

# Panorama RECREATION

SPRING  
& SUMMER  
2026



REGISTRATION OPENS 6:30AM

General  
Programs



Swim  
Lessons



CRD

Making a difference...together

  
Panorama  
RECREATION

Live well. Have fun.



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



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



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

# WELCOME!

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

## ON THE COVER

Make the most of summer with camps full of fun, adventure, and new friendships. From sports to creative play, there's something for every child to explore.

### SPRING/SUMMER 2026 REGISTRATION DATES

General Programs	Swim Lessons	
Thursday, April 9 @ 6:30am  (Visible online April 2)	Set 1 (Apr 25-Jun 25)  Registration now open!	Set 2 (Jun 29-Sep 4)  Thursday, June 18 @ 6:30am  (Visible online Jun 11)

For more registration information including Fall registration dates, see p. 68 & 69.

## LET'S CONNECT

 [panoramarecreation](#)

 [panoramarec](#)

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## CONTACT US

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

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

 250 656 7271

## FACILITIES

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

Visit us online at [panoramarecreation.ca](http://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](http://centralsaanich.ca)

See p. 70 or visit us online at [panoramarecreation.ca](http://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 BOKECEN (Pauquachin), MÁLEXEL (Malahat), P'a:chi:da?ah (Pacheedaht), Pune'laxutth' (Penelekut), Sc'ianew (Beecher Bay), Songhees, STAUTW (Tsawout), T'Sou-ke, WJOŁŁP (Tsartlip), WSIKEM (Tseycum), and x<sup>w</sup>sepsəm (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
19 - 59 Years	\$7.50
60 Years+	\$5.95
Family (2 adults & up to 3 youth (max 18 years) or 1 adult & up to 4 youth (max 18 years))	\$15

## ACTIVE PASSES

Pick up an Active Pass and get access to swim, skate, fitness, weight room and sport drop ins. Some restrictions apply. All rates include GST.

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

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

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

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

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

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

Regional Annual Pass	PER-MONTH COST \$50	PAID IN FULL \$600
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Annual regional passes are not eligible for cancellation or extensions. A \$25 administration fee is applied at time of purchase if using monthly payment plan to purchase the annual regional pass.



## What is the Continuous Pass?

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

## Changed your mind?

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

## Convert your existing pass to a Continuous Pass!

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

## Fee Increases

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

## Failed Payments

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

## More Information

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

## FINANCIAL ASSISTANCE

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



# SPECIAL EVENTS

## MAY



### **SPRING ART CHALLENGE** Panorama Recreation Centre



Get creative and be part of our colourful lobby showcase this May! Starting May 1st, purchase your plant pot kits (\$25) from reception. Paint it at home, and bring it back to Panorama to be featured in our community display from May 8-31.

When you return your painted pot for display, we'll add a plant and base tray before showcasing it in the lobby. At the end of May, take home your completed creation — including the plant and tray!

Spots are limited — grab your pot early and let your creativity grow! While supplies last.



### **Friday, 6 - 8pm** **FREE SPRING BBQ** @ **TEEN LOUNGE** Greenglade Community Centre

Join us for a sizzling Teen BBQ filled with delicious food, music, and great company! Enjoy grilled favorites, lawn games, and a chill atmosphere perfect for hanging out with friends and making memories. See p. 43 for more details.



### **Thursday, 9:30 - 11am** **GARDEN GALORE** @ **KINDERGYM** Greenglade Community Centre

Join us for Garden Galore at Kindergym! Our gym will be transformed into a colorful garden full of vibrant flowers and playful greenery. Themed activities will be planned as well! Kids will enjoy free play with ride-on toys, a mini bouncy castle, tumbling mats, slides, and lively music. Reserve your spot online, or drop-in if space remains. Guardian participation required. See p 34. for more details.

# SPECIAL EVENTS



## MAY



**Friday, 1 - 3:45pm**  
**PRO-D DAY \$2 SWIM**  
Panorama Recreation Pool

Join us for a fun-filled Pro-D day everyone welcome swim with music, water slide, diving board, and climbing wall.



**Friday - Sunday**  
**MEN'S DOUBLES TRIPLE  
KNOCKOUT TENNIS TOURNAMENT**  
Panorama Recreation Centre

Each team guaranteed at least 3 matches! This is an unsanctioned, non-ranking tournament. Matches will be scheduled Friday evening and throughout the day Saturday/Sunday. See p. 59 for more details.



**Saturday**  
**FREE FIRST TEE GOLF**  
Grenglade Community Centre

Learn the fundamentals of golf—putting, chipping, pitching, and full swing—in a fun, supportive environment. Each day includes a warm-up, skill-building activities and games, and a focus on a life skill like confidence, respect, or teamwork. 7-13 yrs. See p. 40 for more details



**Sunday, All Day**  
**FREE ADMISSION**  
**NATIONAL ACCESSABILITY WEEK**  
Panorama Recreation Centre &  
Grenglade Community Centre

Celebrate the start of AccessAbility Week with **FREE** admission to selected drop-in programs on Sunday, May 31st. To learn more about inclusion and accessibility at Panorama Recreation, visit us online at [panoramarecreation>about us>inclusion and accessibility.](#)



# SPECIAL EVENTS



## JUNE



**Friday, June 12, 6-8pm**  
**FREE PRIDE NIGHT**  
**@ TEEN LOUNGE**  
Greenglade Community Centre

Join us for a fun and inclusive Pride-themed teen lounge night, where you can celebrate identity, make new friends, and enjoy rainbow-inspired activities and music. It's a safe space to express yourself, connect with others, and show your true colors! See p. 43 for more details.



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

Each player guaranteed at least 3 matches! This is an unsanctioned, non-ranking tournament. Matches will be scheduled Friday evening and throughout the day Saturday/Sunday. See p. 59 for more details.



**Thursday, 9:30 - 11am**  
**NATURE EXPLORERS**  
**@ KINDERGYM**  
Greenglade Community Centre

Our gym will be transformed into a vibrant space full of playful elements inspired by the great outdoors. Kids will enjoy free play with ride-on toys, a mini bouncy castle, tumbling mats, slides, and lively music. There will be plenty of nature-themed activities to keep your little explorers engaged and smiling. Reserve your spot online, or drop-in if space remains. Guardian participation required. See p. 34 for more details.



**Sunday**  
**NATIONAL**  
**INDIGENOUS**  
**PEOPLES DAY**  
Panorama Recreation Centre



National Indigenous People's Day is a day to showcase the richness and diversity of First Nations, Inuit, and Metis cultural expressions and stories. Keep an eye out for more information on what's going on in our community and at Panorama!



**Friday, 1 - 3:45pm**  
**\$2 PRO-D DAY SWIM**  
Panorama Recreation Centre

Join us for a fun-filled Pro-D day! Bring your family and friends for swimming fun. \$2 admission.

# SPECIAL EVENTS

## JULY



**Tuesday, 12:30 - 4pm**  
**FREE SIDNEY DAYS:**  
**CANADA DAY CELEBRATION**  
Iroquois Park

Join us and Slider for a Canada Day Celebration in Sidney with glitter tattoos, fun activities and games! Visit [peninsulacelebrations.org](http://peninsulacelebrations.org) for details.



**Tuesdays & Thursdays**  
**5:30 - 8pm**  
**FREE PLAY IN THE PARK**  
Tulista Park & HEL, HILEC Park

Join us for a summer full of FREE fun! Enjoy interactive play, group games, and our giant 50' inflatable obstacle course. 36" tall to ride the obstacle course.

Tuesdays - Tulista Park, 9565 Fifth Street  
Thursdays - HEL, HILEC Park, 7130 West Saanich Road

### Launch Party

Thursday, July 9, 5:30-8pm,  
HEL, HILEC Park, 7130 West Saanich Road  
Bring your blanket and dinner-to-go for this community style picnic, with games and activities.



**Wednesdays, 6 - 7pm**  
**FREE YOGA IN THE PARK**  
Tulista Park

This outside FREE yoga class will bring awareness of breath in combination with traditional yoga poses. All levels welcome. Children under 12 years require guardian supervision. Weather dependent. Please bring your own mat.



# SPECIAL EVENTS

## JULY



**Saturday & Tuesday**  
**FREE MULTI-SPORT TRY-IT CLASS**  
Sport Court & Sport Box

Children 16 months-9 years old are invited to join Sportball Vancouver Island for a FREE trial multi-sport class! Registration required. See p. 36 & 39 for details.



**Thursday, 7pm**  
**FREE FAMILY MOVIE NIGHT**  
Panorama Recreation Centre -  
Arena B

Grab your lawn chairs and wear your jammies – our annual FREE family movie night is here! Come for a screening of Wonka on the Arena B big screen.



**Saturday, 12 - 8pm**  
**FREE DISTRICT OF CENTRAL  
SAANICH - 75TH ANNIVERSARY  
COMMUNITY FESTIVAL**  
Centennial Park

Join for a free, family-friendly celebration featuring live music, cultural performances, food trucks, Kids' Zone, local artists, vendors and more! Visit [centralsaanich.ca](http://centralsaanich.ca) for details.



# SPECIAL EVENTS



## AUGUST



**Tuesdays & Thursdays**  
**5:30 - 8pm**  
**FREE PLAY IN THE PARK**  
Tulista Park & HEL, HILEC Park

Join Panorama for a summer full of FREE fun! Enjoy interactive play, group games, and the excitement of our giant 50' inflatable obstacle course. Must be 36" tall to ride the obstacle course. It's the perfect way to get active and have fun together!

Tuesdays - Tulista Park, 9565 Fifth Street  
Thursdays - HEL, HILEC Park, 7130 West Saanich Road



**Wednesdays, 6 - 7pm**  
**FREE YOGA IN THE PARK**  
Tulista Park

This outside FREE yoga class will bring awareness of breath in combination with traditional yoga poses. All levels welcome. Children under 12 years require guardian supervision. Weather dependent. Please bring your own mat.



**Saturday, 1 - 3pm**  
**FREE COMMUNITY**  
**FOAM PARTY**  
KELSET Elementary School Field

Bring your friends and family and jump in for this unique community event! North Saanich Fire Department will be on site with their giant slip 'n slide, so wear your swimsuit, bring a towel and come get foamy!



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

Each team guaranteed at least 3 matches! This is an unsanctioned, non-ranking tournament. Matches will be scheduled Friday evening and throughout the day Saturday/Sunday. See p. 59 for more details.

# PARTIES

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## AQUATIC PARTIES

All ages

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

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

Do it yourself party      **\$145**  
Hosted party\*            **\$180**

### SATURDAY & SUNDAY

Hosted Parties            1-4pm

Do It Yourself Parties    12-3pm

### TUESDAYS, WEDNESDAYS & THURSDAYS, July and August only

Do It Yourself Parties    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.



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

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

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

## 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.

**\$250**

**Greenglade Community Centre Gymnasium & Room 8/9**

**Gym parties only available May and June.**

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

**SUNDAYS** 11:30am-1:30pm 1-3pm  
2:30-4pm

### NOTES:

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

## DIY - ROLLER SKATE PARTY

5 yrs+

Celebrate your birthday in the coolest way with a roller skating party! Do It Yourself Roller Skating Parties include the use of Arena Concourse Room. Room will be set up with tables and chairs for 20.

