFT

15 yrs+

UpBeat Lift combines pure strength SUPERSET with progressive overload endurance training, isolating muscle groups with heavy weights, then working to build endurance in drop-sets. Upbeat lift rocks popular tunes, choreographed for an intense and accessible muscular strength workout.

Central Saanich Cultural Centre Room B

Instructor: Chelsea Stanley

Sa	8am-9am	Sep 6-Sep 27	\$68/4	169649
Sa	8am-9am	Oct 4-Nov 8	\$102/6	169660
Sa	8am-9am	Nov 15-Dec 20	\$102/6	169668

Greenglade Community Centre Room 4

Su	9:15am-10:15am	Sep 7-Sep 28	\$68/4	169692
Su	9:15am-10:15am	Oct 19-Nov 16	\$85/5	169693
Su	9:15am-10:15am	Nov 23-Dec 21	\$85/5	169695

WE ARE  
HIRING  
JOIN OUR TEAM



View current opportunities at [panoramarecreation.ca](https://panoramarecreation.ca)

## 4 CORE

16 yrs+

Move beyond curl-ups and crunches. Evolve your core training with this innovative class. Experience an integrated approach to core strength , stability and mobility. This effective calorie burning class trains all of the core using movement strategies to build strength as well as improve posture, movement and function. This is a multi-levelled class.

### Panorama Recreation Centre Fitness Studio

*Instructor: Judy Brochez*

Th	4:15pm-5:15pm	Sep 4-Oct 2	\$60/5	169966
Th	4:15pm-5:15pm	Oct 9-Nov 13	\$60/5	169967
Th	4:15pm-5:15pm	Nov 20-Dec 18	\$60/5	169969

## PARTYFIT

14 yrs+

Partyfit is a high-intensity dance fitness class that combines easy-to-follow choreography with functional fitness moves such as squats, lunges, hip hinges, and pushups - all set to a constantly evolving playlist. With disco lights, great music, and a party-like atmosphere, you'll forget you're getting a serious workout. All fitness levels are welcome, with modifications always provided to suit individual needs.

### Greenglade Community Centre Room 4

F	5:30pm-6:30pm	Sep 5-Oct 3	\$75/5	169787
F	5:30pm-6:30pm	Oct 17-Nov 14	\$75/5	169788
F	5:30pm-6:30pm	Nov 21-Dec 19	\$75/5	169789

## POUND ROCKOUT WORKOUT

14 yrs+

A drumming inspired cardio jam session that incorporates cardio, strength, yoga, pilates and awesome music for a full body, fun workout! Good for all ages, fitness levels, shapes and sizes! Lightly weighted drumsticks (ripstix) will be provided.

### Central Saanich Cultural Centre Room B

*Instructor: Chelsea Stanley*

Sa	9:15am-10:15am	Sep 6-Sep 27	\$68/4	169688
Sa	9:15am-10:15am	Oct 4-Nov 8	\$102/6	169690
Sa	9:15am-10:15am	Nov 15-Dec 20	\$102/6	169691

## ESSENTRICS AGING BACKWARDS

18 yrs+

Essentrics is a revolutionary approach to healthy aging that gently strengthens the full body, improves mobility, flexibility and posture. The movements are non-jarring and help lubricate the joints and connective tissue. We use body awareness to help enhance coordination and daily life movements.

No experience necessary

### Greenglade Community Centre Room 4

*Instructor: Phyllis Musseau*

Th	11:45am-12:35pm	Sep 18-Oct 30	\$105/7	170095
Th	11:45am-12:35pm	Nov 6-Dec 18	\$105/7	170096

## PERSONAL TRAINING & ORIENTATION

We offer private and semi-private personal training sessions to customize your workout to reach your specific goals! Have a friend or partner interested in training with you? Semi-private packages offer 1 personal trainer paired with 2 patrons.

Visit us online for our Personal Training client application package and trainer bios.

