Panorama RECREATION

FALL 2026



REGISTRATION OPENS 6:30AM

General Programs — AUG 6

Swim Lessons — Set 1: AUG 27 — Set 2: OCT 22

CRD
Making a difference...together

Panorama RECREATION
Live well. Have fun.

panoramarecreation.ca /panoramarecreation @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

Make a splash with Aquafit! Improve fitness, mobility, and wellbeing in our welcoming classes, offered daily Monday through Friday with your Active Pass or drop-in admission. Class schedule available online.

FALL 2026 REGISTRATION DATES

General Programs	Swim & Skate Lessons	
Thursday, Aug 6 @ 6:30am (Visible online Jul 30)	Set 1 (Sep 8-Oct 29) Thursday, Aug 27 @ 6:30am (Visible online Aug 20)	Set 2 (Oct 30-Dec 18) Thursday, Oct 22 @ 6:30am (Visible online Oct 15)

For more registration information including Fall registration dates, see p. 64 & 65.

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LET'S CONNECT

panoramarecreation

panoramarec

CONTACT US

info@panoramarec.bc.ca

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 Centennial Park Fieldhouse and Sport Box, Central Saanich Cultural Centre and North Saanich Middle School.

Visit us online at panoramarecreation.ca for current facility hours.

We believe everyone should have the opportunity to participate in recreation. We are committed to providing supports and services that reduce barriers and encourage involvement.

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



- Sport Box
- Fieldhouse
- Picnic Shelters

For information on playing fields, ball diamonds, playground, splash pad and trails, please visit centralsaanich.ca

See p. 66 or visit us online at panoramarecreation.ca for facility rentals & bookings.

TERRITORIAL ACKNOWLEDGMENT

The CRD conducts its business within the traditional territories of many First Nations, including but not limited to BOḴEĆEN (Pauquachin), MÁLEXEŁ (Malahat), P'a:chi:da?aht (Pacheedaht), Pune'laxutth' (Penelekut), Sc'ianew (Beecher Bay), Songhees, SȾÁUTW (Tsawout), T'Sou-ke, W̱JOŁEŁP (Tsartlip), W̱SIKEM (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

SINGLE ADMISSION

Under 6 Years	FREE
6 - 18 Years	$4.25
Student 19 yrs+ with valid ID	$6.25
19 - 59 Years	$8
60 Years+	$6.25
Family (2 adults & up to 3 youth (max 18 years) or 1 adult & up to 4 youth (max 18 years)	$16

ACTIVE PASSES

Pick up an Active Pass and get access to swim, skate, fitness, weight room and sport drop ins.
Some restrictions apply. All rates include GST.
For all pass details, visit panoramarecreation.ca

PER-VISIT PASSES	6 - 18 Years	19 - 59 Years	60 Years+
10 Visits	$38.25	$72	$56.25
25 Visits	$90.30	$170	$132.80
50 Visits	$170	$320	$250

Active Passes can be purchased & renewed online at panorama recreation.ca

MONTHLY PASSES	ONE MONTH PASS	CONTINUOUS PASS (Cost per month)	ANNUAL PASS (Paid in full)
Adult (19 yrs+)	$68.25	$68.25 (1st month) $38.15	$456
Family - One Adult*	$78.75	$78.75 (1st month) $48.75	$585.25
Family - Two Adults**	$141.30	$141.30 (1st month) $76.70	$912
Youth (18 years & Under)	n/a	n/a	$129.25

**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.*

	PER-MONTH COST	PAID IN FULL
Regional Annual Pass	$50	$600

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

LIFE
Leisure Involvement For Everyone

DROP-IN ACTIVITIES

Scan the QR code or visit us online at panoramarecreation.ca to view current scheudles.

MOVE, PLAY, CONNECT AND EXPLORE!

Panorama Recreation offers a variety of drop-in activities for all ages and abilities. Whether you're looking to swim laps, join a fitness class, hit the gym, skate with friends, play a sport, or enjoy creative and social programs, our drop-in options make it easy to stay active and engaged without registering for a full program.

Choose from a range of activities, including:



- **AQUATICS** – public swims, lap swimming, and aquatic fitness opportunities.
- **FITNESS** – energizing group fitness classes for all abilities.
- **WEIGHT ROOM** – access to cardio and strength-training equipment.
- **SKATING & HOCKEY** – public skating, shinny hockey, and family ice time.
- **SPORTS** – recreational sport opportunities for youth and adults.
- **KINDERGYM & TOYS & TUMBLES** – active play experiences for young children.
- **TEEN LOUNGE** – a welcoming space for youth to connect and unwind.

Did you know?
Discounted admission rates are available for select sessions, including $2 Swims, $2 Skates, and weekend skate specials with rentals included. Ask reception for details.

Accessibility & Inclusion

We believe that everyone should have opportunity to participate in recreation activities and, with that, are committed to providing supports and services for community members that work to minimize barriers and encourage participation.

Panorama Recreation spaces are a place 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.

SPECIAL EVENTS

SEPTEMBER

11-13

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

Each player guaranteed at least three matches in this unsanctioned, non-ranking tournament. Register early to save with our early bird rate. See p. 54 for details.

18-19

Friday - Saturday
SQUASH CUP
SOCIAL TOURNAMENT
Panorama Recreation Centre

A lively team-based round robin event. Enjoy fast-paced matches, fun bonus point targets, balanced teams and great community vibes! Register early to save with our early bird rate. See p. 51 for details.

22

Tuesday, 9:30 - 11am
HELLO FALL
@ KINDERGYM
Greenglade Community Centre

Join us for a special fall-themed Kindergym filled with all your favourite free-play activities, including ride-on toys, a mini bouncy castle, tumbling mats, slides, music, and more! We'll also have seasonal crafts and fun fall-themed activities to celebrate the season. Parent participation required. See p 19 for more details.

25

Friday
PRO-D DAY $2
SWIM 1-3:45pm
SKATE 12:30-2pm
Panorama Recreation Centre

Everyone is welcome to make a splash with music, the waterslide, diving board, and climbing wall, or lace up your skates for some cool ice-time fun. Glide, spin, and skate with friends and family during a day packed with recreation and laughter!



SPECIAL EVENTS

OCTOBER



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

Join us for a fun-filled Karaoke Night at Teen Lounge! Sing your favourite songs, cheer on your friends, and enjoy an evening of music, laughter, and entertainment. Whether you're ready to take centre stage or prefer to listen along, everyone is welcome. Afterwards take the shuttle up to Panorama for a swim, skate or weight room*. Must arrive before 7PM to attend. *Must be 15 yrs+ (13 yrs+ may attend if you have taken the Weight Room Orientation Course). See p. 31 to learn more.



Friday
PRO-D DAY $2
SWIM 1-3:45pm
SKATE 12:30-2pm
Panorama Recreation Centre

Everyone is welcome to make a splash with music, the waterslide, diving board, and climbing wall, then lace up your skates for some cool ice-time fun. Glide, spin, and skate with friends and family during a day packed with recreation, laughter, and adventure!



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. Reserve online or drop in if space available. Parent participation required. See p. 19 for more details.



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

Each team guaranteed at least three matches in this unsanctioned, non-ranking tournament. Individual and team sign up options available. Register early to save with our early bird rate. See p. 54 for details.

SPECIAL EVENTS



NOVEMBER

13

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. Afterwards take the shuttle up to Panorama for a swim, skate or weight room*. Must arrive before 7PM to attend. *Must be 15 yrs+ (13 yrs+ may attend if you have taken the Weight Room Orientation Course). See p. 31 to learn more.

19

Thursday, 9:30 - 11am
DINO SAFARI
@ KINDERGYM
Greenglade Community Centre

Join us for a prehistoric adventure at Kindergym! Enjoy all your favourite free-play activities, including ride-on toys, a mini bouncy castle, tumbling mats, slides, music, and more. Little explorers can also take part in dinosaur-themed crafts and activities as we stomp, roar, and discover the world of dinosaurs together. Parent participation required. See p. 19 for more details.

20-21

Friday - Saturday
SQUASH CUP
SOCIAL TOURNAMENT
Panorama Recreation Centre

A lively team-based round robin event. Enjoy fast-paced matches, fun bonus point targets, balanced teams and great community vibes! Register early to save with our early bird rate. See p. 51 for details

27

Friday
PRO-D DAY $2
SWIM 1-3:45pm
SKATE 12:30-2pm
Panorama Recreation Centre

Everyone is welcome to make a splash with music, the waterslide, diving board, and climbing wall, then lace up your skates for some cool ice-time fun. Glide, spin, and skate with friends and family during a day packed with recreation, laughter, and adventure!

SPECIAL EVENTS



DECEMBER

1-31

GINGERBREAD HOUSE CHALLENGE
Panorama Recreation Centre

Pick up a gingerbread house kit at Panorama or Greenglade starting November 16 and decorate it with family, friends, teammates, or co-workers.
Return your creation to Panorama by December 1 for display until December 31. The public will vote for their favourites, with prizes awarded to the winners.
All proceeds support CFAX Santa's Anonymous.

11

Friday, 6 - 8pm
FREE PIZZA PARTY
@ TEEN LOUNGE
Greenglade Community Centre

Join us for a pizza-themed evening at Teen Lounge! Hang out with friends, enjoy fun activities and games, and celebrate with a slice of pizza while supplies last.
See p. 31 to learn more.

17

Thursday, 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. See p. 19 for details.

18-20

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

Each player guaranteed at least three matches in this unsanctioned, non-ranking tournament. Register early to save with our early bird rate. See p. 54 for more details.

SPECIAL EVENTS

DECEMBER

17-30

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.

19

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

Holiday fun for the whole family...on ice! Including candy canes, glitter tattoos, and special visits from Slider and Santa. Skate rentals and helmet borrowing available. Skating aids available upon request.



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.



	Rate	September	October - December
Do It Yourself Parties	Daytime $190 Evenings $150	Sunday 12-3pm Saturday 6-8pm	Sunday 1-4pm Saturday 6-8pm
Hosted Parties	Daytime $210	Saturday 1-4pm Sunday 1-4pm	Saturday 1-4pm Sunday 1-4pm

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.

GYM PARTIES

1 yrs+

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 includes: kindergym toys, sports equipment, tumbling mats, and a mini bouncy castle! Gym parties are now double hosted and include face painting at every party.

$260

Greenglade Community Centre Gymnasium & Room 8/9

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

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. (Decorations only permitted on bulletin boards or designated areas)
- Fridge/freezer available.

SKATING PARTIES



All Ages

Celebrate your next birthday on ice! Each DIY Skating Party includes admission and skate rentals for up to 15 children and 5 adults during an Everyone Welcome Skate, along with three hours of private party room access - perfect for cake, snacks and gifts.

15 children or less. **$150**
Includes 3 hour room rental.

SATURDAYS 11:45am-2:45pm (Skate 12-1:15pm)
Available September-March, during ice skating season.



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!

SWIM LESSON PREREQUISITES

Swim level prerequisites now in effect on Preschool and Swimmer public lessons.

Eg. Participants must pass Swimmer 1 before registering in Swimmer 2.

Sep 8-Oct 29 lessons
Registration opens Aug 27, 6:30am
(Online viewing Aug 20)

Oct 30-Dec 18 lessons
Registration opens Oct 22, 6:30am
(Online viewing Oct 15)

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.

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.

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 Freestyle.

Registration is permitted past course start date with a prorated fee.

M	8pm-9pm	Sep 14-Dec 14	$156/13	198837



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

Available September-March, during ice skating season.

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.

SKATE LESSON REGISTRATION

Sep 11-Oct 24 lessons
Registration opens Aug 27, 6:30am
(Online viewing Aug 20)

Oct 30-Dec 12 lessons
Registration opens Oct 22, 6:30am
(Online viewing Oct 15)

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.

Intermediate

Intended for adults with moderate skating experience, participants must know how to stop and skate the 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.

PRIVATE & SEMI-PRIVATE SKATE LESSONS

All ages

Get one-on-one support learning or advancing your ice skating skills with private lessons! Lessons sets are available during our set skating lesson blocks. 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.

MINI CANUCKS

Starting OUT

3 - 6 yrs

For the beginner hockey player who has successfully completed Preschool 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.

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.

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.

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.



CAMPS

PRO-D DAY CAMP

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

Greenglade Community Centre

5 - 7 yrs

F	8:30am-4:30pm	Sep 25	$48	199263
F	8:30am-4:30pm	Oct 23	$48	199265
F	8:30am-4:30pm	Nov 27	$48	199267

8 - 11 yrs

F	8:30am-4:30pm	Sep 25	$48	199264
F	8:30am-4:30pm	Oct 23	$48	199266
F	8:30am-4:30pm	Nov 27	$48	199268

POTTERY PRO D DAY CAMP

A fun half-day of crafting and sculpting with clay! Participants will get to 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.

6 - 12 yrs

Greenglade Community Centre Pottery Studio

Instructor: Heather Verdin

6 - 9 yrs

F	9am-12pm	Sep 25	$40	197846
F	9am-12pm	Oct 23	$40	197852
F	9am-12pm	Nov 27	$40	197854

9 - 12 yrs

F	1pm-4pm	Sep 25	$40	197847
F	1pm-4pm	Oct 23	$40	197850
F	1pm-4pm	Nov 27	$40	197851

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! Come along to get into the holiday spirit! December 24th will be a short day, ending at 2:30PM!