**\$40**

(Skating admission and skate rentals not included in cost)

**Panorama Recreation Centre**

### Admission Rates

Adult: \$8/participant

Child: \$5/participant

### Skate Rentals

\$4/pair (or bring your own roller/inline skates)

**WEDNESDAYS** 6pm-9pm

### NOTES:

- No fridge or freezer access available.
- Tables and chairs provided.
- Temporary, non-marking party decorations welcome in the Arena Concourse Room.



## PARTY CANCELLATION POLICIES

### Cancellation Policy

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



## SWIM LESSONS

### PROGRAM OVERVIEW

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

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

### LESSON FORMATS

#### Private Swim Lesson

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

#### Private Swim Lesson Set

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

#### Public Swim Lesson Set

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

#### Home School Swim Lessons

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

#### Lifeguard Academy

Lifeguard Academy is designed to take swimmers beyond the learn-to-swim program and introduce them to lifesaving sport. They will practice and train swimming and basic lifesaving skills. Lifeguard Academy is recommended as a useful onramp to Bronze Medallion and Cross. See p. 46.



## 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.

### Apr 15-Jun 25 lessons

Registration opens Mar 12, 6:30am  
(Online viewing Mar 5)

### Jun 29-Sep 4 lessons

Registration opens Jun 18, 6:30am  
(Online viewing Jun 11)



## 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 cool down. Working on all strokes: Butterfly, Backstroke, Breaststroke, and Freestyle.

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

### Panorama Recreation Centre Main Pool - Lane 3

M 8pm-9pm Apr 27-Jun 22 \$96/9 184745

## 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.



# SUMMER CAMPS AT A GLANCE



Jun 29-Jul 3	AGE*	TIME	LOCATION	P#
Craft and Splash	4-6	9am-12pm	PRC	21
Soccertron	5-9/7-14	9am-12pm/9am-4pm	ĶELSET	30
Sunseekers	6-7	8:30am-4:30pm	GG	21
Adventure Seekers	6-11	8:30am-4pm	CP	21
Lego Stop Motion Animation	7-12	9am-4pm	GG	22

Jul 6-10	AGE*	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm	CP	20
Craft and Splash	4-6	9am-12pm	PRC	21
Allegro Dance Explorers	5-7	9am-12pm	Allegro	26
Kids in the Kitchen - Cookie Craze	6-7	9am-12pm	NSMS	27
Sunseekers	6-7	8:30am-4:30pm	GG	21
Kids Clay	6-9/9-12	9am-12pm/1-4pm	GG	25
Multi Sport	6-10	8:30am-4pm	JSMSC	29
Girl Powered Multi Sport	6-10	8:30am-4pm	JSMSC	30
Eli Pasquale Basketball	6-9/8-14	9am-12pm/9am-4pm	ĶELSET	31
Adventure Seekers	6-11	8:30am-4pm	CP	21
Tennis & Sport	8-12	8:30am-4pm	PRC	32
Allegro Dance, Craft & Adventure	7-12	9am-4pm	Allegro	26
Roll Right Roller Skating	7-12	9am-4pm	PRC	31
H2O Adventure	8-12	8:30am-4:30pm	PRC	22
Outdoor Pursuits	8-12	8:30am-4:30pm	GG	21
SPABA Basketball Skills	10-13	9am-12pm	NSMS	33
Teens in the Kitchen- Fusion Foodies	12-15	1-4pm	NSMS	29
Girls in Stem	13-18	9am-4pm	UVIC	22

Jul 13-17	AGE*	TIME	LOCATION	P#
Little Sprouts	3-5	9am-12pm	GG	20
Jump, Kick, Throw	3-5	9am-11:30am	CP	29
Craft and Splash	4-6	9am-12pm	PRC	21
Allegro Dance Explorers	5-7	9am-12pm	Allegro	26
Sunseekers	6-7	8:30am-4:30pm	GG	21
Multi Sport	6-10	8:30am-4pm	JSMSC	29
Adventure Seekers	6-11	8:30am-4pm	CP	21
Jujitsu and Karate	7-12	9am-4pm	HMA	31
Allegro Dance, Craft & Adventure	7-12	9am-4pm	Allegro	26
Kids in the Kitchen - Bakes & Sweets	8-11	9am-12pm	NSMS	27
Tennis & Swim	8-12	8:30am-4pm	PRC	32
H2O Adventure	8-12	8:30am-4:30pm	PRC	22
Outdoor Pursuits	8-12	8:30am-4:30pm	GG	21
Teen Adventure	11-16	9am-4:30pm	GG	22
Teen Clay	12-17	1-4pm	GG	25

## CAMP AGE PREREQUISITES

\*Most camps follow the school year age cutoff. Children must be the listed minimum age by December 31, 2026. See camp descriptions for exceptions.

## LOCATION

Allegro	Allegro Performing Arts Centre
CSCC	Central Saanich Cultural Centre
CP	Centennial Park
GG	Greenglade Community Centre
JSMSC	Jumpstart Multi Sport Court @ Panorama Recreation Centre
HMA	Hastings Martial Arts
ĶELSET	ĶELSET Elementary School
NSMS	North Saanich Middle School
PRC	Panorama Recreation Centre
UVIC	University of Victoria

# SUMMER CAMPS AT A GLANCE

Jul 20-24	AGE*	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm	CP	20
Craft and Splash	4-6	9am-12pm	PRC	21
Sunseekers	6-7	8:30am-4:30pm	GG	21
Kids in the Kitchen - Cakes & Crumbles	6-7	9am-12pm	NSMS	27
Kids Clay	6-9/9-12	9am-12pm/1-4pm	GG	25
WEDO 2.0 & Science - Battlebots	6-9	9am-4pm	NSMS	23
Multi Sport	6-10	8:30am-4pm	JSMSC	29
Girl Powered Multi Sport	6-10	8:30am-4pm	JSMSC	30
Tennis & Sport	8-12	8:30am-4pm	PRC	32
Hogwarts & The Forbidden Forest	6-13	8:30am-4pm	CP	28
H2O Adventure	8-12	8:30am-4:30pm	PRC	22
Outdoor Pursuits	8-12	8:30am-4:30pm	GG	21
Shangril-Law Youth Pickleball	8-12	9am-12pm	CP	31
Musical Theatre	8-14	9am-4pm	CSCC	26
Girls in Stem	13-18	9am-4pm	UVIC	22
Summer Volleyball	11-14	10am-2pm	NSMS	33
Teen Tours-Axe & Grind/Dallas	11-16	9am-4:30pm	GG	29

Jul 27-31	AGE*	TIME	LOCATION	P#
Little Sprouts	3-5	9am-12pm	GG	20
Jump, Kick, Throw	3-5	9am-11:30am	CP	29
Craft and Splash	4-6	9am-12pm	PRC	21
Allegro Dance Explorers	5-7	9am-12pm	Allegro	26
Soccertron	5-9/7-14	9am-12pm/9am-4pm	KELSET	30
Sunseekers	6-7	8:30am-4:30pm	GG	21
LEGO Robotics - Minecraft Edition	6-10	9am-4pm	NSMS	23
Multi Sport	6-10	8:30am-4pm	JSMSC	29
Adventure Seekers	6-10	8:30am-4pm	CP	21
Allegro Dance, Craft & Adventure	7-12	9am-4pm	Allegro	26
Kids in the Kitchen - Brunch & Bake	8-11	9am-12pm	NSMS	27
She Plays Tennis	8-12	8:30am-12pm	PRC	32
H2O Adventure	8-12	8:30am-4:30pm	PRC	22
Outdoor Pursuits	8-12	8:30am-4:30pm	GG	21
Youth Archery	8-16	9am-4pm	NSMS	32
Ultimate Frisbee	9-13	9am-12pm/9am-4pm	GG	32
DND - The Shadow Realm	11-16	9am-4pm	GG	24
Teens in the Kitchen- Around World	12-15	1-4pm	NSMS	29

## CAMP INFORMATION

Have questions about what to expect at camp? Welcome to Camp FAQs are available online and registrants are encouraged to read registration confirmation text in detail upon sign up. If you have further questions, please connect with Reception!

## MEDICAL & EMERGENCY CONTACT

Upon registration, please ensure your child's medical and emergency contact information is up to date.

Inform camp leaders if your child requires medication while in our care. Staff may assist in reminding children when to take medication but children should be self-sufficient in administering it.






### NEW!

## SUMMER CAMP PAYMENT PLAN

Summer camp registration opens Thursday, April 9 at 6:30am — now with a payment plan option!

- ▶ Pay 50% at registration
- ▶ Pay the remaining 50% on June 15

Secure your spot early and get ready for summer fun!

# SUMMER CAMPS AT A GLANCE

Aug 4-7	AGE*	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm	CP	20
Craft and Splash	4-6	9am-12pm	PRC	21
Sunseekers	6-7	8:30am-4:30pm	GG	21
Multi Sport	6-10	8:30am-4pm	JSMSC	29
Adventure Seekers	6-10	8:30am-4pm	CP	21
H2O Adventure	8-12	8:30am-4:30pm	PRC	22
Engineering for Kids - DnD	8-12	9am-4pm	GG	24
Outdoor Pursuits	8-12	8:30am-4:30pm	GG	21
Mindstorm EV3 & Science-Battlebots	9-15	9am-4pm	NSMS	23
Byte Camp - Intro to Coding	9-12	9am-4pm	CSCC	24

Aug 10-14	AGE*	TIME	LOCATION	P#
Little Sprouts	3-5	9am-12pm	GG	20
Jump, Kick, Throw	3-5	9am-11:30am	CP	29
Craft and Splash	4-6	9am-12pm	PRC	21
Sunseekers	6-7	8:30am-4:30pm	GG	21
Engineering for Kids - Minecraft	6-8	9am-4pm	GG	24
Multi Sport	6-10	8:30am-4pm	JSMSC	29
Adventure Seekers	6-10	8:30am-4pm	CP	21
Island Rhythmic Gymnastics	6-12	9am-12pm	GG	30
Kids in the Kitchen - Crust & Crumble	8-11	9am-12pm	NSMS	27
Tennis & Swim	8-12	8:30am-4pm	PRC	32
H2O Adventure	8-12	8:30am-4:30pm	PRC	22
Outdoor Pursuits	8-12	8:30am-4:30pm	GG	21
Mindstorm EV3 & Science - Race Car	8-14	9am-4pm	NSMS	23
Youth Archery	8-16	9am-4pm	NSMS	32
Byte Camp - Claymation Movie	9-12	9am-4pm	CSCC	24
Teen Tours-Flying Squirrel/Willows	11-16	9am-4:30pm	GG	29

## INCLUSION SUPPORT

We offer support for campers who need extra assistance. Support may be shared or 1:1 and must be arranged in advance. Funding may be limited (up to 3 weeks per participant).

For details on how to request support, please refer to information below or contact Gabriella Zerr at [gzerr@panoramarec.bc.ca](mailto:gzerr@panoramarec.bc.ca)

## Families with Private Support Workers

If you are interested in providing your own support worker for your child, please contact us in advance of registration.

**SUMMER INCLUSION SUPPORT**

We offer support for campers who need extra assistance.

How to Request Support:

- 1 Register for the camps you want
- 2 Complete the Participant Care Plan
- 3 Support confirmed by June 1.