	Private	Semi-Private*
1 session	\$66/person	\$41/person
3 sessions	\$180/person	\$103.50/person
6 sessions	\$330/person	\$200/person
12 sessions	\$620/person	\$360/person





# ESSENTRICS STRETCH AND TONE

18 yrs+

A full body workout suitable for all fitness levels, that simultaneously combines stretching and strengthening while engaging all muscle groups, freeing your joints and increasing mobility. By developing strong, lean and flexible muscles, the technique helps improve your posture and stamina. Dynamic and easy to follow - this full body technique works through your muscle chains in order to liberate, empower and relieve them from tension in the process making you feel more energetic. If you are new to Essentrics it is recommended to try the Essentrics Gentle Stretch class, which is a much slower paced class to learn the techniques.

Please note when registering, approximately 80% of the class is standing and 20% is on the floor.

**Greenglade Community Centre Room 4**

*Instructor: Cathy Roberts*

M	9:15am-10:15am	Sep 8-Oct 27	\$84/7	171374
M	9:15am-10:15am	Nov 3-Dec 15	\$84/7	171376

# FASCIA, MOVEMENT AND MOBILITY

16 yrs+

When you build a body that works, you can say “yes” to more things. Explore a regenerative class that allows you to discover your flexibility and mobility potential. By improving the range of motion of your joints and designing mobility strategies following the lines of fascia, we can effectively link the brain, muscle and fascia to improve your mobility, function and performance.

**Greenglade Community Centre Room 5**

*Instructor: Judy Brochez*

M	10:45am-11:45am	Sep 15-Oct 6	\$48/4	170121
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# ZUMBA

16 - 75 yrs

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**Panorama Recreation Centre Fitness Studio**

*Instructor: Sandra Perez De Lamplugh*

Tu	6:30pm-7:30pm	Sep 2-Oct 28	\$96/8	171355
Tu	6:30pm-7:30pm	Nov 4-Dec 23	\$84/7	171358
W	10:40am-11:40am	Sep 3-Oct 29	\$108/9	171356
W	10:40am-11:40am	Nov 5-Dec 17	\$84/7	171363
F	10:40am-11:40am	Sep 5-Oct 31	\$108/9	171357
F	10:40am-11:40am	Nov 7-Dec 19	\$84/7	171361

# ZUMBA TONING

16 - 75 yrs

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**Panorama Recreation Centre Fitness Studio**

*Instructor: Sandra Perez De Lamplugh*

M	10:40am-11:40am	Sep 8-Oct 27	\$84/7	171354
M	10:40am-11:40am	Nov 3-Dec 22	\$96/8	171359

# MIND AND BODY

## DOWNDAWG YOGA

14 yrs+

DownDAWG Yoga is a ground breaking fusion of classic yoga practice and hip hop music. This class offers the chance to get into your favorite yoga flow sequences while rocking to electric beats all class long. No experience necessary, the music melds in with the moves, and the moves are in tune with your breath, for the ultimate, fun and funky workout.

Greenglade Community Centre Room 4

Instructor: Kirsten Dibblee

M	5:45pm-6:45pm	Sep 8-Oct 6	\$52/4	169700
M	5:45pm-6:45pm	Oct 20-Dec 15	\$117/9	169701

## SLOW FLOW YOGA

14 yrs+

Sequences in this class are designed to strengthen and stabilize muscles that are prone to injury while stretching those areas of the body that are typically tight. Postures in this class will also focus on balance, coordination, and core stability. This class is suitable for anyone looking to improve their flexibility and strength while becoming better physically and mentally prepared for all levels and types of athletics or anyone looking to improve their health and wellness through a yoga practice.

Greenglade Community Centre Room 4

Instructor: Kirsten Dibblee

M	7pm-8pm	Sep 8-Oct 6	\$52/4	169702
M	7pm-8pm	Oct 20-Dec 15	\$117/9	169704

## THERAPEUTIC YOGA FOR BACK CARE

16 yrs+

We will explore therapeutic based movements to release and strengthen the musculature that supports the spine and develop core awareness. Using gentle Yoga movements and other techniques this class will help release tension and stiffness while providing more mobility and balance. Movements will be explored on the floor and standing so this class does require that the individual can get down and up off the floor. A chair can be used to provide support to get down to floor.

Greenglade Community Centre Room 4

Instructor: Phyllis Musseau

Tu	3pm-3:45pm	Sep 9-Oct 21	\$75/5	171258
Tu	3pm-3:45pm	Nov 4-Dec 16	\$90/6	171260

## CHAIR YOGA

15 yrs+

This class is for anyone looking to reap the benefits of yoga in a safe, supported, and non-threatening environment, regardless of age, body type, or level of mobility. Chairs will be used to provide support as participants build up the strength, flexibility, and mobility to perform traditional yoga postures.