5 - 7 yrs

Location: Greenglade Community Centre

M-Th	8:30am-4:30pm	Dec 21-Dec 24	$176/4	199269
M-Th	8:30am-4:30pm	Dec 28-Dec 31	$176/4	199273

8 - 11 yrs

M-Th	8:30am-4:30pm	Dec 21-Dec 24	$176/4	199270
M-Th	8:30am-4:30pm	Dec 28-Dec 31	$176/4	199274

LEGO ROBOTICS (WEDO 2.0) AND SCIENCE

6 - 9 yrs

Join our LITTLUNIVERSE for LEGO, programming and science! Teammates will dive into engineering using LEGO's WeDO 2.0 Sets/Software! End of week do a GIANT Minecraft build! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp T-shirt! & MORE!

Location: Greenglade Community Centre Room 6

Instructor: Littluniverse

MINECRAFT ED!

M-Th	9am-4pm	Dec 21-Dec 24	$315/4	199313

BATTLEBOTS ED!

M-Th	9am-4pm	Dec 28-Dec 31	$315/4	199314

EARLY YEARS

GENERAL INTEREST

NEW & IMPROVED

KINDERGYM

1 - 5 yrs

Every visit is a new adventure at Kindergym! Children and caregivers can enjoy active free-play with ride-on toys, tumbling equipment, music, our popular inflatable bouncy castle, and rotating feature stations throughout the season. With special themed activity days and new equipment to discover, there's always a reason to come back and play. End the visit with a story or parachute game and a sticker.

Reserve your spot online, or drop-in if space available. Guardian participation required. Maximum 35 children per session.

Greenglade Community Centre Gymnasium

Tu	9:30am-11am	Sep 08-Dec 29	$4.50 Drop-in
Th	9:30am-11am	Sep 10-Dec 31	$4.50 Drop-in

NEW & IMPROVED

TOYS & TUMBLES

2 - 5 yrs

A weekend favourite with extra excitement built in. Toys & Tumbles features a giant inflatable, obstacle courses, ride-on toys, tumbling equipment, slides, and rotating challenge activities designed to keep active preschoolers moving, exploring, and having fun. Must be at least 3ft tall to use the inflatable course.

Su	9:30am-11am	Sep 6-Dec 27	$5 Drop-in

NATURE, ART & PLAY

2 yrs 6 mos - 5 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! Children will head with an experienced leader.

Greenglade Community Centre Room 8

M	10am-12pm	Sep 14-Oct 05	$100/4	199212



ARTS & CULTURE

CREATIVE CRAFT AND SPLASH

3 - 6 yrs

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

Panorama Recreation Centre Poolside Room

W	10am-12pm	Sep 16-Dec 16	$240/12	198846
F	9am-11am	Sep 18-Dec 18	$280/14	198839

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 splattery fun.

Greenglade Community Centre Room 8

Su	10am-11:30am	Oct 18-Nov 08	$115/4	199211

MUSIC & DANCE

KINDERMUSIK

Greenglade Community Centre Room 5

Instructor: Musicoastal (Jessica Burgess)

Wiggle & Grow!

1 yrs 6 mos - 3 yrs 6 mos

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.

Tu	9:30am-10:15am	Sep 15-Nov 17	$180/9	197747

Baby Foundations

0 - 1 yrs 6 mos

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.

Tu	10:45am-11:30am	Sep 15-Nov 17	$180/9	197748

Mixed Ages

6 mos - 5 yrs 6 mos

Need something for the whole family? Mixed-Age classes are designed for infants through five-year-olds to make music and get the wiggles out together. Families build connections, grownups learn ideas for music exploration and play at home, and there's room for everyone to grow.

W	9:30am-10:15am	Sep 16-Nov 18	$160/8	197749



PJ'S PRESCHOOL MUSIC

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	12:00pm-12:30pm	Oct 18-Dec 06	$251/8	199172

Preschool 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	Oct 18-Dec 06	$225/8	199174

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

Instructor: Allegro Performing Arts Centre

W	9:30am-10am	Sep 16-Dec 02	$180/10	198673

MOVE & GROOVE WITH ME

2 - 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	11:30am-12pm	Sep 19-Dec 05	$240/12	198676

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 16-Dec 02	$200/10	198674

Allegro Performing Arts Centre

Sa	10:45am-11:15am	Sep 19-Dec 05	$240/12	198675

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

FOOD & COOKING

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 15-Dec 06	$120/4	199213

SCIENCE & TECHNOLOGY

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

Tu	10am-11:30am	Oct 06-Oct 27	$115/4	199214

NEW JR. STEM - INTRO TO SCIENCE, TECHNOLOGY, ENGINEERING, AND MATHEMATICS

4 - 6 yrs

Explore a different area of STEM each week as children build structures, investigate how things move, discover the world of living things, and experiment with simple chemical reactions. Through hands-on activities and play-based learning, participants will develop curiosity, creativity, and problem-solving skills while having fun.

Greenglade Community Centre Room 8

W	10am-12pm	Nov 18-Dec 09	$115/4	199216

SPORTS

SPORTBALL MULTI-SPORT

16 mos - 5 yrs

A fun, non-competitive multi-sport program designed to help children build confidence, coordination, and a love of movement. Classes introduce children to fundamental movement skills through up to 10 different sports, using age-appropriate games and activities. Emphasis is placed on participation, skill development, and positive experiences in a supportive environment. All equipment provided, and programs are led by trained Sportball coaches. *Parent participation is required.

Tu - Centennial Park Sport Box
Su - North Saanich Middle School Gymnasium

Instructor: Sportball Vancouver Island

16 mos - 2 yrs

Tu	3:45pm-4:25pm	Sep 08 - Nov 10	$220/10	199456
Su	8:45am-9:15am	Sep 20-Oct 25	$110/5	199073
Su	8:45am-9:15am	Nov 08-Dec 13	$132/6	199074

2 - 3.5 yrs

Tu	3pm-3:45pm	Sep 08 - Nov 10	$230/10	199458
Su	9:15am-10am	Sep 20-Oct 25	$115/5	199487
Su	9:15am-10am	Nov 08-Dec 13	$138/6	199076

3.5 - 5 yrs

Tu	4:15pm-5pm	Sep 08 - Nov 10	$240/10	199457
Su	10am-11am	Sep 20-Oct 25	$120/5	199488
Su	10am-11am	Nov 08-Dec 13	$144/6	199489

RHYTHMIC GYMNASTICS

3 - 5 yrs

Our 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. Note: The last class will be held at Royal Oak Middle School as a end of session performance show.

Greenglade Community Centre Gymnasium

Instructor: Island Rhythmic Gymnastics

Tu	4pm-5pm	Sep 15-Dec 08	$228/13	199044

SCHOOL AGE

GENERAL INTEREST

PRO-D DAY & WINTER BREAK CAMPS

See p. 18

PARENTS NIGHT OUT

5 - 11 yrs

Cheaper than a babysitter and way more fun!

Greenglade Community Centre Room 9

Swim Party

Experienced childcare staff will take participants swimming followed by activities at Greenglade. A pizza dinner will be provided. Children are encouraged to wear PJ's! Must be in Kindergarten to register.

5 - 6 yrs

Sa	5:30pm-9:30pm	Oct 17	$35	199348

7 - 11 yrs

Sa	5:30pm-9:30pm	Oct 17	$35	199351

PJ Party

Experienced childcare staff will lead the group through a variety of games and activities including exclusive access to the giant inflatable obstacle course! A pizza dinner, popcorn and a movie will be provided.

5 - 11 yrs

Sa	5:30pm-9:30pm	Dec 05	$35	199345

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

Sa	9:30am-12:30pm	Oct 24	$40	199275
Sa	9:30am-12:30pm	Nov 28	$40	199276

SELF DEFENCE WORKSHOP FOR FEMALE TWEENS

10 - 13 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, bullying, online safety in an age appropriate manner.

Greenglade Community Centre Room 5

Instructor: Sixth Sense Self Defence

F	9:30am-11:30am	Sep 25	$65	197744



ARTS & CULTURE

JUNIOR MUSICAL THEATRE - LEARN TO PERFORM!

8 - 12 yrs

A fast-paced class for passionate young performers who are ready to work hard and have fun! Each class includes a physical warm-up, vocal warm-up, group singing, and choreography. Students will build confidence, performance skills, and teamwork while learning two exciting musical theatre numbers throughout the fall term. The session concludes with a showcase performance where students will present both numbers for family and friends.

Central Saanich Cultural Centre Room B

Instructor: Triple Threat Performers

Sa	10am-11:30am	Sep 12-Nov 07	$300/8	198687

NEW TRIPLE THREAT PERFORMERS PRESENTS: FROZEN JR.

8 - 12 yrs

Calling all hardworking, passionate young performers! This exciting production-based class gives students the opportunity to audition, rehearse, and perform Disney's Frozen JR. over the course of the fall term. Participants will develop skills in acting, singing, dancing, and teamwork while working toward a fully staged performance. Students should expect to work hard and be committed to putting on a great show!

Central Saanich Cultural Centre Room B

Instructor: Triple Threat Performers

Sa	12pm-3pm	Sep 12-Nov 14	$600/9	198688

SCHOOL AGE POTTERY

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.

Greenglade Community Centre Pottery Studio

Instructor: Heather Verdin

W	4pm-5:30pm	Oct 07-Nov 04	$100/5	197843

MUSIC & DANCE

PJ'S MUSIC FOR KIDS

Central Saanich Cultural Centre Room A

Instructor: Pj Music

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. (a keyboard may be rented from PJ Music Studios 250-213-9343)

6 - 12 yrs (Semi-Private)

Su	12:30pm-1pm	Oct 18-Dec 06	$251/8	199169

7 - 12 yrs (Group)

Su	1:30pm-2pm	Oct 18-Dec 06	$225/8	199167

Ukulele (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. Ukuleles can be rented for the duration of the program if needed

Su	3pm-3:30pm	Oct 18-Dec 06	$251/8	199164

Guitar (Semi-Private)

6 - 10 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 like a pro to ensure your melodies sound amazing. 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. Master basic strumming patterns that will have you grooving to the beat in no time! Guitars can be rented from PJ Music Studios 250-213-9343..

Su	3:30pm-4pm	Oct 18-Dec 06	$251/8	199163

ALLEGRO DANCE

Instructor: Allegro Performing Arts Centre

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

W	3:45pm-4:30pm	Sep 16-Dec 02	$250/10	198677

Allegro Performing Arts Centre

Sa	12pm-12:45pm	Sep 19-Dec 05	$300/12	198679

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

W	4:30pm-5:15pm	Sep 16-Dec 02	$250/10	198678

Allegro Dance Fusion

7 - 12 yrs

Join us for an energy filled class that explores Jazz, Hip Hop and Theatre Dance. Throughout the course you will have fun dancing and learning something new with each style as it's introduced. This is a great way to learn multiple styles all at once and have some fun with your friends.

Greenglade Community Centre

M	4pm-4:45pm	Sep 14-Dec 07	$300/12	198681

SPORTS

SWIM & SKATE LESSONS

Dive in and glide over - various swim and skate lessons for all ages and skill levels! See p. 14-17

SPABA LITTLE DRIBBLERS

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 receive a basketball and t-shirt to keep!

North Saanich Middle School Gymnasium

Instructor: Saanich Peninsula Amateur Basketball Association

5 - 7 yrs

Su	2:30pm-3:30pm	Nov 29-Feb 14	$105/10	199052

8 - 9 yrs

Su	3:45pm-4:45pm	Nov 29-Feb 14	$105/10	199053

SPORTBALL MULTI-SPORT

6 - 9 yrs

A fun, non-competitive multi-sport program that helps children build confidence, coordination, and fundamental movement skills through games featuring up to 10 different sports. Led by trained coaches in a supportive environment, all equipment is provided. Focus is on participation, skill development, and positive experiences.

Centennial Park Sport Box

Instructor: Sportball Vancouver Island

Tu	5pm-5:45pm	Sep 08-Nov 10	$240/10	199459

RECREATIONAL RHYTHMIC GYMNASTICS

6 - 12 yrs

Develop rhythmic gymnastics apparatus skills with the rope, hoop, ball, ribbon and scarves, along with physical literacy, and body and spatial awareness through balance, turn, jump and dance techniques! Instructors will work with the abilities of each participant to ensure they feel appropriately challenged throughout.

Please note: The last class will be held at Royal Oak Middle School as an end of session performance show.

Greenglade Community Centre Gymnasium

Instructor: Island Rhythmic Gymnastics

Tu	5pm-6pm	Sep 15-Dec 08	$228/13	199045

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!

Panorama Recreation Centre
Jumpstart Multi Sport Court

Instructor: Panorama Sport Staff

W	4:30pm-5:45pm	Sep 16-Oct 14	$70/4	199046

PARENT AND CHILD ARCHERY

8 yrs+

Learn the fundamentals of archery in a safe, welcoming environment. Participants will develop shooting skills and technique through fun, hands-on practice suitable for all experience levels. Equipment is provided. Registration includes one child and one adult.