- FUNDING IS LIMITED (3 WEEKS)
- SUPPORT MAY BE SHARED OR 1:1
- REGISTER EARLY TO AVOID DISAPPOINTMENT

# SUMMER CAMPS AT A GLANCE



Aug 17-21	AGE*	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm	CP	20
Craft and Splash	4-6	9am-12pm	PRC	21
Engineering for Kids - Jr. Minecraft	6-8	9am-4pm	GG	24
Sunseekers	6-7	8:30am-4:30pm	GG	21
Eli Pasquale Basketball	6-9/8-14	9am-12pm/9am-4pm	KELSET	31
Multi Sport	6-10	8:30am-4pm	JSMSC	29
Girl Powered Multi Sport	6-10	8:30am-4pm	JSMSC	30
Tennis & Sport	6-12	8:30am-4pm	PRC	32
Star Wars Galaxy Adventure	6-13	8:30am-4pm	CP	28
Kids in the Kitchen - Just Desserts	8-11	9am-12pm	NSMS	27
H2O Adventure	8-12	8:30am-4:30pm	PRC	22
Shangril-Law Youth Pickleball	8-12	9am-12pm	CP	31
Outdoor Pursuits	8-12	8:30am-4:30pm	GG	
Digital Music Production & Science	8-13	9am-4pm	NSMS	26
Feature Film Making	9-15	9am-4pm	CSCC	28
Teens in the Kitchen - Taste of Italy	12-15	1-4pm	NSMS	28

Aug 24-28	AGE*	TIME	LOCATION	P#
Little Sprouts	3-5	9am-12pm	GG	20
Jump, Kick, Throw	3-5	9am-11:30am	CP	29
Craft and Splash	4-6	9am-12pm	PRC	21
Sunseekers	6-7	8:30am-4:30pm	GG	21
LEGO Robotics - Beyblade Edition	6-9	9am-4pm	NSMS	23
Multi Sport	6-10	8:30am-4pm	JSMSC	29
Adventure Seekers	6-11	8:30am-4pm	CP	21
H2O Adventure	8-12	8:30am-4:30pm	PRC	22
Outdoor Pursuits	8-12	8:30am-4:30pm	GG	21
Tennis & Swim	8-12	8:30am-4pm	PRC	32
Engineering for Kids - Minecraft	8-12	9am-4pm	GG	24
Youth Archery	8-16	9am-4pm	NSMS	32
Teen Adventure	11-16	9am-4:30pm	GG	22

Aug 31-Sep 3	AGE*	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm	CP	20
Craft and Splash	4-6	9am-12pm	PRC	21
Sunseekers	6-7	8:30am-4:30pm	GG	21
Adventure Seekers	6-11	8:30am-4pm	CP	21
H2O Adventure	8-12	8:30am-4:30pm	PRC	22
Engineering for Kids - Minecraft	8-12	9am-4pm	GG	24

## THINGS TO BRING TO CAMP

This will vary based on the camp. Details will be included in the registration confirmation text, available upon sign-up. For general, multi-activity camps, the below will typically be expected:

- Weather appropriate clothing
- Healthy snacks and lunch
- Water bottle
- Sunscreen
- Hat
- Bathing suit & towel (or change of clothes)

## THINGS TO LEAVE HOME

- Toys from home
- Phones, Electronics & Money (unless necessary)

## REFUND POLICY

7 days notice is required to cancel a registration in one of our camps. 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. See p, 38 for details.

# CAMPS

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## LITTLE SPROUTS

3 - 5 yrs

Join us at Little Spouts, a fun-filled week of exploring nature, conducting simple science experiments, creating arts and crafts, and enjoying engaging story time, with an exciting new theme each week.

**Greenglade Community Centre Room 7**

### Animal Antics

M-F 9am-12pm Jul 13-Jul 17 \$135/5 187662

### Rainbow Rush

M-F 9am-12pm Jul 27-Jul 31 \$135/5 187663

### Jurassic Journey

M-F 9am-12pm Aug 10-Aug 14 \$135/5 187665

### Whimsical Wonders

M-F 9am-12pm Aug 24-Aug 28 \$135/5 187666

## TINY TIMBERS

3 - 5 yrs

Come along for a fun forest-based camp! Together we will explore Centennial Park with exciting new adventures every day! Each week will include themed activities, crafts, songs, stories, and TONS of imagination. A great introduction to day camps and friendships!

**Centennial Park Picnic Shelter #1**

### Crafty Critters

M-F 9am-12pm Jul 6-Jul 10 \$130/5 187651

### Enchanted Forest

M-F 9am-12pm Jul 20-Jul 24 \$130/5 187652

### Creepy Crawlers

Tu-F 9am-12pm Aug 4-Aug 7 \$104/4 187654

### Treasure Seekers

M-F 9am-12pm Aug 17-Aug 21 \$130/5 187655

### Plant Pals

M-F 9am-12pm Aug 31-Sep 3 \$104/4 187659



## CRAFT AND SPLASH CAMP

4 - 6 yrs

Craft & Splash Camp blends creativity, outdoor play, and pool fun for young campers. Each day begins with a calm start of coloring and reading, followed by crafts, games, and outdoor activities led by camp leaders who are also swim instructors and lifeguards. Campers enjoy a snack break before heading to the pool for a professionally instructed swim lesson focused on confidence and water safety. A fun mix of art, activity, and swimming keeps kids engaged all day.

### Panorama Recreation Centre

M-F	9am-12pm	Jun 29-Jul 3	\$108/4	185894
M-F	9am-12pm	Jul 6-Jul 10	\$135/5	191939
M-F	9am-12pm	Jul 13-Jul 17	\$135/5	191940
M-F	9am-12pm	Jul 20-Jul 24	\$135/5	191941
M-F	9am-12pm	Jul 27-Jul 31	\$135/5	191942
Tu-F	9am-12pm	Aug 4-Aug 7	\$108/4	191943
M-F	9am-12pm	Aug 10-Aug 14	\$135/5	191944
M-F	9am-12pm	Aug 17-Aug 21	\$135/5	191945
M-F	9am-12pm	Aug 24-Aug 28	\$135/5	191946
M-F	9am-12pm	Aug 31-Sep 4	\$135/5	191948

## SUNSEEKERS

6 - 7 yrs

Join us for a fantastic summer of fun in the sun! Each week of camp offers a variety of themed activities, creative crafts, and fun games. It's a great opportunity to make new friends and explore exciting adventures. Open to children who have completed kindergarten.

### Greenglade Community Centre Room 8

M-F	8:30am-4:30pm	Jun 29-Jul 3	\$196/4	187333
M-F	8:30am-4:30pm	Jul 6-Jul 10	\$245/5	187334
M-F	8:30am-4:30pm	Jul 13-Jul 17	\$245/5	187335
M-F	8:30am-4:30pm	Jul 20-Jul 24	\$245/5	187336
M-F	8:30am-4:30pm	Jul 27-Jul 31	\$245/5	187337
Tu-F	8:30am-4:30pm	Aug 4-Aug 7	\$196/4	187338
M-F	8:30am-4:30pm	Aug 10-Aug 14	\$245/5	187339
M-F	8:30am-4:30pm	Aug 17-Aug 21	\$245/5	187340
M-F	8:30am-4:30pm	Aug 24-Aug 28	\$245/5	187341
M-Th	8:30am-4:30pm	Aug 31-Sep 3	\$196/4	187342

## PRO-D DAY CAMP

K - 11 yrs

Join us for a themed day of crafts, games, and outdoor adventures! No before or after camp care available

### Greenglade Community Centre

K - 7 yrs

F	9am-4pm	May 15	\$48	190392
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8 - 11 yrs

F	9am-4pm	May 15	\$48	190393
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## ADVENTURE SEEKERS

6 - 11 yrs

Join us at Centennial Park for a camp experience focused on connecting with nature. Kids will engage in themed activities, arts and crafts, forest exploration, and group games, all designed to inspire creativity and curiosity. Open to children who have completed Kindergarten.

### Centennial Park Fieldhouse

M-F	8:30am-4pm	Jun 29-Jul 3	\$192/4	187354
M-F	8:30am-4pm	Jul 6-Jul 10	\$240/5	187355
M-F	8:30am-4pm	Jul 13-Jul 17	\$240/5	187364
M-F	8:30am-4pm	Jul 27-Jul 31	\$240/5	187365
Tu-F	8:30am-4pm	Aug 4-Aug 7	\$192/4	187366
M-F	8:30am-4pm	Aug 10-Aug 14	\$240/5	187367
M-F	8:30am-4pm	Aug 24-Aug 28	\$240/5	187368
M-Th	8:30am-4pm	Aug 31-Sep 3	\$192/4	187370

## OUTDOOR PURSUITS

8 - 12 yrs

Get ready for a fun-filled summer of exploration and adventure! Each week offers a mix of interactive games, themed activities, and thrilling day trips.

### Greenglade Community Centre Room 9

M-F	8:30am-4:30pm	Jul 6-Jul 10	\$245/5	187616
M-F	8:30am-4:30pm	Jul 13-Jul 17	\$245/5	187617
M-F	8:30am-4:30pm	Jul 20-Jul 24	\$245/5	187618
M-F	8:30am-4:30pm	Jul 27-Jul 31	\$245/5	187619
Tu-F	8:30am-4:30pm	Aug 4-Aug 7	\$196/4	187620
M-F	8:30am-4:30pm	Aug 10-Aug 14	\$245/5	187621
M-F	8:30am-4:30pm	Aug 17-Aug 21	\$245/5	187622
M-F	8:30am-4:30pm	Aug 24-Aug 28	\$245/5	187623

## H2O CAMP

8 - 12 yrs

H2O Camp is a summer program for strong independent swimmers, combining outdoor adventure, games, and aquatic fun. Campers start their day with free play at the Panorama Recreation Centre playground and enjoy activities and walking trips to nearby parks and fields. Afternoons are spent in the pool for supervised water play led by swim instructors and lifeguards—keeping campers active, social, and having fun all summer.

### Panorama Recreation Centre

M-F	8:30am-4:30pm	Jul 6-Jul 10	\$240/5	185900
M-F	8:30am-4:30pm	Jul 13-Jul 17	\$240/5	191930
M-F	8:30am-4:30pm	Jul 20-Jul 24	\$240/5	191931
M-F	8:30am-4:30pm	Jul 27-Jul 31	\$240/5	191932
Tu-F	8:30am-4:30pm	Aug 4-Aug 7	\$192/4	191933
M-F	8:30am-4:30pm	Aug 10-Aug 14	\$240/5	191935
M-F	8:30am-4:30pm	Aug 17-Aug 21	\$240/5	191936
M-F	8:30am-4:30pm	Aug 24-Aug 28	\$240/5	191937
M-F	8:30am-4:30pm	Aug 31-Sep 4	\$240/5	191938

## TEEN ADVENTURE CAMP

11 - 16 yrs

Join us for an exciting summer at Teen Adventure Camp! This camp offers a variety of outdoor activities designed to help you explore new challenges, develop skills, and connect with others. Each day brings something different, from team-building exercises to outdoor adventures, providing a well-rounded experience for all. Each day will be offsite.