Central Saanich Cultural Centre Room B

Instructor: Angela Kerr

W	11am-11:45am	Sep 10-Oct 29	\$96/8	171239
W	11am-11:45am	Nov 5-Dec 17	\$84/7	171240



# STRETCH & STRENGTH YOGA

14 yrs+

Cultivate and increase flexibility, strength, playful mobility, balance and breath awareness. You will be led through a sequence of yoga positions focusing on opening up the hips, quads, and hamstrings. Stretches will also focus on the neck, shoulders and chest, as well as strengthening the arms and lower back. To promote muscle toning, light weights will be used on occasion. Enjoy a calming initial and final deep relaxation portion. Wear comfortable clothing and bring water. All levels welcome to join.

Greenglade Community Centre Room 4

Instructor: Audrey Macdougall

W	5:15pm-6:15pm	Sep 24-Oct 29	\$78/6	169779
W	5:15pm-6:15pm	Nov 5-Dec 17	\$91/7	169780
F	4:15pm-5:15pm	Sep 26-Oct 31	\$78/6	169782
F	4:15pm-5:15pm	Nov 7-Dec 19	\$91/7	169783

# YOGA TONE

15 yrs+

This unique all-in-one fitness class is designed to tone your body and calm your mind. Participants will learn a progressive series of yoga postures blended with Pilates principles. There will be an option to add light weights and small balls to enhance the workout.

Central Saanich Cultural Center Room B

Instructor: Sherry LeBlanc

M	5:30pm-6:30pm	Sep 8-Oct 27	\$105/7	171693
M	5:30pm-6:30pm	Nov 3-Dec 15	\$105/7	171692
M	6:45pm-7:45pm	Sep 8-Oct 27	\$105/7	171696
M	6:45pm- 7:45pm	Nov 3 Dec 15	\$105/7	171697
W	5:30pm-6:30pm	Sep 10-Oct 29	\$120/8	171698
W	5:30pm-6:30pm	Nov 5-Dec 17	\$105/7	171699

# CANDLELIGHT YOGA

14 yrs+

This class draws on multiple body movement practices such as Hatha, Yin, Gentle Somatic (releasing contracted soft tissue), Tensegrity (balancing tension and compression), Restorative and Nidra (deep relaxation), with the intention to gently open the energetic and physical body, build ROM, flexibility and strength, while calming the central nervous system, all in service to inspiring a relaxed and soothing yogic experience.

Greenglade Community Centre Room 4

Instructor: Linda Shore

Tu	6:45pm-8pm	Oct 7-Nov 4	\$70/5	169696
Tu	6:45pm-8pm	Nov 18-Dec 16	\$70/5	169698

# PILATES

16 yrs+

Greenglade Community Centre

Instructor: Phyllis Musseau

If you are looking for a great workout focusing on core strength you will enjoy this rigorous and fun session. The class will be faster paced and is suitable for those who have some Pilates experience.

Tu	5:15pm-6:15pm	Sep 9-Oct 21	\$75/5	170100
Tu	5:15pm-6:15pm	Nov 4-Dec 16	\$90/6	170101

# Gentle Pilates

This class is slower paced and suitable for beginners and those with minimal Pilates experience. We will focus on engaging and strengthening the core muscles to improve fitness and prevent injuries. This class will work on your awareness of posture and movement to gain flow and grace in everyday movements.

Tu	4pm-5pm	Sep 9-Oct 21	\$75/5	170097
Tu	4pm-5pm	Nov 4-Dec 16	\$90/6	170098

# TAI CHI

18 yrs+

*Instructor: Wendy Riggs*

## Beginners Part 1

Learn the 108-move Tai Chi style developed by Master Moy Lin-Shin. Experience the many health benefits that come with this complete body exercise. Relaxation, improved balance , joint movement, increased stamina are just a few of the benefits from Tai Chi practice. Non-contact , non-competitive.