North Saanich Middle School Gymnasium

Instructor: Pacific Archery Academy

W	6pm-7pm	Oct 07-Dec 09	$315/9	199220
Sa	12pm-1pm	Sep 26-Oct 31	$210/6	199221
Sa	12pm-1pm	Nov 07-Dec 05	$175/5	199223
Sa	1pm-2pm	Sep 26-Oct 31	$210/6	199222
Sa	1pm-2pm	Nov 07-Dec 05	$175/5	199224

POWER UNLIMITED

9 - 14 yrs

Take your hockey game to the next level. This power skating program focuses on balance, acceleration, agility, speed, explosive starts, edge control and stride technique. Participants will receive high-quality instruction designed to support individual improvement. Full hockey gear is required.

Panorama Recreation Centre Arena B

Instructor: Dennise Bowles, Power Unlimited

W	4:10pm-5pm	Oct 07-Dec 09	$155/10	198025



NEW

PICKLEBALL LESSONS

9 - 14 yrs

A fun and welcoming introduction to pickleball that focuses on building confidence, coordination, teamwork and sportsmanship in a positive and supportive environment. Through age-appropriate drills and games, participants will learn the basic rules, serving, returning, dinking, volleys, court movement and simple game play.

Centennial Park Sport Box

Instructor: Shangri-Law Pickleball

9 - 11 yrs

W	4:30pm-5:30pm	Sep 09-Oct 07	$56/4	199510

12 - 14 yrs

W	3:30pm-4:30pm	Sep 09-Oct 07	$56/4	199462

YOUTH OPEN PICKLEBALL PLAY

9 - 12 yrs

An opportunity to practice pickleball skills, play games and meet other players in a fun, supervised setting! This program is ideal for youth who have basic pickleball experience and want more time on court in a positive and supportive environment.

Centennial Park Sport Box

Instructor: Shangri-Law Pickleball

W	3:45pm-4:45pm	Oct 14-Nov 18	$60/5	199463

TENNIS LESSONS

Get a taste for tennis with these Progressive Tennis programs.

Panorama Recreation Centre Indoor Tennis Courts

RED BALL 1

6 - 7 yrs

Participants will be introduced to the foundational skills of tennis using half-courts and oversized, low-compression balls - maximizing learning and fun!

Th	3:45pm-4:45pm	Sep 17-Dec 17	$172/14	199305

RED BALL 2

6 - 8 yrs

In this follow up to Red Ball 1, participants will continue developing their rally, serve and net play skills. Half-courts and oversized, low-compression balls will be used.

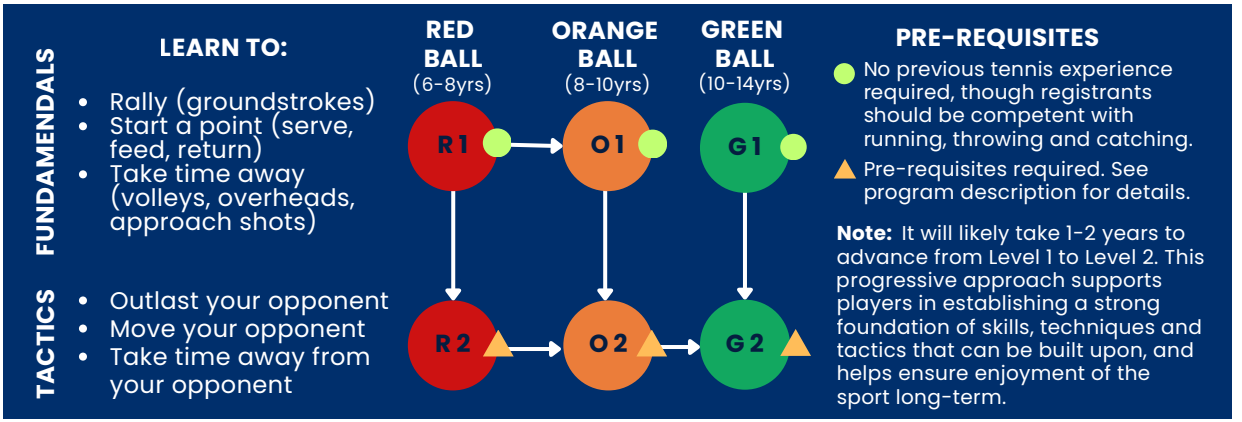
Tu/Th	3:45pm-4:45pm	Sep 15-Dec 17	$315/28	199967

ORANGE BALL 1

8 - 10 yrs

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!

Th	5pm-6:25pm	Sep 17-Dec 17	$244/14	199966



ORANGE BALL 2

8 - 10 yrs

In this follow up to Red Ball 2 or Orange Ball 1, participants continue developing techniques and tactics; learning to maintain rallies when receiving more challenging shots, serve with improved placement, approach the net and place volleys. Three-quarter sized courts and low-compression balls used.

Tu/Th	5pm-6:25pm	Sep 15-Dec 17	$406/28	199968

GREEN BALL 1

10 - 14 yrs

Geared towards players starting the game or needing more time to develop the fundamentals of serving, rallying, net play and scoring. Full-courts and low compression balls used.

Tu	6:30pm-7:55pm	Sep 15-Dec 15	$244/14	199969

GREEN BALL 2

10 - 14 yrs

Build on the fundamentals and continue developing consistency, rallying, serving, net play and court movement. Gain confidence through engaging drills, games and match play while preparing for the next stage of full-court tennis.

Su	4:30pm-5:55pm			
Th	6:30pm-7:55pm	Sep 17-Dec 17	$377/26	199970

NEW YELLOW BALL

12 - 17 yrs

Designed for players with previous progressive tennis experience ready to transition to the standard yellow ball and full court. Participants further develop technique, consistency, tactical awareness and match-play skills through drills, point play and game-based learning.

M	4:30pm-5:55pm	Sep 14-Dec 14	$227/13	199972

PRIVATE TENNIS LESSONS

5 yrs+

One-on-one support learning or advancing tennis techniques. Group rates apply for 3-4 participants. Visit the Private Lessons section of our online registration page for details..

FOOD & COOKING

NEW COOK & CREATE

All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers.

North Saanich Middle School Food/Textiles Room

Harvest Bites

8 - 11 yrs

Celebrate the flavors of fall with fun, kid-friendly meals made from seasonal ingredient favourites.

Th	6pm-7:30pm	Oct 08-Oct 29	$115/4	199333

Cozy Classics

8 - 11 yrs

Join us as we explore Cozy Classics, where kids discover how to make warm, comforting fall recipes that are easy and delicious.

Th	6pm-7:30pm	Nov 05-Nov 26	$115/4	199334

NEW BAKE & CREATE

8 - 11 yrs

Get into the holiday spirit with festive baking fun! Young bakers will mix, bake, and decorate a variety of seasonal treats while learning kitchen skills and enjoying sweet creations.

Holiday Delights

W	6pm-7:30pm	Dec 02-Dec 16	$86/3	199337

NEW HOMESCHOOL KITCHEN

5 - 8 yrs

Join fellow homeschoolers in the kitchen as we learn new recipes, build cooking skills, and explore a variety of foods. Each session offers hands-on cooking experiences, creativity, and opportunities to connect with peers in a fun and welcoming environment. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers.

Greenglade Community Centre Room 8

W	10am-12pm	Oct 07-Oct 28	$115/4	199369

NEW GROWING YOUNG FARMERS

9 - 11 yrs

Bring your child to the Sandown Centre for Regenerative Agriculture in North Saanich for a weekly after school program. Youth will explore a working farm and outdoor classroom, gaining hands-on experience in sustainable food systems and food literacy. They will harvest and taste vegetables straight from the ground, learn about insect and plant life cycles, and gain an understanding of soil. This immersive program connects youth directly to where food comes from and how healthy soils grow healthy food, through engaging, real-world outdoor learning.

Sandown Centre

Instructor: Growing Young Farmers Society

Tu	4pm-5:30pm	Sep 15-Oct 06	$80/4	199432
Tu	4pm-5:30pm	Oct 13-Nov 03	$80/4	199433



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 p. 12-13.

SCIENCE & TECHNOLOGY

NEW ENGINEERING FOR KIDS

Greenglade Community Centre Room 6

Instructor: Engineering For Kids Vancouver Island

Jr Marine Engineering

6 - 7 yrs

Dive into the wet world of marine engineering with this program for our junior engineers! Students will explore the concepts that allow our boats to float, subs to sink, and ships to sail. Join the new wave of seafaring scientists!

M	4pm-5pm	Sep 21-Nov 02	$150/6	199375

Marine Engineering

8 - 10 yrs

Come on in, the water's fine! Each week, students will take a deep dive into the science behind the machines that let us explore and navigate our vast oceans and harness the energy of water. How will you make a splash?

M	5:30pm-7pm	Sep 21-Nov 02	$168/6	199376

Jr Civil Engineering

6 - 7 yrs

Grab your hard hats and get ready for an exploration into the wonders of civil engineering! In this program, students will discover the secrets of towering skyscrapers, magnificent bridges, and much more. Get ready to design, build, and create!

M	4pm-5pm	Nov 09-Dec 14	$150/6	199377

Civil Engineering

8 - 10 yrs

Dive into the blueprints in this civil engineering program! Each week, students will examine the forces and tensions that keep the many structures of our cities standing. From skyscrapers to bridges, and much more, how will your dream city look?

M	5:30pm-7pm	Nov 09-Dec 14	$168/6	199378

NEW

LEGO ROBOTICS

Greenglade Community Centre Room 6

Instructor: LITTLUNIVERSE

Spike Essential - Beginner Level

6 - 9 yrs

Battlebots, Animals, Mini Games, Musicians, Cars, Helicopters, Carnival Rides and SO MUCH MORE! 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!

Su	9:30am-11am	Sep 27-Nov 29	$192/10	199277

Wedo 2.0 - Intermediate Level

7 - 12 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! Note: No prior coding/programming experience is necessary.

Su	11:15am-12:45pm	Sep 27-Nov 29	$245/10	199279

Spike Prime - Advanced Level

8 - 14 yrs

Welcome to the world of Spike Prime! Build the ultimate Battlebot! Need a hand? Use the Robotic Arm! Dance the night away with the Break Dancer! The builds are endless in our NEWEST LEGO Robotics program! 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!+

Note: No prior coding experience is necessary. Participants should be proficient at building Lego.

Su	3pm-4:30pm	Sep 27-Nov 29	$265/10	199281

Sumo Bots Tournament Workshop!

6 - 9 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 19 10-3PM) at Gordon Head Recreation in Saanich. Participants will get their own LITTLUNIVERSE t-shirt

Su	10am-3pm	Dec 13	$120	199282

MINECRAFT MODDING - BEGINNER LEVEL

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. Using blockly coding they will program and test each mod they create thus adding a new level of gameplay to their Minecraft experience.

Note: 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	1:15pm-2:45pm	Sep 27-Nov 29	$285/10	199280

YOUTH & TEEN

FREE TEEN LOUNGE GREENGLADE

11 - 16 yrs

Your Friday plans start here! Teen Lounge is a FREE program at Greenglade Community Centre where local teens can connect, relax, and have fun. Enjoy video games, board games, music, lounge space, gym activities, and more. Pre-register to guarantee your spot, or drop in if space permits. A free shuttle to Panorama Recreation Centre is available for Friday Night Swim or Teen Skate, with free admission for Teen Lounge participants.

NEW 13 yrs+ who have completed the Weight Room Orientation Course may use the Panorama Weight Room if they attend Teen Lounge on Friday nights.

No return shuttle is provided, and teens must arrive before 7:00 pm to use the shuttle.

See p. 7-10 for our Teen Lounge Special Events!

Teen Lounge does not run on Pro-D Days (Sept. 25, Oct. 23, Nov. 27) or Stat Holidays.

Greenglade Community Centre Room 9

F	6pm-8pm	Sep 11-Dec 11	FREE	

FITNESS

FITNESS PROGRAMS

Many of our adult fitness programs have a minimum age of 14 yrs. See p. 55.

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 12	$15	198255
Sa	9am-11am	Oct 17	$15	198257
Sa	9am-11am	Nov 14	$15	198262
Sa	9am-11am	Dec 05	$15	198264



NEW

TEEN STRENGTH FOUNDATIONS: ADVANCED FUNDAMENTALS

13 yrs+

Take your strength training to the next level with this four-week advanced fundamentals course designed specifically for teens. Participants will learn and refine the essential movement patterns that form the foundation of safe and effective weight training, including squatting, hinging, lifting, pushing, and pulling.

Through expert instruction and hands-on practice, athletes will develop proper technique while gaining a deeper understanding of body mechanics, posture, and movement efficiency. Each session will build upon the previous week's skills, progressing from movement quality and control to more advanced strength-training applications using free weights and functional training equipment. Participants will receive their Regional Weight Training Membership and will grant them access to all participating recreation centre weight rooms.

Panorama Recreation Centre Weight Room

Instructor: Liam Mctavish

Su	11am-12pm	Sep 6 - Sep 27	$60/4	198256
Su	11am-12pm	Oct 04-Nov 01	$60/4	198258
Su	11am-12pm	Nov 08-Nov 29	$60/4	198263

ARTS & CULTURE

TEEN PAINT NIGHT

All supplies are provided, and you'll leave with your very own painting to show off!

12 - 17 yrs

Greenglade Community Centre Room 6

Golden Autumn

Join us for a fun-filled autumn 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.

Tu	6pm-8pm	Oct 20	$35	199358

Frosted Glow

Join us for a fun-filled winter 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.