### Greenglade Community Centre Room 1

M-Th	9am-4:30pm	Jul 13-Jul 16	\$250/4	187674
M-Th	9am-4:30pm	Aug 24-Aug 27	\$250/4	187671

## SCIENCE & TECHNOLOGY

NEW

### GIRLS IN STEM

13 - 18 yrs

Join us for a 5-day summer camp in partnership with CRD and Science Venture (UVIC). This camp offers a unique opportunity for girls in grades 8-12 to explore STEM fields through daily field trips to various CRD sites, guided by women in STEM.

This program provides insights into sustainability, engineering, and environmental science, offering a comprehensive look at the systems supporting clean water, waste management, and ecosystem protection and an opportunity to learn and explore with like-minded peers!

### University of Victoria

*Instructor: CRD Women In Stem & Science Venture*

M-F	9am-4pm	Jul 6-Jul 10	Free/5	187332
M-F	9am-4pm	Jul 20-Jul 24	Free/5	192718

## LEGO STOP MOTION ANIMATION

7 - 12 yrs

Fill your week with action, adventure and a lot of comedy. Mentored by master filmmakers, campers will engage in hands-on exploration of the stop motion animation process, including pre production, production and post production. Working in small crews, learn about stop motion animation, set design, script writing and editing. Campers will then create their own stop motion animation and movie trailer using our Macbooks, 4K cameras and more. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre.

\*LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse Film Camp in a Box.

### Greenglade Community Centre Room 6

*Instructor: Gail Valentine Consulting & Marketing/DbA Film Camp In A Box*

M-F	9am-4pm	Jun 29-Jul 3	\$266/4	187487
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## LEGO ROBOTICS

North Saanich Middle School Multipurpose Room

Instructor: *LITTLUNIVERSE*

### (Wedo 2.0) & Science Battlebots Edition!

6 - 9 yrs

Robots Engage! Teammates will dive into engineering using LEGO's WeDo 2.0 Sets/Software! End of week build/program Battlebots! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp T-shirt! & MORE!

M-F 9am-4pm Jul 20-Jul 24 \$398/5 187279

### Minecraft Edition!

6 - 10 yrs

Chicken Jockey! Teammates will dive into engineering using LEGO's WeDo 2.0 Sets/Software! End of week, build a Minecraft world! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp T-shirt! & MORE!

M-F 9am-4pm Jul 27-Jul 31 \$398/5 187281

### Spinning "Beyblade" Edition!

6 - 9 yrs

3,2,1 Spin! Teammates will dive into engineering using LEGO's WeDo 2.0 Sets/Software! End of week build/program robotic launchers for spinners! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp T-shirt! & MORE!

M-F 9am-4pm Aug 24-Aug 28 \$398/5 187286

## (MINDSTORMS EV3) AND SCIENCE EXTREME Race Car Edition!

8 - 14 yrs

Drivers start your engines! Teammates will dive into engineering using LEGO's Mindstorms EV3 Sets/Software! Build/program EXTREME Race Cars! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp T-shirt! & MORE!

North Saanich Middle School Multipurpose Room

Instructor: *LITTLUNIVERSE*

M-F 9am-4pm Aug 10-Aug 14 \$410/5 187284

### EXTREME Battlebots Edition!

9 - 15 yrs

Battlebots Engage! Teammates will dive into engineering using LEGO's Mindstorms Sets/Software! Build/program EXTREME Battlebots! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp T-shirt! & MORE!

Tu-F 9am-4pm Aug 4-Aug 7 \$345/4 187283



**SUMMER  
PAYMENT PLAN**

50% due at registration  
50% due June 15  
See p. 17

## BYTE CAMP

9 - 12 yrs

Central Saanich Cultural Centre Room A

*Instructor: Byte Camp Education Society*

### Introduction to Coding

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with Scratch and get to use those skills to make their very own games. Students will learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online.

Tu-F 9am-4pm Aug 4-Aug 7 \$355/4 187292

### Claymation Movie Production

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities!

M-F 9am-4pm Aug 10-Aug 14 \$410/5 187293

## DUNGEONS AND DRAGONS - THE SHADOW REALM

11 - 17 yrs

Step into the Shadow Realm, a place where magic is powerful and unpredictable. Battle shadowy creatures, cast mysterious spells, and seek out hidden treasures in a world filled with darkness and danger. The power is in your hands. No Dungeons & Dragons experience necessary. Costumes encouraged but not required.

Greenglade Community Centre Room 9

M-Th 9am-4pm Jul 27-Jul 30 \$200/4 187371

## ENGINEERING FOR KIDS

Greenglade Community Centre Room 6

*Instructor: Engineering For Kids Vancouver Island*

### Minecraft- Amusement Park

Come one, come all to the wonderful world of Minecraft! Campers will work in teams to create their own Minecraft amusement park filled with games and rides. Part of the day will include hands-on projects and outside play!

6 - 8 yrs

M-F 9am-4pm Aug 10-Aug 14 \$375/5 188954

8 - 12 yrs

M-F 9am-4pm Aug 24-Aug 28 \$375/5 191790

### Jr. Minecraft- Medieval Times

6 - 8 yrs

Explore medieval times in the wonderful world of Minecraft! Students will work in teams to build castles, create farms, raise livestock, and create their very own medieval community. Part of the day will include hands-on projects and outdoor play!

M-F 9am-4pm Aug 17-Aug 21 \$375/5 188955

### Dungeons & Dragons - Engineer's Dilemma

8 - 12 yrs

Embark with us on another summer of adventure! Join your camp leaders on a new, original story line! Your creativity, imagination, and ingenuity will prove invaluable as you and your friends try to engineer your way through our latest campaign!

Tu-F 9am-4pm Aug 4-Aug 7 \$300/4 188953

### Minecraft- Redstone Unleashed

8 - 12 yrs

Unleash the power of Redstone with this new Minecraft curriculum! Campers will create Redstone versions of real-life computer components, such as 7 segment displays and calculators. Part of the day will include hands-on projects and outside play!

M-F 9am-4pm Aug 31-Sep 4 \$375/5 188957

## ARTS & CULTURE

### KIDS CLAY CAMP

6 - 12 yrs

Join Heather for a creative and exciting week of pottery this summer! Participants will explore clay building techniques to create a variety of sculptural and functional projects, which will be glazed, fired in our kiln, and ready for pickup approximately two weeks after the final class. In addition to hand-building, participants will have the opportunity to try the potter's wheel! Fun games and activities will complement studio time. All supplies are provided. Please bring a snack, water bottle, and wear outdoor-appropriate clothing!

**Greenglade Community Centre Pottery Studio**

*Instructor: Heather Verdin*

6 - 9 yrs

M-F	1pm-4pm	Jul 6-Jul 10	\$200/5	185764
M-F	9am-12pm	Jul 20-Jul 24	\$200/5	185765

9 - 12 yrs

M-F	9am-12pm	Jul 6-Jul 10	\$200/5	185767
M-F	1pm-4pm	Jul 20-Jul 24	\$200/5	185768

### TEEN CLAY CAMP

12 - 17 yrs

An opportunity for youth ages 12-17 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 ample opportunities to use the potter's wheel if desired. All supplies are provided. Please bring a snack, water bottle, and wear outdoor-appropriate clothing.

**Greenglade Community Centre Pottery Studio**

*Instructor: Heather Verdin*

M-F 1pm-4pm Jul 13-Jul 17 \$200/5 185769

## FINANCIAL ASSISTANCE

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



## MUSIC & DANCE

### ALLEGRO DANCE

Allegro Performing Arts Centre

*Instructor: Allegro Performing Arts Centre*

#### Dance Explorers

5 - 7 yrs

Join us for a fun-filled half-day dance camp designed especially for young dancers of all levels! Each day is packed with dancing to upbeat, kid-friendly music, creative crafts, story time, and a snack brought from home.

Campers will explore movement through imaginative play, learn fun and engaging choreography, and express their creativity through hands-on art projects. Our nurturing and energetic environment helps build confidence, spark creativity, and encourage meaningful friendships that blossom all week long. Come dance, create, imagine, and make unforgettable memories with us—we can't wait to see you there!

M-F	9am-12pm	Jul 6-Jul 10	\$195/5	188814
M-F	9am-12pm	Jul 13-Jul 17	\$195/5	188935
M-F	9am-12pm	Jul 27-Jul 31	\$195/5	188936

### Dance, Craft & Adventure: Discover the Fun!

7 - 12 yrs

Welcome to a full day of dance, creativity, and outdoor adventures! This exciting camp is designed to introduce dancers to multiple dance styles and genres throughout the week in a fun and supportive environment. Each day includes engaging dance classes, creative crafts, interactive games, and dedicated time for outdoor activities. Perfect for beginners who want to explore different styles and discover a love for dance, this camp is also a great fit for experienced dancers looking for a week of movement, friendship, and fun. Join us for an unforgettable experience where dancers can learn, create, play, and grow in a relaxed and encouraging atmosphere. We can't wait to welcome you!

M-F	9am-4pm	Jul 6-Jul 10	\$350/5	188816
M-F	9am-4pm	Jul 13-Jul 17	\$350/5	188938
M-F	9am-4pm	Jul 27-Jul 31	\$350/5	188939

### MUSICAL THEATRE SUMMER PROGRAM

8 - 14 yrs

Spend two weeks auditioning, rehearsing, and creating a Broadway Jr Musical with Triple Threat Performers! In this high expectations, fast-paced environment, we welcome young performers with a passion for musical theatre.

**Central Saanich Cultural Centre Room A**

*Instructor: Triple Threat Performers*

M-F 9am-4pm Jul 20-Jul 31 \$600/10 188811

### DIGITAL MUSIC PRODUCTION AND SCIENCE!

8 - 13 yrs

Rock and Roll! Join our LITTLUNIVERSE for an exciting week of music, technology and science! Participants will learn how to use technology as a creative instrument to create original music projects! Take it home at the end of the week! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp T-shirt!

Note: Participants should have some experience using laptops/computers.

**North Saanich Middle School Multipurpose Room**

*Instructor: LITTLUNIVERSE*

M-F 9am-4pm Aug 17-Aug 21 \$425/5 187285

## FINANCIAL ASSISTANCE

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



## GENERAL INTEREST

### KIDS IN THE KITCHEN

6 - 11 yrs

All abilities are welcome. All ingredients and supplies will be provided. Be sure to bring a container to take home your sweet creations!

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

#### Cookie Craze

6 - 7 yrs

Explore classic cookie recipes and experiment with creative new flavors. Learn essential baking techniques to make the perfect dough and discover how to mix in exciting ingredients for mouth-watering cookie creations.

M-F 9am-12pm Jul 6-Jul 10 \$185/5 187678

#### Cakes, Crust & Crumbles

6 - 7 yrs

This week, we'll explore classic cake recipes, buttery crusts, and delicious crumbles, while experimenting with creative new flavours.

M-F 9am-12pm Jul 20-Jul 24 \$185/5 187680

#### Bakes & Sweets

8 - 11 yrs

Dive into the world of delicious bakes and sweets! From classic cakes to creative confections, you'll learn essential baking techniques and explore new flavor combinations.