**Greenglade Community Centre Room 6**

M,Th    6:15pm-7:15pm    Sep 8-Oct 23    \$104/13    169772

## Continuing

This course is designed for those who have completed the Beginners Tai Chi and are transitioning from Beginners to the full health benefits of on-going continuing Tai Chi practice. The classes are enriching and will add to your Tai Chi abilities and experience by building on the foundations learned as a Beginner. Non-contact & non-competitive form of Tai Chi practice.

**Greenglade Community Centre Room 4**

W        6:30pm-8pm        Sep 10-Dec 10    \$112/14    169775

**North Saanich Middle School Multipurpose Room**

Sa        9:30am-11am        Sep 13-Dec 13    \$112/14    169776

# Beginners Part 2

Learn the 108-move Tai Chi style developed by Master Moy Lin-Shin. Experience the many health benefits that come with this complete body exercise. Relaxation, improved balance, joint movement and increased stamina are just a few of the benefits from Tai Chi practice. Non-contact , not competitive. Must have completed Tai Chi Part 1 or have prior Tai Chi experience.

**Greenglade Community Centre Room 6**

M,Th    6:15pm-7:15pm    Oct 27-Dec 8    \$104/13    169773

# NIA DANCE / TECHNIQUE

16 yrs+

Dance has been proven to help cognitive function, as well as, condition the bodies heart, lungs, bones and muscles while just having fun moving to music. Nia is choreographed and Free dance combined with Martial Arts and Healing. Nia improves circulation and helps maintain a healthy weight. Nia is great for any age, fitness level, or body type. Fun, exciting fitness challenge for those who want it, and gentle for those who want that. Learn balance, strength, coordination, agility and just feel good.

**Greenglade Community Centre Room 5**

*Instructor: Candice Francis*

M        5:15pm-6:15pm        Sep 15-Oct 27    \$90/6    169988

M        5:15pm-6:15pm        Nov 3-Dec 8    \$90/6    169992



# REHABILITATION

## OSTEOFIT

40 yrs+

Exercise is a proven effective treatment option for people with osteopenia and osteoporosis. Reduce your risk of falls and fractures with this fall prevention program. Improve your balance, posture, mobility and reduce pain by strengthening and stretching specific muscle groups. Weight bearing and strengthening exercise can increase bone health at any age.

### Greenglade Community Centre Room 4

*Instructor : Lynn Hood and Rachel Schmidt*

Tu	8am-9am	Sep 2-Sep 23	\$42/4	170198
Tu	8am-9am	Oct 7-Oct 28	\$42/4	170200
Tu	8am-9am	Nov 4-Dec 16	\$63/6	170202
Th	8am-9am	Sep 4-Sep 25	\$42/4	170203
Th	8am-9am	Oct 2-Oct 30	\$53/5	170204
Th	8am-9am	Nov 6-Dec 18	\$74/7	170205

*Instructor : Cathy Roberts*

M,W	10:30am-11:30am	Sep 8-Oct 1	\$84/8	170166
M,W	10:30am-11:30am	Oct 6-Oct 29	\$74/7	170167
M,W	10:30am-11:30am	Nov 3-Nov 26	\$84/8	170183
M,W	10:30am-11:30am	Dec 1-Dec 17	\$63/6	170186
W	9:15am-10:15am	Sep 10-Oct 29	\$84/8	170196
W	9:15am-10:15am	Nov 5-Dec 17	\$74/7	170197

*Instructor : Judy Brochez*

F	10:30am-11:30am	Sep 5-Sep 26	\$42/4	170163
F	10:30am-11:30am	Oct 3-Oct 31	\$53/5	170164
F	10:30am-11:30am	Nov 7-Dec 19	\$74/7	170165

## CHAIR AND BALANCE

50 yrs+

This program offers group exercise designed for people with arthritis, osteoporosis, joint replacement, and other chronic conditions who want to get moving and feel better. You'll love the supportive group atmosphere of this program. Must be able to get in and out of a chair without assistance. 30 percent of exercises in class will be standing.