Tu	6pm-8pm	Dec 08	$35	199360



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 18-Dec 16	$100/5	197845

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, and gym parties. See p. 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	Oct 07-Nov 04	$60/5	199316

Enchanted Quest

W	6pm-8:30pm	Nov 18-Dec 16	$60/5	199318

SPORTS

SWIM & SKATE LESSONS

Dive in and glide over - various swim and skate lessons for all ages and skill levels! See p. 14-17..

TENNIS LESSONS

Available for a variety of ages and skill levels. See p 33 for programs for ages 10-17 and p 52 for those for 15 yrs+.

NEW

YELLOW BALL TENNIS LESSONS

12 - 17 yrs

Designed for players with previous progressive tennis experience ready to transition to the standard yellow ball and full court. Participants will further develop technique, consistency, tactical awareness and match-play skills through drills, point play and game-based learning.

M	4:30pm-5:55pm	Sep 14-Dec 14	$227/13	199972

VOLLEYBALL

North Saanich Middle School Gymnasium

Instructor: Peninsula Volleyball Academy

Development Clinic

10 - 13 yrs

Learn and develop your volleyball skills in a positive, engaging environment. All levels welcome - whether you're new to the sport or have some experience. Participants will develop skills such as serving, passing, setting and spiking, all while learning important team work, communication and sportsmanship lessons. Focus will be on building a strong foundation and fundamentals, while also providing opportunity for advanced training. Each session includes game play - for the opportunity to put practice into action!

Su	4pm-5:30pm	Sep 20-Oct 25	$80/4	199051

Train and Play Clinic

14 - 17 yrs

This program is designed for athletes with previous volleyball experience who are looking to refine skills and improve game understanding.

Su	4pm-5:30pm	Sep 20-Oct 25	$100/5	199050

ARCHERY

North Saanich Middle School Gymnasium

Instructor: Pacific Archery Academy

Youth

9 - 17 yrs

Ready to aim high and hit the bullseye? Learn the fundamentals of archery in a safe, fun and inclusive environment. Participants will build shooting skills and accuracy through structured lessons and engaging activities. All abilities welcome. Equipment is provided. Note: Parent & Child Archery runs concurrently.

W	6pm-7pm	Oct 07-Dec 02	$180/8	199055
Sa	12pm-1pm	Sep 26-Oct 31	$135/6	199056
Sa	12pm-1pm	Nov 07-Dec 05	$113/5	199058
Sa	1pm-2pm	Sep 26-Oct 31	$135/6	199057
Sa	1pm-2pm	Nov 07-Dec 05	$113/5	199059

Advanced

9 - 18 yrs

Advance your archery skills in this program for youth archers with previous experience. Structured lessons build on fundamental techniques, with an increased focus on accuracy, consistency and shooting at greater distances. Ideal for those looking to challenge themselves in a more competitive setting. Equipment is provided, or participants may bring their own.

W	7pm-8:15pm	Oct 07-Dec 09	$281/9	199225

Elite Competition Prep

13 yrs+

Designed for competitive recurve athletes, this high-performance program focuses on shot consistency, mental resilience and tournament preparation. Sessions include video analysis, equipment tuning, targeted conditioning and match simulations to support ongoing performance development.

Sa	10:30am-12pm	Sep 26-Dec 05	$371/11	199054



LEADERSHIP & TRAINING

BABYSITTING TRAINING

11 - 15 yrs

Designed by the Canada Safety Council, this course covers rights and responsibilities, child development, behavior 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.

Must pick up manual at reception prior to course date. Course may end earlier pending when youth finishes their exam.

Greenglade Community Centre Room 6

Sa	9am-3pm	Sep 26	$85	199319
Sa	9am-3pm	Oct 17	$85	199324
Sa	9am-3pm	Nov 21	$85	199325

STANDARD FIRST AID WITH CPR C

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.

12 yrs+

Panorama Recreation Centre Lookout Room

Sa-Su	9am-5:30pm	Oct 03-Oct 04	$180/2	198689

WE ARE
HIRING
JOIN OUR TEAM
View current opportunities at panoramarecreation.ca

SELF DEFENCE

13 - 18 yrs

Greenglade Community Centre Room 5

Instructor: Sixth Sense Self Defence

Series for Female Teens

This informative, interactive series is akin to our school programs, which include an outline of personal boundaries and how to defend them, with emphasis on strangers and acquaintances. Students will practice de-escalation and street-smart self-defence through scenario based exercises, focusing on key target areas from standing or on the ground. In this series students will discover their personal power and the tools they have to defend themselves. Our goal is to leave your child feeling confident, aware and empowered with basic skills to defend themselves in multiple situations. These classes address bullying, assault, sexual assault and harassment with age appropriate education.

M-W	7pm-8:15pm	Sep 21-Oct 14	$225/6	199035

Workshop for Female Teens

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. Content may be triggering.

Sa	9:30am-11:30am	Sep 19	$65	199998

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-4:30pm	Sep 20-Sep 27	$240/3	198830

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-4:30pm	Sep 12-Sep 19	$240/3	198823

NATIONAL LIFEGUARD (NL)

15 yrs+

The NL program develops a sound understanding of lifeguarding principles, good judgment, 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 17-Nov 1	$450/6	198701

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	10am-6:30pm	Nov 08-Dec 06	$450/5	198727

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

POTTERY STUDIO

@ GREENGLADE COMMUNITY CENTRE

16 yrs+

The Pottery Studio 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 ages 16 yrs+ of the pottery studio. Reservations required.

Single Visit $10
10 Punch Pass $94.50
25 Punch Pass $223.13

Clay $41.75/bag

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.

RECURRING BLOCK BOOKINGS - RESERVED DROP IN

16 yrs+

Register to reserve your spot **online** in the pottery studio. Block booking times align with drop in times. All participants must be current members of the pottery studio.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-11:30AM	8:30AM-11:30AM**	8:30-11:30AM	8:30AM-11:30AM**	8:30-11:30AM		
11:30AM-2:30PM	11:20AM-2:30PM**	11:30AM-2:30PM	11:20AM-2:30PM**	11:30AM-2:30PM	9AM-12PM	9AM-12PM
2:30-5:30PM	2:30-5:30PM	2:30-5:30PM	2:30-5:30PM	2:30-5:30PM*	12-3PM***	12-3PM***
5:30-8:30PM	5:30-8:30PM	5:30-8:30PM	5:30-8:30PM	5:30-8:30PM***		

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 only.**



ADULT

VISUAL ARTS & CRAFTS

POTTERY

Greenglade Community Centre Pottery Studio

Beginners Level 1

16 yrs+

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!

Instructor: Michale Fjeldstad

F	6:30pm-9pm	Sep 11-Oct 16	$265/6	197670
F	6:30pm-9pm	Oct 23-Nov 27	$265/6	197672

Level 2

16 yrs+

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!

Instructor: Michale Fjeldstad

Sa	1:30pm-4pm	Sep 12-Oct 17	$265/6	197671
Sa	1:30pm-4pm	Oct 24-Nov 28	$265/6	197673

Make a Mug

13 yrs+

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.

Instructor: Jaimie Cote

Su	1pm-3pm	Sep 13	$40	199481
Su	1pm-3pm	Sep 20	$40	199482

Thanksgiving Clay-cucopias

13 yrs+

Come to the Greenglade pottery studio to make a clay cornucopia, and miniature clay versions of all you are thankful for! Come on your own, or bring a friend or family member to create with together. Parent and child 5yrs+ are welcome to attend. Please note, each registration will complete one cornucopia. If your guest would like to make their own, make sure they register separately. All levels welcome, supplies included. Finished projects will be ready for pick up approximately 2 weeks post workshop following firing and glazing, in time for Thanksgiving.

Instructor: Heather Verdin

Su	1pm-3pm	Sep 27	$40	197864

Ocarina Flutes

13 yrs+

Learn how to make a working clay flute, also known as an ocarina! You can design your flute to look like an animal, object, or anything from your imagination. Come on your own, or bring a friend or family member to create with together. Parent and child 5yrs+ are welcome to attend and make a flute together. Please note, each registration will complete one flute. If your guest would like to make their own, make sure they register separately. All levels welcome, supplies included. Finished projects will be ready for pick up approximately 2 weeks post workshop following firing and glazing.

Instructor: Heather Verdin

Su	1pm-3pm	Oct 04	$40	197863

Spooky Ghosts!

13 yrs+

Get in the Halloween spirit and make a family of up to 4 spooky clay ghosts. Come on your own, or bring a friend or family member to create with together. Parent and child 5yrs+ are welcome to attend and make ghosts together. Please note, each registration will complete one set of ghosts. If your guest would like to make their own, make sure they register separately. All levels welcome, supplies included. Finished projects will be ready for pick up approximately 2 weeks post workshop following firing and glazing, in time for Halloween.

Instructor: Jaimie Cote

Su	1pm-3pm	Oct 11	$40	197862

Make a Jack-o-Lantern

13 yrs+

Get in the Halloween spirit and make a clay pumpkin. Pumpkins will be able to house a candle for your Halloween displays! Come on your own, or bring a friend or family member to create with together. Parent and child 5yrs+ are welcome to attend and make a pumpkin together. Please note, each registration will complete one pumpkin. If your guest would like to make their own, make sure they register separately. All levels welcome, supplies included. Finished projects will be ready for pick up approximately 2 weeks post workshop following firing and glazing, in time for Halloween.

Instructor: Jaimie Cote

Su	1pm-3pm	Oct 18	$40	197860

Make a Monster

16 yrs+

Unleash your inner mad scientist and bring a completely custom ceramic creature to life! In this cozy, two-session workshop, you'll use hand-building techniques to sculpt a one-of-a-kind monster sculpture-whether that means rows of quirky teeth, multiple eyes, or a set of dramatic horns, you'll get plenty of hands-on help to ensure your custom creation is structurally sound and delightfully spooky!

Instructor: Jaimie Cote

Su	12:30pm-3pm	Oct 25-Nov 01	$80/2	199484



Holiday Figures

13 yrs+

Whether you want to build a village of curly-hat gnomes, textured evergreen trees, or peaceful tabletop angels, this class will guide you through the process step-by-step.

Instructor: Jaimie Cote

Su	1pm-3pm	Nov 08	$40	199485
Su	1pm-3pm	Nov 15	$40	199486

Christmas Ornaments

13 yrs+

Get in the Christmas spirit and make a selection of 3-4 Christmas ornaments at the Greenglade pottery studio. Come on your own, or bring a friend or family member to create with together. Parent and child 5yrs+ are welcome to attend and make your ornaments together. Please note, each registration will complete one set of ornaments. If your guest would like to make their own, make sure they register separately. All levels welcome, supplies included. Finished projects will be ready for pick up approximately 2 weeks post workshop following firing and glazing, in time for Christmas.

Instructor: Jaimie Cote

Su	1pm-3pm	Nov 22	$40	197858

Make a Gingerbread House

13 yrs+

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.

Instructor: Jaimie Cote

Su	1pm-3pm	Nov 29	$40	197855
Su	1pm-3pm	Dec 06	$40	197857

POTTERY WHEEL THROWING

Greenglade Community Centre Pottery Studio

Instructor: Heather Verdin

Taster

13 yrs+

This 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.

M	6pm-9pm	Sep 07-Sep 14	$125/2	197841

Advanced Beginner

16 yrs+

This class is for those who have some experience on the wheel and are looking to improve! To participate you need to have completed our beginners' pottery class or a similar beginners' class at another studio, should be familiar with the basic steps of wheel throwing, and have at least a few months practice outside of a class. A small class size of 5 participants, and an extended class length of 8 weeks will allow for lots of one-on-one instruction, and lots of time to practice all stages of throwing. Come prepared with questions and areas you are looking to improve on.

W	6pm-8:30pm	Oct 21-Dec 16	$450/8	197842

NEW Throwing Bigger and taller

16 yrs+

In this class, we will focus on throwing bigger and taller with special attention applied to width and high of projects thrown on the pottery wheel. This class will be limited to five participants and if you can confidently throw, come and join the fun.

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

Instructor: Michale Fjeldstad

F	6:30pm-9pm	Dec 04-Dec 18	$150/3	197676
Sa	1:30pm-4pm	Dec 05-Dec 19	$150/3	197678

PHOTOGRAPHY

18 yrs+

Instructor: Leah Gray & Steve Smith

NEW **Field Trip Weekend**

Join award-winning photographers Steve Smith and Leah Gray for a weekend of photographic discovery. Come with us to experiment with old and newly learned techniques in three different local outdoor locations (2 morning shoots and an evening shoot.). Your instructors will be beside you helping to identify the light, the composition and assist you as you experiment with your captures. We will finish off the weekend by helping you processing your images and enjoying an image review. Locations will be mostly on the Saanich Peninsula with one evening morning in downtown Victoria. Course times to be shared one week prior to class start date.

Panorama Recreation Centre Boardroom

Sa-Su	Various times*	Sep 19-Sep 20	$400/2	197871

Discover Light

Photography is the art of "writing with light". By mastering the nuances of light, one can significantly enhance the quality of one's photographs.

We will commence with an exploration of natural light and subsequently address artificially created light using continuous lights, speed-lights, and studio equipment. We will examine the properties of light, types of light, polarized light, the inverse law and measuring light. This knowledge will help students recognize and utilize light effectively in various photographic genres from macro and portraits to wildlife and landscape photography.

This course is intended for intermediate and advanced photographers, but beginner photographers are welcome to attend and will certainly benefit from the experience.