M-F 9am-12pm Jul 13-Jul 17 \$185/5 187679

### Brunch & Bake Bonanza

8 - 11 yrs

Dive into the world of delicious breakfast and brunch dishes! Learn how to prepare a variety of sweet to savory breakfast foods

M-F 9am-12pm Jul 27-Jul 31 \$185/5 187681

### Crust & Crumble Creations

8 - 11 yrs

You'll learn essential baking techniques and discover exciting flavour combinations. All ingredients and supplies will be provided. Be sure to bring a container to take home your delicious creations!

M-F 9am-12pm Aug 10-Aug 14 \$185/5 187682

### Just Desserts

8 - 11 yrs Time to get on your aprons and have a sweet time. All abilities are welcome as we enjoy a week of just desserts. Each day we will make a delicious dessert. Then take those skills and new recipes home to treat all your friends and family.

M-F 9am-12pm Aug 17-Aug 21 \$185/5 187683



## HOGWARTS & THE FORBIDDEN FOREST

6 - 13 yrs

Step into a world of magic for a week of unforgettable adventures! Cast spells, attend potion classes, compete in house challenges, and explore the mysteries of the Forbidden Forest. Get hands-on with magical activities like wand crafting, brewing Butterbeer, and enjoying a live magician's performance. It's a week filled with enchantment and excitement for every wizard!

### Centennial Park Fieldhouse

M-F 8:30am-4pm Jul 20-Jul 24 \$250/5 187345

## STAR WARS GALAXY ADVENTURE

6 - 13 yrs

Join us in a Galaxy Far, Far Away for a week of intergalactic adventure! Become a part of the Rebel Alliance or choose to join the Empire as we make costumes and our very own Lightsabers! Learn to use the force and practice your Jedi skills through out the forest training grounds. Become a hero that saves the galaxy, or join the darkside determined to take it over! And put your new abilities to the test with fun inflatable activities during the week!

### Centennial Park Fieldhouse

M-F 8:30am-4pm Aug 17-Aug 21 \$250/5 187343

## FEATURE FILM MAKING

9 - 14 yrs

Fill your week with action, adventure and a lot of comedy with movie making camp. Mentored by master filmmakers, campers will engage in hands-on exploration of the filmmaking process, including pre production, production and post production. Working in small crews, learn about cinematography, script writing and editing. Campers create, act in and edit a short film and movie trailer using iMovie. Participants will use our latest technology, including Mac books, 4K cameras, tripods, boom microphones, green screens and the use of an aerial drone. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre.

### Central Saanich Cultural Centre Room A

*Instructor: Gail Valentine Consulting & Marketing/DbA Film Camp In A Box*

M-F 9am-4pm Aug 17-Aug 21 \$322/5 187489



## TEEN TOURS

11 - 16 yrs

**Greenglade Community Centre Room 1**

### **NEW** Axe & Grind & Dallas Beach

Teen Tours provide youth with an opportunity to hop on the Panorama Bus and explore the hottest locations the island has to offer. We'll kick off the adventure by heading to Axe & Grind where we'll do a few rounds of axe throwing. Afterward, we'll relax and enjoy some downtime at Dallas Beach. Sign up with a friend or come meet new people for a day of fun and adventure!

M 9am-4:30pm Jul 20 \$75 187675

### **NEW** Flying Squirrel & Willows Beach

Teen Tours offers youth the chance to hop on the Panorama Bus and discover the best spots on the island. We'll start the day with an exciting trip to Flying Squirrel, where you'll enjoy the ultimate trampoline park experience with tons of jumping, bouncing, and fun! Afterward, we'll head to Willows Beach.

M 9am-4:30pm Aug 10 \$75 187667

## TEENS IN THE KITCHEN

12 - 15 yrs

All abilities are welcome as we dive into the delicious world of cuisine. Learn essential cooking techniques while preparing classic dishes. All ingredients and supplies will be provided. Be sure to bring a container to take home your tasty Italian creations!

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

### Fusion Foodies

M-F 1pm-4pm Jul 6-Jul 10 \$190/5 187684

### Around the World

M-F 1pm-4pm Jul 27-Jul 31 \$190/5 187704

### Taste of Italy

M-F 1pm-4pm Aug 17-Aug 21 \$190/5 187705

## SPORTS

### **NEW** JUMP, KICK, THROW!

3 - 5 yrs

Physical literacy lays the foundation for a lifetime of fun, healthy activity. It's all about developing confidence and competence with a variety of fundamental movement skills, helping kids feel comfortable, capable and safe when they move. Think of it like the A, B, C's of how our bodies move! This camp builds those movement skills - like running, throwing, jumping and balancing - through engaging games and sport introductions. Participants will grow their skills, increase their confidence, gain knowledge and nurture a lifelong love of being active - all while having a blast and burning energy!

### Centennial Park Sport Box

M-F 9am-11:30am Jul 13-Jul 17 \$125/5 186953

M-F 9am-11:30am Jul 27-Jul 31 \$125/5 187101

M-F 9am-11:30am Aug 10-Aug 14 \$125/5 187102

M-F 9am-11:30am Aug 24-Aug 28 \$125/5 187103

## MULTI-SPORT CAMP

6 - 10 yrs

Join our enthusiastic leaders for some sporty fun! This recreational-level camp explores a wide variety of sports - foundations, drills and games. All sport skill levels welcome. Campers will build confidence and teamwork, learn new skills and have a blast. Activities may include, but are not limited to, basketball, soccer, pickleball, swimming and skating. Each week will be different - allowing those attending multiple weeks the opportunity to participate in something new. Each week includes one exciting off-site trip!

### Panorama Recreation Centre Jumpstart Multi Sport Court

M-F 8:30am-4pm Jul 6-Jul 10 \$240/5 186950

M-F 8:30am-4pm Jul 13-Jul 17 \$240/5 187324

M-F 8:30am-4pm Jul 20-Jul 24 \$240/5 187325

M-F 8:30am-4pm Jul 27-Jul 31 \$240/5 187326

Tu-F 8:30am-4pm Aug 4-Aug 7 \$192/4 187327

M-F 8:30am-4pm Aug 10-Aug 14 \$240/5 187328

M-F 8:30am-4pm Aug 17-Aug 21 \$240/5 187329

M-F 8:30am-4pm Aug 24-Aug 28 \$240/5 187330

## GIRL POWERED MULTI-SPORT CAMP

6 - 10 yrs

Calling all self-identifying girls who want to spend a week immersed in sport! This recreational-level camp explores a wide variety of sports - foundations, drills and games. All sport skill levels welcome. Camp will highlight famous female athletes, and create an environment for building empowerment, confidence and new skills - all while having fun and making new friends!

Activities may include, but are not limited to, basketball, soccer, pickleball, swimming and skating. Each week will be different - allowing those attending multiple weeks the opportunity to participate in something new. Each week includes one exciting off-site trip!

### Panorama Recreation Centre Jumpstart Multi Sport Court

M-F	8:30am-4pm	Jul 6-Jul 10	\$240/5	186948
M-F	8:30am-4pm	Jul 20-Jul 24	\$240/5	187098
M-F	8:30am-4pm	Aug 17-Aug 21	\$240/5	187099

## ISLAND RHYTHMIC GYMNASTICS CAMP

6 - 12 yrs

Our recreational camp develops apparatus skills with the rope, hoop, ball, ribbon, and scarves. Along with apparatus skills, we develop physical literacy, body skills and awareness through balance, turn, jump and dance techniques as well as challenge the participants with special awareness in relation to their peers. The skills learned in these classes will be incorporated with expression and musical awareness into a routine.

### Greenglade Community Centre Gymnasium

*Instructor: Island Rhythmic Gymnastics*

M-F	9am-12pm	Aug 10-Aug 14	\$270/5	186956
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## SOCCKERTRON CAMP

5 - 14 yrs

There is no better start to the season than a full week at Soccertron to prepare players for those important pre-season practices and try-outs. With hours of instruction, we pack almost a whole season's practice schedule into one week. Emphasis is on improving individual skills and developing techniques such as creating space, communicating, defending and attacking as a team. Improvement through fun and exciting skills and drills is balanced with a refreshing water-fun session at Panorama's pool at the end of each day. This camp has it all!

### KELSET Elementary School

*Instructor: Soccertron*

Full Day

7 - 14 yrs

M-F	9am-4pm	Jun 29-Jul 3	\$240/4	187084
M-F	9am-4pm	Jul 27-Jul 31	\$300/5	187085

Half Day

5 - 14 yrs

There is no better start to the season than a full week at Soccertron to prepare players for those important pre-season practices and try-outs. With hours of instruction, we pack almost a whole season's practice schedule into one week. Emphasis is on improving individual skills and developing techniques such as creating space, communicating, defending and attacking as a team. Improvement through fun and exciting skills and drills!

5 - 9 yrs

M-F	9am-12pm	Jun 29-Jul 3	\$140/4	187086
M-F	9am-12pm	Jul 27-Jul 31	\$175/5	187087

10 - 14 yrs

M-F	9am-12pm	Jun 29-Jul 3	\$140/4	187088
M-F	9am-12pm	Jul 27-Jul 31	\$175/5	187089

## ELI PASQUALE BASKETBALL CAMP

6 - 14 yrs

Bringing basketball to our community since 1984, in this Eli Pasquale camp, participants will learn Eli's Guard Series and Miracle Circuit, plus improve on 1-on-1 skills and develop offensive and defensive skills for 2-on-2, 3-on-3 and 5-on-5 team play. Full day camps will include a variety of other camp games and afternoon water activities at Panorama's pool every day!

**KELSET Elementary School**

*Instructor: Eli Pasquale Group Inc.*

8 - 14 yrs

M-F	9am-4pm	Jul 6-Jul 10	\$300/5	187599
M-F	9am-4pm	Aug 17-Aug 21	\$300/5	187090

Half Day

6 - 9 yrs

M-F	9am-12pm	Jul 6-Jul 10	\$175/5	187601
M-F	9am-12pm	Aug 17-Aug 21	\$175/5	187091

10 - 14 yrs

M-F	9am-12pm	Jul 6-Jul 10	\$175/5	187600
M-F	9am-12pm	Aug 17-Aug 21	\$175/5	187094

**NEW**

## ROLL RIGHT ROLLER SKATING CAMP

7 - 12 yrs

Using the Roller Sports Canada "Learn to Roll Right" and "Roll Right Roller Dance" programs, our instructors maintain a 1:8 ratio to ensure personalized coaching for every level, from total beginners to experienced skaters on quads or inlines. In addition to skating, kids will enjoy games, crafts, and swimming to cool off! Quality rentals and gear are included, however, participants are encouraged to bring their own helmets. Please note that an annual Roll Right Membership (\$25) is required for all participants and can be completed at [www.rollright.org/membership](http://www.rollright.org/membership).

**Panorama Recreation Centre Arena A**

M-F	9am-4pm	Jul 6-Jul 10	\$359/5	190235
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## JUJITSU AND KARATE CAMP

7 - 12 yrs

Join us this summer for an action-packed week of Jujitsu and Karate fun at the Hastings Martial Arts Centre! This exciting camp is perfect for kids who want to learn the fundamentals of Jujitsu and Karate in a safe, supportive, and energetic environment. Each day will include engaging drills, interactive games, and plenty of opportunities to put new skills into practice. This camp is the perfect way to stay active, make new friends, and have a blast this summer.