### Panorama Recreation Centre Fitness Studio

*Instructor : Lynn Hood and Rachel Schmidt*

Tu,Th	10:15am-11:15am	Sep 2-Sep 25	\$84/8	169706
Tu,Th	10:15am-11:15am	Oct 2-Oct 30	\$95/9	169710
Tu,Th	10:15am-11:15am	Nov 4-Nov 27	\$74/7	169713
Tu,Th	10:15am-11:15am	Dec 2-Dec 18	\$63/6	169716

## BETTER BALANCE

50 yrs+

This class combines low impact cardio, strength training, standing core and balance work. Participants will use a combination of small free weights, bands, body bars and gliders in various ways to challenge their balance and coordination. Please note when registering, 90% of the class consists of standing exercises.

### Panorama Recreation Centre Fitness Studio

*Instructor: Barry Davis and Rachel Schmidt*

Tu,Th	11:30am-12:30pm	Sep 2-Sep 25	\$84/8	169709
Tu,Th	11:30am-12:30pm	Oct 2-Oct 30	\$95/9	169707
Tu,Th	11:30am-12:30pm	Nov 4-Nov 27	\$74/7	169714
Tu,Th	11:30am-12:30pm	Dec 2-Dec 18	\$63/6	169718

Tu,Th	12:45pm-1:45pm	Sep 2-Sep 25	\$84/8	169708
Tu,Th	12:45pm-1:45pm	Oct 2-Oct 30	\$95/9	169711
Tu,Th	12:45pm-1:45pm	Nov 4-Nov 27	\$74/7	169715
Tu,Th	12:45pm-1:45pm	Dec 2-Dec 18	\$63/6	169719



# REGISTRATION & PROGRAM INFORMATION

## COMMITMENT TO SATISFACTION

Panorama Recreation is committed to satisfying you with our programs, activities, and facilities. If you are not completely satisfied with our service delivery, please let us know by contacting our staff, completing a comment card, or emailing [info@panoramarec.bc.ca](mailto:info@panoramarec.bc.ca). We will do the following:

1. Attempt to rectify your concerns.
2. Transfer your registration to another program or session.
3. If the above steps do not meet your satisfaction, we will review the circumstances and consider issuing a partial/full refund subject to administrative fees.

## PROGRAM FEEDBACK

Following course completion, you may be asked to complete a program feedback form in person or online. Your feedback informs our programming decisions and helps us provide quality programs.

## HOLIDAYS/LONG WEEKENDS

Most programs are not scheduled to run on statutory holidays. Please check your program registration receipt to confirm.

## WAITLISTS

Waitlists are monitored on a continuous basis and efforts are made to accommodate wherever possible. When a space becomes available it will be filled in order from the time the waitlist was joined. A waitlist offer must be accepted within 2 days (48 hours) before being offered to the next client. Staff reserve the right to reduce the acceptance time for activities beginning in 3 days (72 hours) or less. Waitlist policies for Preschool and Out of School Care are outlined in the program's parent handbook.

## OOPS!

Despite the best efforts of staff, errors to published information may occur and schedules may change at short notice. In the event of an error or schedule change, the information provided by our customer service representatives will be deemed accurate. We apologize for any inconvenience.

## INFANT AND TODDLER POOL PROGRAMS

Panorama Recreation sells infant and toddler swim diapers in an endeavor to prevent contamination of pool bodies. It is highly recommended that all infants and toddlers under the age of 3 wear a swim diaper or "pool pants".

## CANCELLATION OF PROGRAMS & ACTIVITIES

Programs may be combined or cancelled due to insufficient registration. Please register early to avoid disappointment. Full credit/refund is issued when Panorama Recreation cancels an activity or when a schedule conflict arises due to course changes. In the event of an unforeseen cancellation, a pro-rated credit will be issued.

**Fees will not be reimbursed for absences, including those due to seasonal illness or inclement weather, providing the facility and service remains available to the public.** Pro-rated credits may be issued for medical reasons or relocation at the discretion of the program coordinator, with documentation provided. Sufficient notice is required to receive a credit or refund. For full program registration, cancellation, & payment policies, visit [panoramarecreation.ca](http://panoramarecreation.ca)

Activity	Required Notice of Cancellation
Reserved drop in (pickleball, fitness, kindergym, toys & tumblers, single-use court bookings, etc.), Personal Training, Custom Private Lessons (Tennis, Swim, Skate)	1 day (24 hours)
Courses, including group and standard private lessons	3 days (72 hours)
Camps & Pro-D Days	7 days
Birthday Parties	14 days

# 1 2 3 WAYS TO REGISTER



## Why Register Online?



### Convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



### Easy

Three simple steps, and you'll be enrolled in the program of your choice.