Greenglade Community Centre Room 5

Su	11am-3pm	Nov 15-Nov 29	$325/3	197756

MUSIC & DANCE

PJ MUSIC

Instruments can be rented from PJ Music Studios. The materials fee is included in the cost.

Central Saanich Cultural Centre Room A

Private Piano - Any Age

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	Oct 18-Dec 06	$399/8	199166
Su	2pm-2:30pm	Oct 18-Dec 06	$399/8	199165

Private Ukulele or Guitar

6 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 like a pro to ensure your melodies sound amazing. 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. Master basic strumming patterns that will have you grooving to the beat in no time!

Su	5pm-5:30pm	Oct 18-Dec 06	$399/8	197877

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.

Su	4:30pm-5pm	Oct 18-Dec 06	$251/8	199160

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.

Su	4pm-4:30pm	Oct 18-Dec 06	$251/8	199162

DANCE

16 yrs+

Social Ballroom, Latin & Swing Dance Level 1

Improve your mental, physical and social well-being through the art of dance. We offer a fun, friendly and all-inclusive environment in which to learn the basics of such popular dance types as Waltz/Foxtrot, Rhumba/Cha Cha & Jive. All types of couples are welcome and if you are a solo in need of a partner, please get in touch well ahead of time. liz@eandrballroomdance.com

North Saanich Middle School Multipurpose Room

Instructor: E & R Ballroom Dance Elizabeth Smailes

Tu	7pm-7:55pm	Sep 22-Nov 24	$150/10	198867

Intermediate Salsa

If you know a handful of basic patterns in Salsa, Rhumba and/or Cha Cha, then you should be fine in this Intermediate level Salsa class. We'll review your basic patterns and then build on those to add interest and variety to your repertoire. All types of couples are welcome and if you are a solo in need of a partner, please get in touch well ahead of time. liz@eandrballroomdance.com

North Saanich Middle School Multipurpose Room

Instructor: E & R Ballroom Dance Elizabeth Smailes

Tu	8pm-8:55pm	Sep 22-Oct 20	$75/5	198869

Intermediate Jive (East Coast Swing)

If you are familiar with a few basic patterns in Jive or Swing, then you should be fine in this class. We will review the basics and then build on those to add new figures to repertoire for increased variety and fun. All types of couples are welcome and if you are a solo in need of a partner please get in touch well in advance. liz@eandrballroomdance.com

North Saanich Middle School Multipurpose Room

Instructor: E & R Ballroom Dance Elizabeth Smailes

Tu	8pm-8:55pm	Oct 27-Nov 24	$75/5	198870

Line Dance
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.

Greenglade Community Centre Room 4

Instructor: Claire Denney

Th	1:30pm-2:45pm	Sep 03-Sep 24	$40/4	197833
Th	1:30pm-2:45pm	Oct 01-Oct 29	$50/5	197837
Th	1:30pm-2:45pm	Nov 05-Nov 26	$40/4	197838
Th	1:30pm-2:45pm	Dec 03-Dec 17	$30/3	197839

Line Dance - Beginner Level 2

Greenglade Community Centre Room 4

Instructor: Claire Denney

Tu	1:30pm-2:45pm	Sep 01-Sep 29	$50/5	197833
Tu	1:30pm-2:45pm	Oct 06-Oct 27	$40/4	197834
Tu	1:30pm-2:45pm	Nov 03-Nov 24	$40/4	197835
Tu	1:30pm-2:45pm	Dec 01-Dec 15	$30/3	197836

TECHNOLOGY

NEW AI FOR MODERN LIFE

18 yrs+

Greenglade Community Centre Room 6

Instructor: Leslee Hyman Calibrate Consulting

Understanding AI - What It Can and Cannot Do

An accessible, jargon-free introduction to AI, including a brief hands-on exploration of AI-powered search. Discover what AI is, identify where it already appears in daily life, and learn to navigate its practical limitations. You will leave confident in explaining AI capabilities, identifying AI-generated content, and using simple steps to verify if the information you find online is accurate and trustworthy. Perfect as a standalone introduction or a welcoming first step. Device recommended (laptop, tablet, or smartphone) for the hands-on session, but optional. No prior experience required.

Tu	3pm-4:30pm	Sep 08	$45	198806

AI as Your Everyday Assistant

Turn AI into your reliable everyday assistant. In this hands-on lab, you will practice using AI tools to simplify personal planning and stay organized. Learn to use AI to build efficient schedules, write clear personal emails quickly, and summarize long documents into easy-to-read highlights. You will build the practical skills needed to streamline your daily tasks and save time.

Device recommended (laptop, tablet, or smartphone) for the hands-on session. Comfortable using a browser and email.

Tu	3pm-4:30pm	Sep 15-Sep 22	$89/2	198807

Digital Shield - Scams, Deepfakes, and Online Verification

As digital scams become more sophisticated, staying safe is an essential skill. This workshop provides professional guidance on spotting deepfakes and suspicious messages. Develop a practical "Pause-Check-Verify" routine to protect your personal information and learn reliable, multi-step methods to verify identity. Build the habits you need to stay secure and informed in an increasingly digital world.

Device recommended (laptop, tablet, or smartphone) for the hands-on session. Comfortable using a browser and email.

Tu	3pm-5pm	Sep 29	$65	198814

NEW AI FOR BUSINESS

18 yrs+

Greenglade Community Centre Room 6

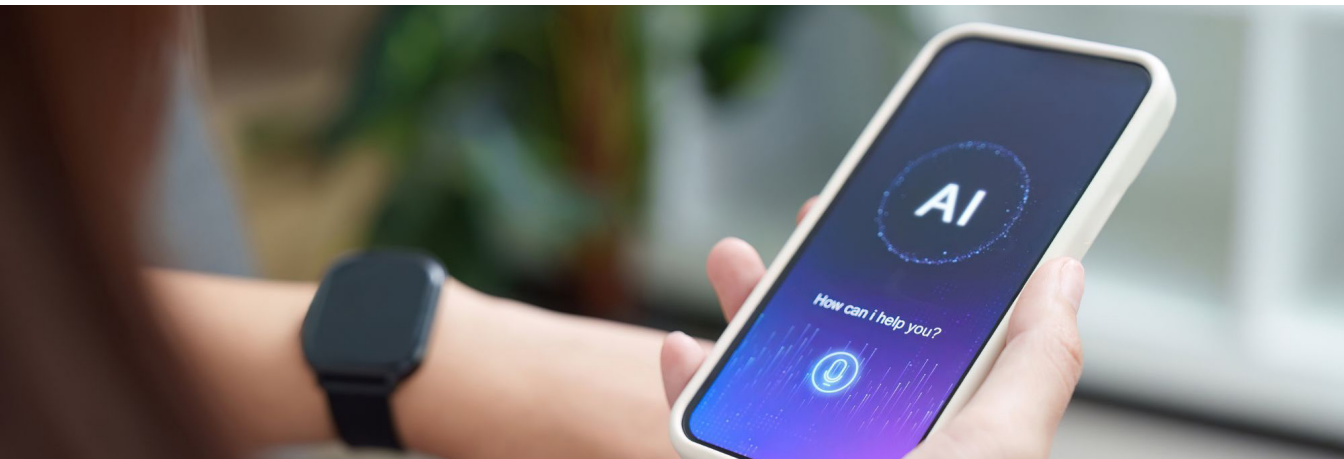
Instructor: Leslee Hyman Calibrate Consulting

AI for Marketing and Content

Overcome the blank page. This workshop shows you how to use AI professionally to create consistent marketing materials while keeping your brand voice authentic. You will learn to define your target audience, turn single pieces of writing into multiple social media posts, and give AI instructions that match your business style. Streamline your content creation and make your marketing more effective.

Device recommended (laptop, tablet, or smartphone) for the hands-on session. Bring basic non-confidential business descriptions.

Tu	5:30pm-7pm	Oct 06-Oct 13	$99/2	198827



AI for Business Writing and Administration

Streamline your business operations by using AI to handle proposals, email management, and administrative tasks. You will learn to draft professional proposals and procedures, convert transcripts into clear task lists, and set up simple connections between apps to reduce repetitive manual work. Perfect for business owners looking to reduce unbillable time and focus on what matters.

Device recommended (laptop, tablet, or smartphone) for the hands-on session. Bring basic non-confidential business scenarios to work through

Tu	5:30pm-7pm	Oct 27-Nov 3	$99/2	198835

Build Your Custom Business Automation

Take your automation skills to the next level by building a custom tool for your unique business needs. We will pinpoint your most time-consuming tasks, plan a custom AI workflow, and build a working prototype to solve a specific business headache. You will leave with a clear plan and a working model. Gain the advanced skills to build solutions that save you time and energy.

Laptop or tablet recommended. Prior workshop attendance helpful but not required.

Note: The custom solution developed during this workshop serves as a foundational prototype and may not be fully complete. Participants are welcome to contact the instructor for further instruction or support in refining their solution.

Tu	5:30pm-7:30pm	Nov 10	$49	198838

IPHONE & IPAD

16 yrs+

Greenglade Community Centre Room 6

Instructor: Mandy Ospina

iPhone: Mastering the Basics & Beyond

Are you using the basic features of your iPhone, 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 iPhone work for you!

Tu	9:30am-11am	Oct 13-Oct 27	$89/3	197733

iPad: Mastering the Basics & Beyond

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!

Tu	9:30am-11am	Sep 22-Oct 06	$89/3	197734

iPhone & iPad - 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-11:00am	Nov 03-Nov 10	$59/2	197736

iPhone & iPad -Creating a Photo Album

Is your iPhone/iPad full of photos, but you'd love to get these photos off your device and onto the page? Join Mandy for this one-day workshop where we will learn how to create a photo album on our iPhone/iPad. We will explore the techniques and procedures, and then you can finish up the album at home and send it away for printing! You'll end up with a beautiful coffee table album, full of memories to look back on for years to come.

Tu	10am-12pm	Sep 15	$39	197737

iPhone & iPad -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 17-Dec 01	$89/3	197735

APPLE WATCH: MASTERING THE BASICS & BEYOND

16 yrs+

Apple Watch is a wearable smartwatch that can be used to communicate, track activity and fitness workouts, and much more. In this course we will explore how to communicate, customize watch faces, find your other devices, create timers and set alarms, check the weather, use the Control Center, Siri, calculator, and more! Join Mandy for this hands-on course; all levels are welcome in this relaxed and encouraging environment.

Greenglade Community Centre Room 6

Instructor: Mandy Ospina

Tu	9:30am-11am	Dec 08-Dec 15	$59/2	197738

FOOD & COOKING

NEW

GLOBAL FLAVORS: ADULT CULINARY SERIES

18 yrs+

This intensive four-class series is designed exclusively for adults.. Each three-hour session provides a sophisticated yet approachable environment for culinary skill development, focusing on high-quality global cuisines and professional kitchen techniques. Over the course of the four weeks series, participants will experience four unique classes: Mediterranean Fusion, The Ramen Masterclass, Indian Aromatics, and a Three-Course Italian Finale.

North Saanich Middle School Food/Textiles Room

Instructor: Renae Hollingsworth

W	6:00pm-9:00pm	Oct 07-Nov 18	$440/4	199317

WHOLE-FOOD PLANT-BASED COOKING

16 yrs+

North Saanich Middle School Food/Textiles Room

Instructor: Peggy White

Farm to Fork - Harvest Dinner

Celebrate the flavours of fall with this cozy whole-food, plant-based and gluten-free cooking class. Together we'll prepare a seasonal menu featuring Harvest Squash & Pear Soup, Quinoa & Tofu Stuffed Peppers, Citrusy Kale Salad, and a comforting Fruit Crisp dessert using nourishing, wholesome ingredients.

Common Allergens: Tree Nuts, Soy

Tu	6pm-9pm	Sep 29	$110	197750

Mexican-Inspired

Bring the vibrant flavours of Mexico into your kitchen with this whole-food plant-based and gluten-free cooking class! Learn to create bold, satisfying dishes including Black Bean Tacos, Mexican Brown Rice, Chipotle Cashew Cheese, and decadent Chocolate Cake. Fresh ingredients and bold flavours come together in this vibrant class.

Common Allergens: Tree Nuts, Soy,

Tu	6pm-9pm	Oct 20	$110	197751

One Pot Wonders

Make wholesome weeknight cooking simple with this hands-on whole-food plant-based and gluten-free class focused on nourishing one pot meals. Learn to create Chickpea Cauliflower Curry, Quinoa Chili, Lentil Sloppy Joes, and West African Red Bean & Sweet Potato Stew, hearty, flavourful dishes perfect for easy meals at home.

Common Allergens: Peanuts

Tu	6pm-9pm	Nov 10	$110	197752

Entertainment Made Easy - Appys & Dips

Create vibrant plant-based appetizers in this hands-on class featuring a variety of gluten-free, whole-food bites and dips. We'll make Salad Rolls, Tamari Almonds, Walnut Meatless Balls, Cashew Queso, Oil-Free Hummus, and Quinoa & Lentil Fritters, perfect for entertaining, sharing, or building a beautiful, nourishing spread at home.
Allergens: Tree nuts

Tu	6pm-9pm	Dec 01	$110	197753



WORKSHOPS & EDUCATION

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	Sep 16-Sep 23	$35/2	197732

BRIDGE

18 yrs+

Greenglade Community Centre Room 6

Instructor: Mike Dickie

Beginner

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 included. Optional beginners manual available for purchase at registration.