**Hastings Martial Arts**

*Instructor: Hastings Martial Arts*

M-F	9am-4pm	Jul 13-Jul 17	\$295/5	185786
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## SHANGRI-LAW YOUTH PICKLEBALL CAMP

8 - 12 yrs

Serve, rally and have fun with Shangri-Law Pickleball and their Level 2 certified coaches! Each session of this action-packed camp includes skill-building drills, movement games and plenty of supported game play, with a focus on sportsmanship, confidence and teamwork. Come learn the game and experience the joy of pickleball in a supervised, positive and exciting environment. All equipment provided and beginners welcome!

**Centennial Park Sport Box**

*Instructor: Shangri-Law Pickleball*

M-F	9am-12pm	Jul 20-Jul 24	\$165/5	184195
M-F	9am-12pm	Aug 17-Aug 21	\$165/5	184196



**SUMMER INCLUSION SUPPORT**

We offer support for campers who need extra assistance.  
See p. 18

## TENNIS & SPORT CAMP

8 - 12 yrs

A full-day camp that includes tennis camp for the morning and multi-sport afternoons! Participants will start each day learning the fundamentals of tennis through engaging game-based drills, activities and match play following Tennis Canada's progressive tennis curriculum. Afternoons will include a range of sports including, but not limited to, basketball, pickleball, soccer, skating and swimming, as well as supervised free time outside.

### Panorama Recreation Centre Indoor Tennis Court #1

M-F	8:30am-4pm	Jul 6-Jul 10	\$240/5	188900
M-F	8:30am-4pm	Jul 20-Jul 24	\$240/5	188963
M-F	8:30am-4pm	Aug 17-Aug 21	\$240/5	188967

## TENNIS & SWIM CAMP

8 - 12 yrs

A full-day camp that includes tennis camp in the morning with a fun, recreational swim in the afternoon! Participants will start each day learning the fundamentals of tennis through engaging game-based drills, activities and match play following Tennis Canada's progressive tennis curriculum. In the afternoon, campers will head to the pool for Fun Swim, where they'll enjoy free swim time, water games and playful activities in a supervised environment, as well as supervised free time outside.

### Panorama Recreation Centre Indoor Tennis Court #1

M-F	8:30am-4pm	Jul 13-Jul 17	\$240/5	188909
M-F	8:30am-4pm	Aug 10-Aug 14	\$240/5	188971
M-F	8:30am-4pm	Aug 24-Aug 28	\$240/5	188972



**SUMMER PAYMENT PLAN**

50% due at registration  
50% due June 15  
See p. 17

## SHE PLAYS TENNIS CAMP

8 - 12 yrs

This camp offers a safe and nurturing environment for self-identifying females to learn tennis. Expect an engaging week of game-based drills, activities and match play designed around Tennis Canada's progressive tennis curriculum. Progressive tennis uses modified tennis balls, court size and nets to ensure success and maximize fun. Our enthusiastic instructors will toss in a sprinkle of general camp activities, designed with girls in mind, to add even more to the day! No previous experience required.

### Panorama Recreation Centre Indoor Tennis Court #1

M-F	8:30am-12pm	Jul 27-Jul 31	\$140/5	188904
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## YOUTH ARCHERY CAMP

8 - 16 yrs

Have you always wanted to try Archery? Try out these hands-on classes and learn how to shoot a bow and arrow! Participants learn the fundamentals that have propelled Archery to one of the fastest growing sports/lifestyle activities in the world. Pacific Archery Academy provides a safe and friendly environment where you can learn innovative techniques and shooting skills. All levels welcome, equipment is provided.

### North Saanich Middle School Gymnasium

*Instructor: Pacific Archery Academy*

M-F	9am-4pm	Jul 27-Jul 31	\$450/5	187018
M-F	9am-4pm	Aug 10-Aug 14	\$450/5	187016
M-F	9am-4pm	Aug 24-Aug 28	\$450/5	187042

## ULTIMATE FRISBEE CAMP

9 - 13 yrs

Have FUN playing Ultimate Frisbee with Helix Ultimate! Through small-sided games and activities, our program focuses on skill development with an emphasis on teamwork and fair-play. Campers will have the chance to work on throwing, catching, and movement skills in this fun-first environment. All campers receive a disc (frisbee).

### Greenglade Community Centre Sports Field

*Instructor: Helix Ultimate Camps*

M-F	9am-4pm	Jul 27-Jul 31	\$286/5	187276
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### Half Day

M-F	9am-12pm	Jul 27-Jul 31	\$182/5	187277
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## SPABA SKILLS IMPROVEMENT SUMMER BASKETBALL CAMP

This program has puts a high emphasis on Skills development for those young athletes looking to take their game to the next level. This camp is a good precursor to SPABA Night League as well as for those athletes already involved in Night League or Middle School basketball. Sessions will be high energy and aimed at skills development and basic team strategy with a focus on having fun while learning. Participants will all receive a T-shirt to keep.

### North Saanich Middle School Gymnasium

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

#### Boys

##### 10 - 12 yrs

M-F 9am-12pm Jul 6-Jul 10 \$120/5 187282

#### Girls

##### 10 - 13 yrs

M-F 9am-12pm Jul 6-Jul 10 \$120/5 187280

NEW

## SUMMER VOLLEYBALL CAMP

### 11 - 14 yrs

Build your volleyball skills, confidence and love for the game in this three-day camp! Participants will learn and improve through engaging drills focused on passing, serving, setting and hitting, then have opportunity to put practice into action with game play! Our coaching team includes former college athletes and current high-performance players who bring experience and enthusiasm to every session.

All skill levels welcome, from beginners to experienced players looking to improve their game!

### North Saanich Middle School Gymnasium

*Instructor: Claire Liaros*

W-F 10am-2pm Jul 22-Jul 24 \$135/3 190216



# EARLY YEARS

## GENERAL INTEREST

### KINDERGYM

1 - 5 yrs

Enjoy a lively and engaging free-play experience designed for young children to explore, move, and have fun! This session features a variety of exciting equipment, including ride-on toys, a mini bouncy castle, tumbling mats, slides, music, and more—perfect for encouraging active play, creativity, and social interaction in a safe, welcoming environment.

Spaces are limited, so we recommend reserving your spot online in advance. Drop-in participants are welcome if space allows. Guardian participation is required to support and supervise children throughout the session. Maximum of 35 children per session.

#### Greenglade Community Centre Gymnasium

Tu,Th 9:30am-11am May 5-Jun 25 \$4 Drop-in

## TOYS & TUMBLES

2 - 5 yrs

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

Su 9:30am-11am May 3-Jun 21 \$4.50 Drop-in

## 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 Jun 7-Jun 28 \$115/4 187714

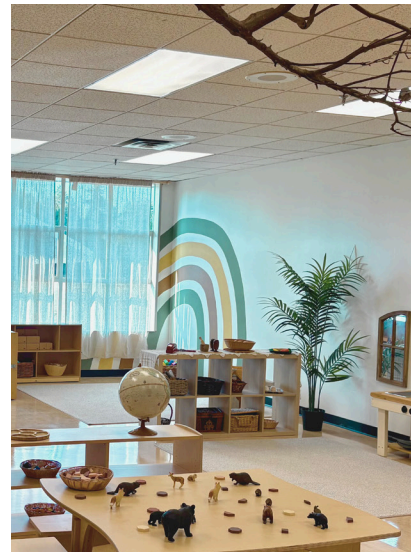


## FULL DAY & PARTIAL DAY OWLS NEST EARLY LEARNING PROGRAMS

@ Greenglade Community Centre

Full Day, 8am - 4:30pm  
Monday - Friday  
For ages 30 months to 5 years

Partial Day, 9am - 2pm  
Monday - Friday  
For ages 4 - 5



## ARTS & CULTURE

### 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 11am-12:30pm May 10-May 31 \$100/4 187713

## MUSIC & DANCE

### PJ'S PRESCHOOL

3 - 5 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 group.

#### Central Saanich Cultural Centre Room A

*Instructor: Pj Music*

#### Piano Semi-Private

Su 12pm-12:30pm May 3-Jun 14 \$183/6 187687

#### Piano Group

Su 1pm-1:30pm May 3-Jun 14 \$165/6 188796

## FINANCIAL ASSISTANCE

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



## SCIENCE & TECHNOLOGY

### LITTLE SCIENTISTS LAB

3 - 5 yrs

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

#### Greenglade Community Centre Room 8

W 10am-12pm May 20-Jun 10 \$115/4 187715

## SPORTS

### SWIM LESSONS

Dive in—various swim lessons for all ages and skill levels! See p. 14.



### LITTLE SHOOTERS BALL HOCKEY

3 - 5 yrs

Welcome to Little Shooters Ball Hockey! Come out and learn and work on fundamental ball hockey skills on our Arena Dry-Floor. We will work on ball control and stick handling, passing, and shooting in a fun environment with lots of games and movement, designed for pre-school aged children. Helmets with full face protection and hockey gloves required.

#### Panorama Recreation Centre Arena A

W 4:30pm-5:15pm May 6-Jun 3 \$42/5 188897

W 4:30pm-5:15pm Jun 10-Jul 15 \$42/5 188899

**FREE** **SPORTBALL MULTI-SPORT TRIAL CLASS!**

\*Parent participation is required.

**Sa - Panorama Recreation Centre  
Jumpstart Multi Sport Court**

**Tu - Centennial Park Sport Box**

*Instructor: Sportball Vancouver Island*

**16 mos - 2 yrs (Parent participation required)**

Sa	9am-9:30am	Jul 18	Free	190101
Tu	4:30pm-5pm	Jul 21	Free	190095

**2 - 3½ yrs (Parent participation required)**

Sa	9:30am-10:15am	Jul 18	Free	190102
Tu	5pm-5:45pm	Jul 21	Free	190096

**3½ - 5 yrs**

Sa	10:15am-11:15am	Jul 18	Free	190103
Tu	5:45pm-6:45pm	Jul 21	Free	190098

**6 - 9 yrs**

Sa	11:15am-12:15pm	Jul 18	Free	190471
Tu	6:45pm-7:45pm	Jul 21	Free	190470

**NEW** **SPORTBALL MULTI-SPORT**

**16 mos - 5 yrs**

Sportball is 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 is provided, and programs are led by trained Sportball coaches.

\*Parent participation is required.

**Sa - Panorama Recreation Centre  
Jumpstart Multi Sport Court**

**Tu - Centennial Park Sport Box**

*Instructor: Sportball Vancouver Island*

**16 mos - 2 yrs (Parent participation required)**

Sa	9am-9:30am	Jul 25-Aug 29	\$88/5	188948
Tu	4:30pm-5pm	Jul 28-Aug 25	\$110/5	187697

**2 - 3½ yrs (Parent participation required)**

Sa	9:30am-10:15am	Jul 25-Aug 29	\$92/5	188949
Tu	5pm-5:45pm	Jul 28-Aug 25	\$115/5	187698

**3½ - 5 yrs**

Sa	10:15am-11:15am	Jul 25-Aug 29	\$96/5	188950
Tu	5:45pm-6:45pm	Jul 28-Aug 25	\$120/5	187699



# SCHOOL AGE

## GENERAL INTEREST

### PRO-D DAY CAMP

K - 11 yrs

See p. 21

### PARENTS NIGHT OUT: SWIM PARTY

5 - 11 yrs

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

**Greenglade Community Centre Room 9**

5 - 6 yrs

Sa 5:30pm-9:30pm May 30 \$30 187710

7 - 11 yrs

Sa 5:30pm-9:30pm May 30 \$30 187711

### KIDS IN THE KITCHEN - CHEESE PLEASE

8 - 10 yrs

Celebrate the ooey gooey flavours of cheesy dishes with fun, kid-friendly bakes made from favourites. All ingredients provided. Bring a container to take home leftovers.