### Saves Time

In less than five minutes, you can setup your account and enroll for your program



### Environment

You don't have to burn gas to drive over and register in person, and it saves paper.

## 1 ONLINE

**panoramarecreation.ca**

This 24 hour secure site allows you to register for programs immediately. Login or create an account online. Forgot your password? You can retrieve it online too!



## 2 IN PERSON

Visit our reception staff at either Panorama Recreation Centre or Greenglade Community Centre.

## 3 PHONE

**250.656.7271**

Please have the following information ready:

- Course name & code.
- Registrant's name, age, address, phone # & e-mail. Parent's name required to register child.
- VISA, MC or AE number, expiry date & name on card.

## REGISTRATION DATES

Fall General Programs	Fall Swim & Skate Lessons	
Tuesday, Jul 22 @ 6:30am (Visible online Jul 15)	Set 1	Set 2
	Tuesday, Aug 26 @ 6:30am (Visible online Aug 19)	Tuesday, Oct 21 @ 6:30am (Visible online Oct 14)

**SEE PREVIOUS PAGE FOR MORE PROGRAM & REGISTRATION INFORMATION.**

## FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY

Personal information is collected under the authority of the Local Government Act and is subject to the Freedom of Information and Protection of Privacy Act. The personal information will be used for purposes associated with the program. Enquiries about the collection or use of information in this form can be directed to the Freedom of Information and Protection of Privacy contact: Manager, Information Services at 250-360-3000.

# ACTIVITY SCHEDULES - GO ONLINE



## OUR FACILITIES

We operate two main facilities, Panorama Recreation Centre and Greenglade Community Centre, and utilize additional spaces throughout the community to accommodate a variety of seasonal programming.

### PANORAMA RECREATION CENTRE

#### AQUATICS

Drop in to an aquatic fitness class, lap, leisure, water walk, or everyone welcome! View schedules online.

#### FITNESS

Offering a variety of fitness classes including Bootcamp, Yoga, TRX, Spin, Movin' On Up, and more. Reservations available with drop in access if space permits. Reserve online.

#### WEIGHT ROOM

The weight room has a selection of strength training, cardiovascular equipment and a variety of stability balls, BOSU, medicine balls, balance boards, tubing, TRXs and more. View schedules online. Open to those 15 yrs+ or 13 yrs+ with the completion of the regional youth weight room orientation program.

#### ARENA

Drop into one of our many offerings for skating and hockey, including Everyone Welcome, Adult Skate, Teen Skate, Stick & Pucks, Parent & Child Hockey, and Shiny Hockey. View schedules online. Skate Rentals and helmets are available.

#### COURT BOOKINGS

Indoor and outdoor tennis, squash, racquetball, wallyball and table tennis courts are available. See p. 6 for details.

#### JUMPSTART MULTI SPORT COURT

The court is designed for a variety of sports and allows accessible programming for all ages. View the court schedules online for free public drop in times.



### GREENGLADE COMMUNITY CENTRE

#### FITNESS

Offering a variety of fitness classes including Yoga, Movin' On Up, and more. Reservations available with drop in access if space permits. Reserve online. 12 yrs+

#### WEIGHT ROOM

The weight room has a selection of strength training, stability and cardiovascular equipment. View schedules online. Open to those 15 yrs+ or 13 yrs+ with the completion of the orientation program.

#### POTTERY

Block book the same day and time each week or reserve your spot online up to 1 week in advance. Must have 16 hrs+ pottery experience and an orientation or completed a pottery class through Panorama. Reservations required online.

#### PICKLEBALL

Reservable sessions for players of beginner to advanced skill levels. Check the Activity Schedules > Sports on our website for details and the latest schedule.

### CENTENNIAL PARK

#### MULTI SPORT BOX

The box is designed to host a range of sports, including lacrosse, pickleball, ball hockey and more.

#### FIELDHOUSE AND PICNIC SHELTER BOOKINGS

Online bookings are available for the fieldhouse and picnic shelters.

**For our current schedules, visit us online at [panoramarecreation.ca](https://panoramarecreation.ca)**