W	10am-12pm	Sep 16-Oct 28	$100/6	197739

Intermediate

Learn to advance your bridge game in this class designed for those who have the basic understanding but would like to improve their game. Intermediate level problems in bidding, declarer play and defense will be taught. An optional intermediate play manual is available for purchase at registration.

W	10am-12pm	Nov 04-Dec 16	$100/6	197740

NEW NATURE RESET: AN EVENING AT DOMINION BROOK PARK

16 yrs+

Your nervous system is not built for the pace you are keeping. Research shows that 20 minutes in nature measurably reduces cortisol and restores the capacity for clear decisions. This 2-hour guided evening session at Dominion Brook Park combines a reflective walk and a facilitated coaching circle. You will leave feeling connected, relaxed, present, and hopeful. Led by Leslie Bennett, PCC, Certified Psychological Health & Safety Advisor and PaRx Connector.

Dominion Brook Park

Instructor: Leslie Bennett - Open Spaces Learning

Tu	5:30pm-7:30pm	Sep 08	$55	200001
Th	5:30pm-7:30pm	Sep 10	$55	199494

PUTTING THE GARDEN TO BED

16 yrs+

Fall is the time to put the garden to rest. Whether you have overwintering crops in the vegetable gardens, perennials that need pruning back and tucking in, autumn is the time to ensure the soil is protected from winter winds and rains. In this workshop we'll cover: techniques for building soil all winter long, preferred mulches to protect soils, vegetable crops that overwinter well, which crops need which type of insulation, making compost in cooler temperatures, and wintertime garden maintenance.

Greenglade Community Centre Room 6

Instructor: Compost Education Centre

Sa	10am-11:30am	Sep 19	$25	198692

FERMENTING VEGETABLES

16 yrs+

Did you know that you can not only preserve vegetables, but also make them into sources of healthy bacteria, simply by adding salt? At this workshop, we'll talk shop about the basics of fermenting vegetables and there will be a demo of how to make sauerkraut. Go away with a recipe and method to make your own batch!

Greenglade Community Centre Room 6

Instructor: Compost Education Centre

Th	2pm-4pm	Sep 24	$35	198694

GROWING INDOOR SPROUTS AND MICROGREENS

16 yrs+

Do you wish you had a mini garden all winter long to harvest from right in your kitchen? You can! Come learn the ins and outs of microgreen growing and sprouting in your home so that you can have nutrient dense greens all year round, rain or shine, cold or hot. We'll cover: helpful equipment, difference between microgreens & sprouts, how to grow these tender greens (seed selection, timing, care), nutrition benefits and Troubleshooting. Since the equipment and skills are similar, we'll also spend some time learning the specifics of how to grow healthy vegetable seedlings for your garden.

Greenglade Community Centre Room 6

Instructor: Compost Education Centre

Th	2pm-4pm	Oct 08	$35	198698



SELF DEFENCE FOR WOMEN

18 yrs+

Greenglade Community Centre Room 5

Instructor: Sixth Sense 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 and online safety.

Sa	9:30am-12pm	Sep 26	$85	197746

Series

This exhilarating, interactive series 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 defend yourself. Our goal is to leave you confident, aware and feeling empowered with basic skills to defend yourself in multiple situations. These classes address assault, sexual assault and harassment. Content can be triggering.

M-W	7pm-8:15pm	Oct 19-Nov 04	$225/6	199040

LANGUAGE

SPANISH

18 yrs+

Greenglade Community Centre Room 6

Instructor: Josefina Koenig

Beginner Level 1

Would you like to build your Spanish vocabulary for travel to Latin America countries?

Join this beginner class designed for those with little to no experience in the language. The class focuses on practical vocabulary to help communicate in everyday situations, including travel, food, shopping and family interactions. This class is ideal for complete beginners or those who might have studied a little Spanish in the past but want a fresh start. No prior knowledge is required- just a willingness to learn and participate!

W	6:30pm-8pm	Sep 09-Oct 28	$275/7	198682

Beginner/ intermediate level 2

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 every day situations involving travel, food, shopping and family. This class is suitable for students who are interested in travelling to Spanish-speaking countries. Participation and commitment are essential for learning.

W	6:30pm-8pm	Nov 04-Dec 16	$255/6	198683

LEADERSHIP & TRAINING

AQUATIC LEADERSHIP TRAINING

See p. 36

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 03-Oct 04	$180/2	198689

SPORT

SWIM & SKATE LESSONS

Dive in and glide over - various swim and skate lessons for all ages and skill levels! See p. 14-17

DROP-IN SPORTS

Smash, rally and play! Seasonally, a variety of reservable drop-in sports are offered weekly at various locations - including squash, volleyball, indoor soccer, pickleball and badminton. Check the Drop-in Activities > Sports section of our website for details and the latest schedule!

NEW INDOOR CARPET BOWLS

18 yrs+

Discover carpet bowling, the indoor version of lawn bowling! This beginner-friendly program introduces the fundamentals of this strategic and social sport. Enjoy friendly competition, learn new skills and connect with others in a fun and welcoming environment.

Central Saanich Lawn Bowls Club

Instructor: Central Saanich Lawn Bowls Club

Th	6:30pm-8pm	Sep 10-Oct 01	$60/4	199454
Th	6:30pm-8pm	Nov 05-Nov 26	$60/4	199455

VOLLEYBALL

15 yrs+

North Saanich Middle School Gymnasium

Instructor: Peninsula Volleyball Academy

Social Game Play

This program welcomes players of all skill levels who are comfortable with fundamental skills and the 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.

Su	6pm-7:30pm	Sep 20-Dec 13	$96/12	199047

Train and Play Clinic

Improve your volleyball skills in a structured, supportive environment. Sessions combine technical skill development, positional awareness and game play, with coaching feedback throughout. Participants will build consistency, confidence and decision-making while developing serving, passing, setting, attacking and defensive skills.

Su	4:30pm-6pm	Nov 01-Nov 22	$80/4	199480

INDOOR SOCCER

45 yrs+

A structured indoor 5-a-side soccer session for those who want to stay active and keep playing the game they enjoy! Sessions focus on movement, light competition and maintaining fitness, in a safe, controlled environment. No physical tackles and no high-impact play. Suitable for all skill levels - from experienced players to those returning after a break. A great way to stay sharp, mobile and active, year-round.

Greenglade Community Centre Gymnasium

Instructor: Neil Munro

Tu	7pm-8:30pm	Sep 22-Dec 15	$94/13	199109

ADULT HOCKEY LEAGUE

19 yrs+

A recreational, non-contact league featuring one weekly officiated game on Sundays (excluding select dates), with start times from 5-10:20pm. Team assignments and the season schedule will be provided by August 31. All genders welcome. Registration includes a team jersey to keep.

ONLINE REGISTRATION CLOSES ON AUGUST 30.
To register after August 30, please contact reception at 250-656-7271 or info@panoramarec.bc.ca

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

Tier 2 - For players looking for a relaxed pace of play and are newer or returning to the game. Non-contact.

Panorama Recreation Centre Arena Lobby

TIER 1

GOALIES

Su	5pm-11:40pm	Sep 13-Mar 21	$250/23	198859

PLAYERS

Su	5pm-11:40pm	Sep 13-Mar 21	$500/23	198854

TIER 2

GOALIES

Su	5pm-11:40pm	Sep 13-Mar 21	$250/23	198858

PLAYERS

Su	5pm-11:40pm	Sep 13-Mar 21	$500/23	198855

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

WOMEN'S HOCKEY SKILL DEVELOPMENT

18 yrs+

Join us for a fun and exciting hockey skills program! All skill levels welcome. A different skill will be focused on each session, including skating, shooting and passing - breaking skills down and learning to implement them through appropriate drills and game play.

Panorama Recreation Centre Arena A

PLAYERS

M	6:50pm-7:40pm	Sep 14-Oct 26	$75/6	197724
M	6:50pm-7:40pm	Nov 02-Dec 14	$88/7	197725

GOALIES

M	6:50pm-7:40pm	Sep 14-Oct 26	$38/6	197726
M	6:50pm-7:40pm	Nov 02-Dec 14	$44/7	197727

ARCHERY

North Saanich Middle School Gymnasium

Instructor: Pacific Archery Academy

Beginners

16 yrs+

This beginner program for adults teaches the fundamentals of shooting a bow and arrow in a safe, welcoming environment. Participants will develop basic technique and shooting skills through hands-on instruction. All experience levels are welcome and equipment is provided.

Sa	9am-10:30am	Sep 26-Dec 05	$413/11	199228

Intermediate

14 yrs+

Designed for adults with previous archery experience, this intermediate program focuses on refining form, improving technique, and developing greater consistency and accuracy. Participants will build confidence and expand their shooting skills in a safe, supportive environment. Equipment is provided

W	8:15pm-9:30pm	Oct 07-Dec 09	$281/9	199226

RACQUET SPORTS

NEW PICKLEBALL

15 yrs+

Centennial Park Sport Box

Instructor: Shangri-Law Pickleball

Level 1: Introduction

A welcoming, step-by-step introduction to pickleball for brand new players or those wanting a refresher. Participants will learn the basic rules, scoring, serving, court positioning, foundational shots, and simple guided game play. This program is designed to help players feel more comfortable, confident, and ready to play recreational pickleball.

W	5pm-6:45pm	Oct 14-Nov 04	$98/4	199451
W	5pm-6:45pm	Nov 18-Dec 12	$98/4	199477

Level 2: Beyond the Basics

For players who already understand the basic rules and are ready to improve their consistency and control. Participants will work on stronger serves and returns, dinking, volleys, court movement, shot selection, and simple game strategies. This program is ideal for players who have completed Level 1 or have some recreational playing experience.

W	3pm-5pm	Nov 18-Dec 09	$98/4	199479
W	1:45pm-3:45pm	Oct 14-Nov 4	$98/4	199464

NEW SQUASH CUP TOURNAMENTS

15 yrs+

Lively team-based round robin events, with 20-minute rally scoring matches, fun bonus point targets and balanced teams. Play Friday evening and Saturday daytime, with snacks, lunch and a welcoming community atmosphere. Prizes for team (cumulative of all members) and player with most points! Beginner to advanced squash skill levels welcome. Please see the event listings online for more details.

Panorama Recreation Centre Indoor Squash Courts

***Save 5% by registering online at least 14 days before event start.**
Registration closes 7 days before event start.

September 18-19

F-Sa	Sep 18-19	$42*	198693
F-Sa	Nov 20-22	$42*	198695



GROUP TENNIS 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.

M	5:30pm-7pm	Sep 14-Oct 26	$153/6	199121
M	7pm-8:30pm	Nov 02-Dec 14	$179/7	199125

1.5 Beginner Group Lessons

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, plus how to receive volleys at the net. Progressive green tennis balls will be used to enhance learning.

M	7pm-8:30pm	Sep 14-Oct 26	$153/6	199122
M	5:30pm-7pm	Nov 02-Dec 14	$179/7	199126
Sa	11:30am-1pm	Sep 19-Oct 24	$153/6	199908
Sa	1pm-2:30pm	Nov 07-Dec 12	$153/6	199909

2.0 Novice

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.

W	3:30pm-5pm	Sep 02-Oct 28	$204/8	199903
Sa	1pm-2:30pm	Sep 19-Oct 24	$153/6	199910
Sa	11:30am-1pm	Nov 07-Dec 12	$153/6	199911

2.5 Low Intermediate Group Lessons

Start points with purpose by placing serves strategically. 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.

W	5pm-6:30pm	Nov 04-Dec 23	$179/7	199407
W	5pm-6:30pm	Sep 2-Oct 28	$204/8	199406
M	6pm-7:30pm	Sep 14-Oct 26	$153/6	199912
M	6pm-7:30pm	Nov 2-Dec 21	$204/8	199913

3.0 Intermediate Group Lessons

Win more points by learning to apply topspin and underspin on groundstrokes, plus learning to use slice on serve. Improve your ability to control the direction of your serve and tactical choices when returning serve. Develop control and consistency when volleying against balls delivered at varying heights.

W	5pm-6:30pm	Nov 04-Dec 23	$179/7	199409
W	5pm-6:30pm	Sep 2-Oct 28	$204/8	199408

3.5 High Intermediate

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, including when to approach the net.

Su	2:30pm-4pm	Sep 6-Oct 25	$179/7	199964
Su	2:30pm-4pm	Nov 8-Dec 13	$153/6	199965

NEW

TENNIS DOUBLES ROUND ROBIN 3.0-3.5

15 yrs+

Enjoy organized doubles match play in a fun and welcoming environment. Play with and against a variety of partners and opponents in a social round robin format that emphasizes friendly competition and connection.

Panorama Recreation Centre Indoor Tennis Courts

Su	6pm-7:30pm	Sep 20-Oct 25	$72/6	199933
Su	6pm-7:30pm	Nov 08-Dec 13	$72/6	199934

WHEELCHAIR TENNIS

BC WHEELCHAIR SPORTS

15 yrs+

Learn to play or advance your wheelchair tennis skills! Wheelchair tennis follows the same rules as tennis, with the exception of allowing two bounces. Designed for players of beginner to low-intermediate skill, sessions include skill development, drills, court movement and friendly match play. Sport wheelchairs and equipment are available to borrow. Contact the Racquet Sports Coordinator to discuss program suitability or equipment needs. Our thanks to BC Wheelchair Sports for supporting this programming!