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

W 6pm-7:30pm May 20-Jun 3 \$67/3 187712

### HOME ALONE

9 - 12 yrs

This program is designed for children who spend time on their own. The after school time or occasional short outings for parents are easily dealt with when children are well prepared. This 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 Jun 13 \$40 178585

# ARTS & CULTURE

### KIDDO'S POTTERY

6 - 9 yrs

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

**Greenglade Community Centre Pottery Studio**

*Instructor: Heather Verdin*

W 4pm-5:30pm May 6-May 27 \$80/4 185772

### 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 Jun 3-Jun 24 \$80/4 185773

### GENERATIONS IN CLAY

16 yrs+

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

**Greenglade Community Centre Pottery Studio**

*Instructor: Heather Verdin*

M 6pm-8pm May 25-Jun 22 \$200/5 185775

## MUSIC & DANCE

### PJ'S MUSIC

Each class is tailored to the needs of different age groups. (A keyboard may be rented from PJ Music Studios 250-213-9343)

**Central Saanich Cultural Centre Room A**

*Instructor: Pj Music*

#### Piano for Kids

A creative fun approach to learning about music and the keyboard while developing good technique, rhythm and basic note reading and composing skills.

#### Private Piano Lesson

##### 6 yrs+

Su	11:30am-12pm	May 3-Jun 14	\$303/6	187685
Su	2pm-2:30pm	May 3-Jun 14	\$303/6	188798

#### Semi-Private

##### 6 - 12 yrs

Su	12:30pm-1pm	May 3-Jun 14	\$183/6	188795
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#### Group

##### 7 - 12 yrs

Su	1:30pm-2pm	May 3-Jun 14	\$165/6	188797
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### Ukulele for Kids - Semi-private

#### 6 - 10 yrs

Let's learn the musical basics like chords, melodies, note reading and rhythms through popular songs that will kickstart your learner's musical journey! No previous experience necessary. Ukuleles can be rented for the duration of the program if needed

Su	3pm-3:30pm	May 3-Jun 14	\$183/6	188799
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### Guitar for Kids - 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! The materials fee is included in the cost.

Su	3:30pm-4pm	May 3-Jun 14	\$183/6	188800
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### Private Ukulele or Guitar

#### 6 yrs+

Su	5pm-5:30pm	May 3-Jun 14	\$303/6	188804
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## SPORTS

### SWIM LESSONS

Dive in—various swim lessons for all ages and skill levels! See p. 14.



### FREE SPORTBALL MULTI-SPORT TRIAL CLASS!

6 - 9 yrs

**Sa - Panorama Recreation Centre  
Jumpstart Multi Sport Court**

**Tu - Centennial Park Sport Box**

*Instructor: Sportball Vancouver Island*

Sa	11:15am-12:15pm	Jul 18	Free	190471
Tu	6:45pm-7:45pm	Jul 21	Free	190470

### NEW SPORTBALL MULTI-SPORT

6 - 9 yrs

Sportball is 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 is provided, and programs are led by trained Sportball coaches.

**Sa - Panorama Recreation Centre  
Jumpstart Multi Sport Court**

**Tu - Centennial Park Sport Box**

*Instructor: Sportball Vancouver Island*

Sa	11:15am-12:15pm	Jul 25-Aug 22	\$96/5	190469
Tu	6:45pm-7:45pm	Jul 28-Aug 25	\$120/5	190468

### NEW LITTLE SHOOTERS BALL HOCKEY

3 - 5 yrs

Welcome to Little Shooters Ball Hockey! Come out and learn and work on fundamental ball hockey skills on our Arena Dry-Floor. We will work on ball control and stick handling, passing, and shooting in a fun environment with lots of games and movement, designed for pre-school aged children. Helmets with full face protection and hockey gloves required.

**Panorama Recreation Centre Arena A**

W	4:30pm-5:15pm	May 6-Jun 3	\$42/5	188897
W	4:30pm-5:15pm	Jun 10-Jul 15	\$42/5	188899

### NEW BIG SHOOTERS BALL HOCKEY

6 - 10 yrs

Welcome to Little Shooters Ball Hockey! Come out and learn and work on fundamental ball hockey skills on our Arena Dry-Floor. We will work on ball control and stick handling, passing, and shooting in a fun environment with lots of games and movement focused on older school aged children. Helmets with full face protection and hockey gloves required.

**Panorama Recreation Centre Arena A**

W	5:30pm-6:15pm	May 6-Jun 3	\$42/5	193106
W	5:30pm-6:15pm	Jun 10-Jul 15	\$42/5	193197

**SUMMER PAYMENT PLAN**

50% due at registration  
50% due June 15  
See p. 17

NEW

## LEARN TO ROLL RIGHT WITH ROLLER RHYTHM SKATING CLUB

7 - 15 yrs

Learn to Roll Right! Participants learn how to safely progress at their own pace through structured levels, mastering foundational skating skills and exploring new tricks on skates! Using the Roller Sports Canada "Learn to Roll Right" program, our instructors maintain a 1:8 ratio to ensure personalized coaching for every level, from total beginners to experienced skaters on quads or inlines. Quality skate rentals and gear are available if needed, just bring your own helmet! Please note that an annual Roll Right Membership (\$25) is required for all participants and can be completed at [www.rollright.org/membership](http://www.rollright.org/membership).

**Panorama Recreation Arena B**

*Instructor: Roll Right Skating Academy Ltd.*

Tu 4:30pm-5:30pm May 5-June 23 \$228/8 190606

NEW

## FIRST TEE GOLF

FREE

7 - 13 yrs

Come learn the fundamentals of golf-putting, chipping, pitching, and full swing-in a fun, and supportive environment! Alongside these golf skills, we will weave in at least one life skill each day, such as confidence, respect, or collaboration. Each day will start with a non-golf warm-up that gets everyone moving and having fun. Then the majority of the day will be spent on golf activities and games, usually with a common theme (picking targets, how to hit the ball short or far, etc.) that also relates to the life skill of the day.

**Greenglade Community Centre Sports Field**

*Instructor: Golf Canada*

7 - 9 yrs

Sa 10am-11am May 23-Jun 13 Free/4 185061

10 - 13 yrs

Sa 11:30am-12:30pm May 23-Jun 13 Free/4 185062



# TENNIS LESSONS

Panorama Recreation Centre Indoor Tennis Courts

## RED BALL 1

6 - 7 yrs

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

Sa 11:45am-12:45pm May 9-Jun 27 \$60/5 188973

## 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. Following the Progressive Tennis program, half-courts and oversized, low-compression balls will be used.

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

Tu,Th 3:45pm-4:45pm May 5-Jun 25 \$176/16 187378

## ORANGE BALL 1

8 - 10 yrs

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

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

Th 5pm-6:25pm May 7-Jun 25 \$136/8 188876

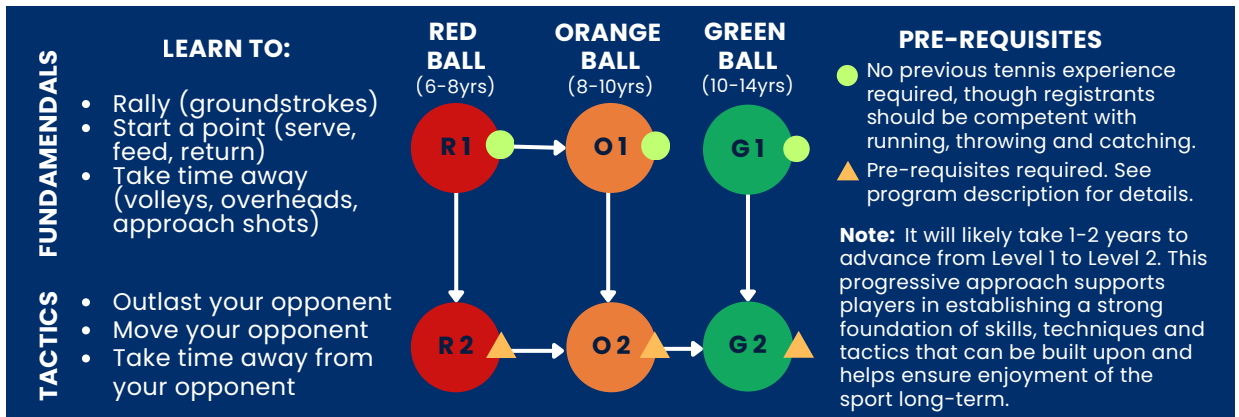
## ORANGE BALL 2

8 - 10 yrs

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

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

Tu,Th 5pm-6:25pm May 5-Jun 25 \$228/16 187379



## GREEN BALL 1

10 - 14 yrs

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

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

Tu 6:30pm-7:55pm May 5-Jun 23 \$136/8 188875

## GREEN BALL 2

10 - 14 yrs

Green Ball 2 is designed for players who are building confidence and consistency on a full-size court. This class focuses on refining technique, improving rally skills, and developing smart shot selection using the lower-compression green ball. Players work on point play, movement patterns, and match awareness in a fun, supportive environment that helps them transition toward full-performance tennis.

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

Th 6:30pm-7:55pm May 7-Jun 25 \$114/8 188884

Th,Su 6:30pm-7:55pm May 7-Jun 25 \$185/13 188880

## FINANCIAL ASSISTANCE

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



## SQUASH

Panorama Recreation Centre Squash Court

*Instructor: Giselle Delgado*

Munchkins

4 - 6 yrs

An energetic intro to squash program where participants will build athletic foundations, body awareness and fundamental movement skills for squash, through fun, skill-based activities. No previous squash experience required.

M 3:30pm-4pm May 11-Jun 22 \$49/5 191762

NEW

Mighty Munchkins

5 - 6 yrs

Mighty Munchkins is a 40-minute, invitation-only squash program for young players who've shown strong skills, focus and a genuine drive to learn. Building on what they mastered in earlier lessons, this group introduces more purposeful movement, early rallying and fun competitive challenges. It's an energetic next step for kids who are eager for more and ready to grow with others at their level.

Permission to register required from instructor. Contact Giselle at [giselle@squashlife.ca](mailto:giselle@squashlife.ca).

M 4pm-4:40pm May 11-Jun 22 \$65/5 191763

NEW

Squashers

7 - 12 yrs

Squashers is a welcoming, high-energy program for kids who are excited to learn and practice the basics of squash. Players build confidence through clear skill progressions, fun movement challenges and simple rallying activities that help them understand how the game works. The focus is on developing strong foundations - grip, swing shape, footwork and court awareness - while keeping sessions playful, supportive and engaging for all levels within the group. No previous squash experience required.