Panorama Recreation Centre Indoor Tennis Court #1

W	6:45pm-8:15pm	Sep 23-Dec 23	$96/12	199410

NEW

Women & Girls

Sa	3:15pm-4:45pm	Oct 17-Dec 5	$48/6	199901

TENNIS PRACTICE & PLAY

15 yrs+

High-rep and seriously fun, these programs are designed to help participants groove the skills they've picked up in lessons and social play. Tailored to the group through coach observation and participant feedback, session concentration will be on stroke development techniques for groundstrokes, serves and volleys, through drills meant to emphasize the concepts of the day. Doubles play will be included for the opportunity to put skills into action.

Panorama Recreation Centre Indoor Tennis Courts

Low Intermediate 2.5-3.0

M	1pm-3pm	Sep 14-Oct 26	$165/6	199127
M	1pm-3pm	Nov 02-Dec 21	$220/8	199128

Intermediate 3.0-3.5

Th	12:30pm-2:30pm	Sep 3-Oct 29	$248/9	200646
Th	12:30pm-2:30pm	Nov 5-Dec 17	$193/7	200647

High Intermediate/ Advanced 3.5-4.0

M	7:30pm-9:30pm	Sep 14-Oct 26	$165/6	199287
M	7:30pm-9:30pm	Nov 02-Dec 21	$220/8	199288
Th	10:30am-12:30pm	Nov 05-Dec 17	$165/6	199237
Th	10:30am-12:30pm	Sep 3-Oct 29	$248/9	199229



WOMEN'S 3.0-3.5 TENNIS DOUBLES STRATEGY

15 yrs+

Develop the techniques, tactics and strategy behind winning doubles play! Sessions will include drills meant to emphasize the concepts of the day and match play for the opportunity to put skills into action.

Panorama Recreation Centre Indoor Tennis Courts

F	2:30PM-4:30pm	Sep 04-Oct 30	$248/9	199241
F	2:30pm-4:30pm	Nov 06-Dec 18	$165/6	199242

NEW TENNIS 4.0+ SKILLS & DRILLS

15 yrs+

This high-energy program focuses on advanced stroke development, tactical play and consistency. Build decision-making skills and refine point construction through challenging drills, coached play and competitive game situations.

Panorama Recreation Centre Indoor Tennis Courts

Su	12pm-1:30pm	Sep 06-Oct 25	$161/7	199936
Su	12pm-1:30pm	Nov 08-Dec 13	$138/6	199937

TENNIS LIVE BALL

15 yrs+

Live Ball is a fast-paced doubles game where pairs compete to earn and defend the champion side. Each point begins with a coach feed, followed by continuous doubles play. Expect plenty of action, fitness and fun while developing doubles tactics, court awareness and teamwork.

Panorama Recreation Centre Indoor Tennis Courts

Intermediate 3.0

W	7:30am-9am	Sep 02-Oct 28	$147/7	199129
W	7:30am-9am	Nov 04-Dec 23	$147/7	199130

Intermediate 3.0-3.5

Th	9am-10:30am	Sep 03-Oct 29	$189/9	199238
Th	9am-10:30am	Nov 05-Dec 17	$126/6	199239

High Intermediate 3.5

F	1:30pm-3pm	Sep 04-Oct 30	$189/9	199891
F	5pm-6:30pm	Nov 06-Dec 11	$126/6	199892

TENNIS THEMED SKILL CLINICS

15 yrs+

From match play strategies and net play tactics, to serve and return of serve techniques, specialized shots and fancy footwork, we are pleased to offer a variety of tennis skill clinics this season! Register via the Adult > Sports > Tennis section of our online registration page.

Panorama Recreation Centre Indoor Courts

Various weeks:
Mondays 11:30am-1pm
Fridays 5pm-6:30pm
$26/session

PRIVATE TENNIS LESSONS

6 yrs+

Ideal for focused work on specific techniques or tactics, targeting one or two key areas of development.

Interested in a semi-private? Share your lesson session with another participant of similar skill level at no additional cost. Group rates apply for 3-4 participants.

Visit the Private Lessons section of our online registration page for details and registration.

Panorama Recreation Centre Indoor Tennis Courts

TENNIS TOURNAMENTS - TRIPLE KNOCKOUT

15 yrs+

Unsanctioned, non-ranking tennis tournaments with a fun, competitive focus! Players/teams are guaranteed at least three matches, with play running through the weekend; Friday evening and daytime Saturday-Sunday. Intermediate to advanced skill levels welcome, including competitive U15 juniors (with pre-approval). Please see the event listings online for more details.

Panorama Recreation Centre Indoor Tennis Courts

***Save 5% by registering online at least 14 days before event start.**
Registration closes 7 days before event start.

F-Su	Sep 11-13	Mixed Singles	$60*
F-Su	Oct 30-Nov 1	Mixed Doubles	$40*/player
F-Su	Dec 18-20	Mixed Singles	$60*

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	11:45am-1pm	Oct 01-Oct 22	$64/4	199033
Th	11:45am-1pm	Nov 05-Nov 26	$64/4	199034

NEW

STRENGTH FOUNDATIONS: ADVANCED FUNDAMENTALS

13 yrs+

See p. 32

PARENT 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 14-Oct 26	$66/6	198585
M	1:15pm-2pm	Nov 02-Dec 14	$77/7	198586

FASCIA IN MOTION

16 - 85 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 08-Oct 06	$60/5	198729
Tu	10:45am-11:45am	Oct 13-Nov 03	$48/4	198743
Tu	10:45am-11:45am	Nov 10-Dec 01	$48/4	198744
Th	10:30am-11:30am	Sep 10-Oct 08	$60/5	198757
Th	10:30am-11:30am	Oct 15-Nov 05	$48/4	198759
Th	10:30am-11:30am	Nov 12-Dec 03	$48/4	198762

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	$68/person	$41/person
3 sessions	$195/person	$112.50person
6 sessions	$372/person	$210/person
12 sessions	$708/person	$390/person



FIT FUSION

15 yrs+

This energizing, all-levels class blends the core-sculpting focus of Yoga-lates, the power and stability of strength training, and the fluid movement of a dynamic power yoga flow.

Fit Fusion is designed to challenge and support you—whether you're just beginning your fitness journey or deepening an existing practice. With options and modifications offered throughout, everyone is welcome. Expect a full-body workout that builds strength, improves flexibility, and leaves you feeling balanced, strong, and empowered.

Central Saanich Cultural Centre Room B

Instructor : Sarah Campbell

Th	5:45pm-6:45pm	Sep 10-Oct 29	$88/8	199426
Th	5:45pm-6:45pm	Nov 05 - Dec 17	$77/7	199427

FULL CIRCLE FITNESS

16 - 80 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 08-Oct 06	$60/5	198714
Tu	4pm-5:15pm	Oct 13-Nov 03	$48/4	198718
Tu	4pm-5:15pm	Nov 10-Dec 01	$48/4	198723

BODY CAMP

15 yrs+

Experience fun, female focused, 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 Centre Room B

Instructor: Sherry Leblanc

Tu	5:30pm-6:30pm	Sep 08-Oct 27	$120/8	199361
Tu	5:30pm-6:30pm	Nov 03-Dec 15	$105/7	199364
Th	9am-10am	Sep 10-Oct 29	$120/8	199365
Th	9am-10am	Nov 05-Dec 17	$105/7	199366

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 10-Oct 08	$60/5	198745
Th	4:15pm-5:15pm	Oct 15-Nov 05	$48/4	198746
Th	4:15pm-5:15pm	Nov 12-Dec 03	$48/4	198749



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 14-Oct 26	$72/6	198638
M	9:15am-10:15am	Nov 02-Dec 21	$96/8	198639

ESSENTRICS AGING BACKWARDS

18 yrs+

Essentrics is a dynamic, full-body workout designed to support healthy aging through flowing movements performed to music. This gentle yet effective class helps improve strength, mobility, flexibility, balance, and posture while nourishing the joints and connective tissue. The smooth, non-impact movements enhance coordination, support fall prevention, and can help reduce everyday aches and pains. You'll leave feeling more energized, aligned, and balanced.

No experience necessary.

Greenglade Community Centre Room 4

Instructor: Phyllis Musseau

Th	11:45am-12:35pm	Sep 10-Oct 29	$120/8	198574
Th	11:45am-12:35pm	Nov 05-Dec 17	$105/7	198955

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 14-Oct 05	$48/4	198754

WOMEN'S KICKBOXING

16 - 70 yrs

Punch your way into better health and fitness. Kickboxing is a unique program combining a full body workout with self defense skills. Learn how to punch and kick with power and confidence in a relaxed and friendly atmosphere. Exercise and keep yourself safe with black belt and former competitive kickboxing champion Jodi Hensel.

Central Saanich Cultural Centre Room A

Instructor: Jodi Hensel

Tu-Th	6pm-7pm	Sep 15-Oct 08	$84/8	199452

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

UPBEAT LIFT

14 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.

Greenglade Community Centre Room 4

Instructor: Chelsea Stanley

Su	9:15am-10:15am	Oct 04-Nov 15	$102/6	198581
Su	9:15am-10:15am	Nov 22-Dec 20	$85/5	198644

UPBEAT BARRE

15 yrs+

UpBeat Barre blends strength training, Pilates, cardio and dance into a fun, high-energy workout. Expect flowing movement set to upbeat music for an accessible yet challenging muscular-endurance class. We use a stability aid as your "barre", along with a variety of equipment including light weights, Pilates balls, resistance bands and a yoga mat. Bare feet recommended.

Greenglade Community Centre Room 4

Instructor: Emily Moore

Su	10:30am-11:30am	Sep 13-Oct 25	$102/6	198988
Su	10:30am-11:30am	Nov 01-Nov 29	$85/5	198989
Su	10:30am-11:30am	Dec 06-Dec 20	$51/3	198990

Central Saanich Cultural Centre Room B

Instructor: Chelsea Stanley

W	9am-10am	Oct 07-Nov 04	$85/5	198653
W	9am-10am	Nov 18-Dec 16	$85/5	198659
Sa	8am-9am	Oct 03-Nov 07	$102/6	198660
Sa	8am-9am	Nov 14-Dec 19	$102/6	198661

BARRE AND BEATS

15 yrs+

Rebel meets Ballerina in this fusion class of Pound Rockout Workout and UpBeat Barre. 30mins of stress-relieving, high energy cardio drumming followed by 30 mins of toning, fluid Upbeat Barre.

Central Saanich Cultural Centre Room B

Instructor: Chelsea Stanley

Tu	6:45pm-7:45pm	Oct 06-Nov 10	$102/6	198662
Tu	6:45pm-7:45pm	Nov 17-Dec 22	$102/6	198665

BOLLYX WITH KATE

15 yrs+

BollyX is a dance fitness program that utilizes high-intensity interval training (HIIT) principles to provide health benefits to the participant. The class consists of intense, high impact dance moves (which drive the heart rate up) interspersed with moderately-intense, low impact moves (allowing for a short recovery) to give participants an exhilarating yet effective workout. The benefits of the BollyX workout extend into other areas as well, including improvements in both coordination and mind/body awareness. Simply put, this total body workout builds strength, endurance, confidence, and community- the essential ingredients needed for participants to unleash their inner Rockstar!

Greenglade Community Centre Room 4

Instructor Kate Grewal

F	5:30pm-6:30pm	Sep 11-Oct 16	$66/11	200021
F	5:30pm - 6:30pm	Oct 23 -Nov 27	$66/11	200022

JAZZERCISE

16 yrs+

You'll have so much fun, you won't want to stop! Work at your own fitness level and feel amazing when you channel your inner pop diva in the original high-energy dance cardio workout combined with strength training and toning to build strong, lean muscles. One 55-minute session can burn up to 800 calories and provides an undeniable mood boost.

- $195/3 month pass
- $115/10 class pass
- $15 Drop In

Panorama Recreation Centre Fitness Studio

Instructor: Carla Higgins

M-W	7pm-8pm	Sep 09-Dec 16
Sa	10:15am-11:15am	Sep 12-Dec 12
Su	8:15am-9:15am	Sep 13-Dec 20

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 08-Oct 27	$96/8	198957
Tu	6:30pm-7:30pm	Nov 03-Dec 15	$84/7	198971
W	10:40am-11:40am	Sep 09-Oct 28	$84/7	198972
W	10:40am-11:40am	Nov 04-Dec 16	$72/6	198973
F	10:40am-11:40am	Sep 11-Oct 30	$96/8	198974
F	10:40am-11:40am	Nov 06-Dec 18	$84/7	198975

Zumba Toning

M	10:40am-11:40am	Sep 14-Oct 26	$72/6	198951
M	10:40am-11:40am	Nov 02-Dec 14	$84/7	198952

MIND AND BODY

GENTLE PILATES

16 yrs+

Build strength, balance, and mobility with this gentle Pilates class that incorporates light resistance training to support bone health and healthy aging. Improve core strength, posture, and stability while moving mindfully and safely. Suitable for a variety of fitness levels, with options to meet your body's needs.

Greenglade Community Centre Room 4

Instructor: Phyllis Musseau

Tu	4pm-5pm	Sep 08-Oct 27	$120/8	198576
Tu	4pm-5pm	Nov 03-Dec 15	$105/7	198953

PILATES

16 yrs+

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.

Greenglade Community Centre Room 5

Instructor: Phyllis Musseau

Tu	5:15pm-6:15pm	Sep 08-Oct 27	$120/8	198575
Tu	5:15pm-6:15pm	Nov 03-Dec 15	$105/7	198954

WE ARE
HIRING
JOIN OUR TEAM
View current opportunities at panoramarecreation.ca

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 09-Oct 28	$91/7	198640
W	5:15pm-6:15pm	Nov 04-Dec 16	$78/6	198642
F	4:15pm-5:15pm	Sep 11-Oct 30	$104/8	198641
F	4:15pm-5:15pm	Nov 06-Dec 18	$91/7	198643

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 Centre Room B

Instructor: Sherry Leblanc

M	5:30pm-6:30pm	Sep 14-Oct 26	$90/6	199336
M	5:30pm-6:30pm	Nov 02-Dec 14	$105/7	199346
M	6:45pm-7:45pm	Sep 14-Oct 26	$90/6	199343
M	6:45pm-7:45pm	Nov 02-Dec 14	$105/7	199350
W	5:30pm-6:30pm	Sep 09-Oct 28	$105/7	199354
W	5:30pm-6:30pm	Nov 04-Dec 16	$90/6	199356

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 14-Oct 05	$52/4	198577
M	5:45pm-6:45pm	Oct 19-Dec 14	$117/9	198578

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 14-Oct 05	$52/4	198579
M	7pm-8pm	Oct 19-Dec 14	$117/9	198580

TAI CHI

18 yrs+

Beginners Part 1

This course teaches the 108-move tai chi set developed by Master Moy Lin-Shin and practiced by the Canadian Tai Chi Academy. Dedicated practice has many physical and mental benefits including: improved flexibility and balance, increased strength and stamina and greater mental focus and concentration. This is a non-combative, non-competitive class.

North Saanich Middle School Multipurpose Room - Centre

Instructor: Canadian Tai Chi Academy

M-Th	6pm-7pm	Sep 14-Oct 29	$117/13	198582

Beginners Part 2

This course teaches the 108-move tai chi set developed by Master Moy Lin-Shin and practiced by the Canadian Tai Chi Academy. Dedicated practice has many physical and mental benefits including: improved flexibility and balance, increased strength and stamina and greater mental focus and concentration. This is a non-combative, non-competitive class. Must have completed Part 1 or have prior Tai Chi experience.

North Saanich Middle School Multipurpose Room

Instructor: Canadian Tai Chi Academy

M,Th	6pm-7pm	Nov 02-Dec 14	$117/13	198583

Continuing

This course teaches the 108-move set developed by Master Moy Lin-Shin and practiced by the Canadian Tai Chi Academy. Participants must have completed the Beginners Tai Chi class or have previous tai chi experience in the form developed by Master Moy Lin-Shin. Dedicated practice has many physical and mental benefits including: improved flexibility and balance, increased strength and stamina and greater mental focus and concentration. This is a non-combative, non-competitive class.

North Saanich Middle School Multipurpose Room

Instructor: Canadian Tai Chi Academy

Sa	9:30am-11am	Sep 12-Dec 12	$117/13	198584

Continuing

This course is designed for those who have completed the Beginners Tai Chi or continuing students who want the benefit of ongoing traditional Tai Chi practice of the 108 set. 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 & not competitive form of Tai Chi practice that adheres to traditional practices.

Greenglade Community Centre Room 4

Instructor: Silk Tai Chi Society

W	6:30pm-8pm	Sep 09-Dec 16	$117/13	199148



Lok Hup- Advanced Traditional Form

Tai Chi Lok Hup is considered by many masters as essential to a serious students ongoing practice. This course is for those looking to deepen their knowledge and abilities in traditional Tai Chi. It focuses on learning the internal arts gaining both strength and relaxation that comes from specific body mechanics and principles.

Greenglade Community Centre Room 4

Instructor: Silk Tai Chi Society

Tu	6:30pm-8pm	Sep 15-Dec 15	$99/11	199149

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 and Rachel Schmidt

W	11am-11:45am	Sep 16-Oct 28	$72/6	199382
W	11am-11:45am	Nov 04-Dec 16	$72/6	199384
F	10:30am-11:15am	Sep 18-Oct 30	$84/7	199412
F	10:30am-11:15am	Nov 06-Dec 11	$72/6	199424

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 5

Instructor: Linda Shore

Tu	6:45pm-8pm	Dec 01-Dec 15	$45/3	199155

NIA DANCE / TECHNIQUE

16 yrs+

FUNctional Fitness

Have fun while you strengthen your core, improve balance and agility, increase bone density and stimulate your mind. Eclectic music to Dance, Shake, Shimmy, Stretch, Smile, Kick, Punch and Laugh! Enjoyable for all body types, and fitness levels.

Fun, exciting fitness challenge for those who want it, and gentle for those who want that.

Greenglade Community Centre Room 5

Instructor: Candice Francis

M	5:15pm-6:15pm	Sep 21-Nov 02	$90/6	198161
M	5:15pm-6:15pm	Nov 09-Dec 07	$75/5	198162

REHABILITATION

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

Tu,Th	10:15am-11:15am	Sep 08-Oct 01	$88/8	199244
Tu,Th	10:15am-11:15am	Oct 06-Oct 29	$88/8	199245
Tu,Th	10:15am-11:15am	Nov 03-Nov 26	$88/8	199246
Tu,Th	10:15am-11:15am	Dec 01-Dec 17	$66/6	199247

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 08-Oct 01	$88/8	199251
Tu,Th 11:30am-12:30pm	Oct 06-Oct 29	$88/8	199252
Tu,Th 11:30am-12:30pm	Nov 03-Nov 26	$88/8	199253
Tu,Th 11:30am-12:30pm	Dec 01-Dec 17	$66/6	199254

ACTIVE AGING CLASS

50 yrs +

Designed for active older adults looking to improve overall fitness, this full-body workout combines low-impact cardiovascular exercise, strength training, balance, mobility, and core conditioning. Participants will use a variety of equipment including free weights, resistance bands, body bars, and gliders to build strength, enhance coordination, and support everyday movement.

Exercises are performed in both standing and floor-based positions, allowing for a well-rounded approach to fitness that promotes independence, functional strength, and healthy aging. Participants should be comfortable transitioning to and from the floor at their own pace.

Suitable for a range of fitness levels, with options provided to help participants work safely and effectively.

Panorama Recreation Centre Fitness Studio

Instructor Rachel Schmidt and Barry Davis

Tu,Th	12:45pm-1:45pm	Sep 08-Oct 01	$88/8	199854
Tu,Th	12:45pm-1:45pm	Oct 06-Oct 29	$88/8	199859
Tu,Th	12:45pm-1:45pm	Nov 03-Nov 26	$88/8	199860
Tu,Th	12:45pm-1:45pm	Dec 01-Dec 17	$66/6	199861

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

Tu	8am-9am	Sep 08-Sep 29	$44/4	199171
Tu	8am-9am	Oct 06-Oct 27	$44/4	199173
Tu	8am-9am	Nov 03-Nov 24	$44/4	199175
Tu	8am-9am	Dec 01-Dec 15	$33/3	199176
Th	8am-9am	Sep 10-Sep 24	$33/3	199190
Th	8am-9am	Oct 01-Oct 29	$55/5	199191
Th	8am-9am	Nov 05-Nov 26	$44/4	199192
Th	8am-9am	Dec 03-Dec 17	$33/3	199195
F	11:45am-12:45pm	Sep 11-Sep 25	$33/3	199201
F	11:45am-12:45pm	Oct 02-Oct 30	$55/5	199202
F	11:45am-12:45pm	Nov 06-Nov 27	$44/4	199203
F	11:45am-12:45pm	Dec 04-Dec 18	$33/3	199206

Instructor: Cathy Roberts

M,W	10:30am-11:30am	Sep 09-Sep 28	$66/6	199153
M,W	10:30am-11:30am	Oct 05-Oct 28	$77/7	199154
M,W	10:30am-11:30am	Nov 02-Nov 25	$77/7	199157
M,W	10:30am-11:30am	Nov 30-Dec 16	$66/6	199158
W	9:15am-10:15am	Sep 09-Sep 23	$33/3	199159
W	9:15am-10:15am	Oct 07-Oct 28	$44/4	199161
W	9:15am-10:15am	Nov 04-Nov 25	$44/4	199168
W	9:15am-10:15am	Dec 02-Dec 16	$33/3	199170

Instructor: Judy Brochez

F	10:30am-11:30am	Sep 11-Sep 25	$33/3	199196
F	10:30am-11:30am	Oct 02-Oct 30	$55/5	199198
F	10:30am-11:30am	Nov 06-Nov 27	$44/4	199199
F	10:30am-11:30am	Dec 04-Dec 18	$33/3	199200

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
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

Activity	Required Notice of Cancellation
Reserved drop in (pickleball, fitness, kindergym, toys & tumbles, 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

Panorama RECREATION
Live well. Have fun.

Why Register Online?

Convenient
24 hrs
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!

VISA MasterCard AMERICAN EXPRESS

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	
Thursday, Aug 6 @ 6:30am (Visible online Jul 30)	Set 1 (Sep 8-Oct 29) Thurs, Aug 27 @ 6:30am (Visible online Aug 20)	Set 2 (Oct 30-Dec 18) Thurs, Oct 22 @ 6:30am (Visible online Oct 15)

LOOKING AHEAD...

Winter/Spring General Programs	Winter/Spring Swim & Skate Lessons
Th, Dec 3 @ 6:30am (Visible online Nov 26)	Th, Dec 17 @ 6:30am (Visible online Dec 10)

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.

FACILITY RENTALS & BOOKINGS



DROP-IN SPORTS

Smash, rally and play! Seasonally, a variety of reservable drop-in sports are offered weekly at various locations - including squash, volleyball, indoor soccer, pickleball and badminton. Check the Drop-in Activities > Sports section of our website for details and the latest schedule!

Planning a sports tournament, birthday party, meeting or community gathering?

From gymnasiums to multi-purpose rooms and picnic shelters to outdoor fields, we are pleased to offer a variety of versatile, clean and well-maintained rental spaces.
Single session and seasonal booking welcome!

Scan the QR code or visit the Rentals & Parties section of our website to learn more – including booking lead times, equipment provided, rental rates and insurance requirements.

Facility Accessibility

We believe that everyone should have opportunity to participate in recreation activities and, with that, are committed to providing supports and services for community members that work to minimize barriers and encourage participation.

Panorama Recreation spaces are a place 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.

ARENA & SPORT BOX

ARENA
@ Panorama Recreation Centre

Two arenas offering ice or dry floor seasonally. Surfaces have lines and guide dots for ice hockey, speed skating, lacrosse and ball hockey. Nets provided.



SPORT BOX
@ Centennial Park

One covered, open-air dry floor with acrylic coated asphalt surface, and lines for ball hockey, lacrosse and pickleball. Nets provided.



POOL
@ Panorama Recreation Centre

Our aquatic facility includes a 6-lane 25-metre lap/lane pool, multi-use leisure pool, hot tub, sauna, steam room and waterslide.



ROOMS & PICNIC SHELTERS

MEETING & MULTI-PURPOSE ROOMS
@ Panorama Recreation Centre, Greenglade Community Centre, Centennial Park, Central Saanich Cultural Centre



PICNIC SHELTERS
@ Centennial Park

Small, medium and large picnic shelters, and meeting and multi-purpose rooms, offering various amenities.



COURTS, GYMNASIUMS & FIELDS

TENNIS, SQUASH & 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 may be used as a practice wall space for tennis, pickleball, volleyball and more. Nets and tables provided, with loaner racquets, balls and paddles available.

PICKLEBALL COURTS
@ Greenglade Community Centre, Sport Box at Centennial Park



Available courts include 2 indoor and 2 outdoor (covered). Nets provided; bring your own paddles and balls.

GYMNASIUMS
@ Greenglade Community Centre, North Saanich Middle School



Available facilities include 1 elementary school-sized gymnasium and 1 full-sized gymnasium. Both spaces have basketball hoops (8ft or 10ft), and court lines for volleyball, basketball, badminton and pickleball. Nets provided.

FIELDS
@ Greenglade Community Centre,

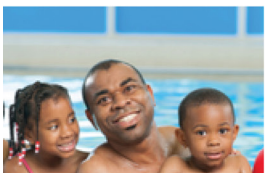


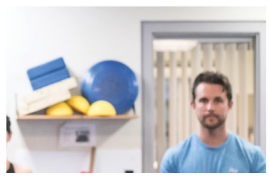
Available facilities include 1 grass sports field and 1 grass baseball/softball diamond.

DROP-IN ACTIVITIES - GO ONLINE











ACTIVITY SCHEDULES
panoramarecreation.ca

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 & Puck, Parent & Child Hockey, and Shinny Hockey. View schedules online. Skate rentals and helmets are available.

COURT BOOKINGS

Indoor and outdoor tennis and pickleball courts available, along with those for squash, wallyball and table tennis! See p. 66 for details.

Jumpstart Bon départ

JUMPSTART MULTI SPORT COURT

Designed for a variety of sports, including basketball, and allows accessible programming for all ages. View the Drop-in Activities section of our website for free 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, plus court rental. Check the Drop-in Activities section of our website for details.

Centennial Park

SPORT BOX

Designed to host a range of sports, including lacrosse, pickleball, ball hockey and more! See p 67 for details.

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