M 4:45-5:30pm May 11-Jun 22 \$68/5 191764

# YOUTH & TEEN

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## TEEN LOUNGE GREENGLADE

11 - 16 yrs

Teen Lounge, hosted at the Greenglade Community Centre, is a FREE pre-registered and drop in program for island youth. Teen Lounge is designed to be a safe and inclusive atmosphere for local teens to meet, connect, and relax with friends. The space features board games, interactive video games, couches and tables for lounging, as well as an open gymnasium for free play and organized activities. Register in advance to secure your space. A free shuttle to Panorama Recreation Centre is available during this program for those who would like to attend our Friday Night Swim. Admission to these activities is free for anyone who attends Teen Lounge! No return shuttle to Greenglade provided. Teens must arrive before 7pm to attend. No Teen Lounge on May 15.

### Greenglade Community Centre Room 9

F 6pm-8pm May 1-Jun 19 FREE

## FITNESS

### FITNESS PROGRAMS

Many of our adult fitness programs have a minimum age of 14 yrs. See p. 61.

## ARTS & CULTURE

### TEEN PAINT NIGHT: GOLDEN WAVES

11 - 18 yrs

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

### Greenglade Community Centre Room 6

Tu 6pm-8pm May 19 \$30 187709

### TEEN POTTERY

12 - 17 yrs

An opportunity for youth ages 12-17 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*

M 4pm-5:30pm May 25-Jun 22 \$100/5 185774



## 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 - WHISPERS & WONDERS

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

W 6pm-8:30pm May 13-Jun 10 \$53/5 187708

### TEENS IN THE KITCHEN

12 - 15 yrs

All abilities are welcome as we dive into the delicious world of cuisine. Learn essential cooking techniques while preparing classic dishes. All ingredients and supplies will be provided. Be sure to bring a container to take home your tasty Italian creations!

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

##### Fusion Foodies

M-F 1pm-4pm Jul 6-Jul 10 \$190/5 187684

##### Around the World

M-F 1pm-4pm Jul 27-Jul 30 \$190/5 187704

##### Taste of Italy

M-F 1pm-4pm Aug 17-Aug 21 \$190/5 187705

## TEEN TOURS

11 - 16 yrs

#### Greenglade Community Centre Room 1

##### Axe & Grind & Dallas Beach

Teen Tours provide youth with an opportunity to hop on the Panorama Bus and explore the hottest locations the island has to offer. We'll kick off the adventure by heading to Axe & Grind where we'll do a few rounds of axe throwing. Afterward, we'll relax and enjoy some downtime at Dallas Beach. Sign up with a friend or come meet new people for a day of fun and adventure!

M 9am-4:30pm Jul 20 \$75 187675

##### Flying Squirrel & Willows Beach

Teen Tours offers youth the chance to hop on the Panorama Bus and discover the best spots on the island. We'll start the day with an exciting trip to Flying Squirrel, where you'll enjoy the ultimate trampoline park experience with tons of jumping, bouncing, and fun! Afterward, we'll head to Willows Beach.

M 9am-4:30pm Aug 10 \$75 187667

## MORE CAMPS FOR THE TEEN YEARS

See p. 22-26

## SPORTS

### ARCHERY

9 - 17 yrs

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

\*Please note: A parent and child archery class runs at the same time and same place.

#### North Saanich Middle School Gymnasium

*Instructor: Pacific Archery Academy*

W 6pm-7pm May 20-Jun 24 \$135/6 185461

**NEW** **LEARN TO ROLL RIGHT  
WITH ROLLER RHYTHM  
SKATING CLUB**

7 - 15 yrs

Learn to Roll Right! Participants learn how to safely progress at their own pace through structured levels, mastering foundational skating skills and exploring new tricks on skates! Using the Roller Sports Canada "Learn to Roll Right" program, our instructors maintain a 1:8 ratio to ensure personalized coaching for every level, from total beginners to experienced skaters on quads or inlines. Quality skate rentals and gear are available if needed, just bring your own helmet! Please note that an annual Roll Right Membership (\$25) is required for all participants and can be completed at [www.rollright.org/membership](http://www.rollright.org/membership).

**Panorama Recreation Arena B**

*Instructor: Roll Right Skating Academy Ltd.*

Tu 4:30pm-5:30pm May 5-June 23 \$228/8 190606

**SWIM LESSONS**

Dive in—various swim lessons for all ages and skill levels! See p. 14.



**VOLLEYBALL**

**NEW** **Volleyball Development Clinic**

11 - 14 yrs

Learn and develop your volleyball skills in a positive, engaging environment. All skill 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 will include game play - for the opportunity to put practice into action!

**North Saanich Middle School Gymnasium**

*Instructor: Peninsula Volleyball Academy*

Su 4pm-5:30pm Jul 5-Jul 26 \$80/4 185464

**NEW** **Advanced Volleyball Clinic**

15 - 17 yrs

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

**North Saanich Middle School Gymnasium**

*Instructor: Peninsula Volleyball Academy*

Su 4pm-5:30pm Aug 9-Aug 30 \$80/4 185464



## 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.

#### Greenglade Community Centre Room 6

Sa 9am-3:30pm May 30 \$85 187707

### BRONZE MEDALLION

13 yrs+

Bronze Medallion 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. 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

M-F 10am-3pm Jul 6-Jul 10 \$205/5 192435

### BRONZE CROSS

13 yrs+

Bronze Cross is for lifesavers seeking more advanced training and an introduction to safety supervision. The program bridges lifesaving and lifeguarding, preparing candidates for Assistant Lifeguard roles by strengthening rescue skills, active surveillance, teamwork, and communication. It is a prerequisite for National Lifeguard and Leadership certifications. Prerequisite: Bronze Medallion.

#### Panorama Recreation Centre

M-F 10am-3pm Jul 13-Jul 17 \$205/5 192436

## 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

Sa 8:30am-5pm May 23-Jun 20 \$380/5 184729

W 8:30am-5pm Jul 22-Aug 19 \$400/5 192434

## 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

Sa,Su 8:30am-5pm Apr 25-May 10 \$380/6 184730

Tu,Th 8:30am-5pm Jul 21-Aug 6 \$400/6 192433

## FINANCIAL ASSISTANCE

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# ADULT

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## VISUAL ARTS & CRAFTS

### WATERCOLOURS

16 yrs+

If you have always wanted to paint and think that watercolours are frightening, come and try them in a friendly and encouraging atmosphere. Take out those watercolours and see what they can do in a bright and free way. Splash on colours and blend washes; the result is fresh and spontaneous. Your instructor will guide you through mini tutorials and provide space to experiments along with personalized guidance.

**McTavish Academy of Art - Art Studio**

*Instructor: Mctavish Academy Of Art*

#### Spring Flowers

Su 9:30am-3:30pm May 24 \$100 187668

#### Veggies

Su 9:30am-3:30pm Jun 14 \$100 187670

## PHOTOGRAPHY FIELD TRIP WEEKEND

18 yrs+

This weekend photography workshop, led by award-winning photographers Steve Smith and Leah Gray, offers participants the chance to develop their skills across three outdoor locations. The group will begin Saturday morning at Reay Creek to organize gear and explore personal photographic style, followed by a self-paid lunch break. Saturday evening moves to Sidney for photographing seabirds, shorelines, people, architecture, and experimenting with blue-hour lighting, long exposures, and neutral density filters. At sunrise Sunday, the group will shoot at Cattle Point and Uplands Park, capturing rocky coastlines, ocean views, wildlife, and intimate natural details. The workshop concludes at Greenglade Community Centre with image downloading, editing, and constructive instructor feedback. Limited to eight participants, the workshop includes full guidance and a detailed schedule provided in advance.

Visit online for full program description.

**Greenglade Community Centre Room 5**

*Instructor: Steve Smith & Leah Gray*

Sa,Su 9am-4:30pm May 2-May 3 \$400 187649



# 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 of the pottery studio. Clay \$41.75/bag

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

## RESERVABLE DROP IN HOURS

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



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

## 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 available for May & June only.

\*\*Recurring block bookings only.

\*\*\* May & June only



## POTTERY

### Greenglade Community Centre Pottery Studio

#### Glazing Workshop

13 yrs+

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

*Instructor: Heather Verdin*

M	5pm-8pm	May 11	\$50	185770
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#### 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 2 yrs+ 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	May 3	\$38	187586
Su	1pm-3pm	May 31	\$38	187587

#### Pocket Vase Workshop

13 yrs+

Unleash your creativity and get your hands dirty in our Pottery Pocket Vase session— a fun and relaxing workshop where you'll learn the fundamental technique of slab construction to craft your own unique, freestanding tabletop vessel.

This workshop is all about design! You will doodle your own organic shape to use as a template, create your 3D form, and then use various tools to personalize it with unique lines, textures, or patterns. It's an easy, accessible way to create a charming piece of pottery perfect for holding a tiny bouquet or displaying on a shelf. No experience needed, just your imagination! Come on your own or bring a friend/child 2 yrs+. One vase per registration.

### Greenglade Community Centre Pottery Studio

*Instructor: Jaimie Cote*

Su	1pm-3pm	May 24	\$45	187589
Su	1pm-3pm	Jun 14	\$45	187590

#### Wheel Throwing - 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.

*Instructor: Heather Verdin*

W	6pm-8:30pm	May 6-Jun 24	\$450/8	185771
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## MUSIC & DANCE

### PJ MUSIC

Instruments can be rented from PJ Music Studios.

#### Central Saanich Cultural Centre Room A

*Instructor: Pj Music*

#### Private Ukulele or Guitar

6 yrs+

Su 5pm-5:30pm May 3-Jun 14 \$303/6 188804

#### Private Piano Lesson

6 yrs+

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

Su 11:30am-12pm May 3-Jun 14 \$303/6 187685

Su 2pm-2:30pm May 3-Jun 14 \$303/6 188798

#### 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 May 3-Jun 14 \$183/6 188801

#### 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. Materials fee included cost.

Su 4:30pm-5pm May 3-Jun 14 \$183/6 188803

## LINE DANCING

16 yrs+

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*

#### Beginner Level 1

Th 1:30pm-2:45pm May 7-May 28 \$36/4 187496

Th 1:30pm-2:45pm Jun 4-Jun 25 \$36/4 187497

#### Beginner Level 2

Tu 1:30pm-2:45pm May 5-May 26 \$36/4 187506

Tu 1:30pm-2:45pm Jun 2-Jun 30 \$45/5 187510

## INTERMEDIATE JIVE (EAST COAST SWING)

16 yrs+

If you have taken our Introduction to Jive (East Coast Swing) or are otherwise familiar with a few basic patterns, then this class is designed for you. A great date night out for couples in a safe, fun and social atmosphere. Singles also welcome but please get in touch well ahead of time for our partner matching service by e-mail to: liz@eandrballdance.com

#### North Saanich Middle School Multipurpose Room

*Instructor: E & R Ballroom Dance Elizabeth Smailes*

Tu 8pm-8:55pm May 19-Jun 9 \$60/4 177671

## FINANCIAL ASSISTANCE

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



## TECHNOLOGY

### 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 May 12-May 26 \$89/3 187492

#### iPhone & iPad: Facebook Marketplace

Are you looking to buy and/or sell items online, but not sure where to start? Bring your iPhone or iPad and your Facebook account, and we will explore how to post items for sale, add photos and video, search for items to buy, and more. By the end of this 2-hour workshop you'll be ready to head home, purge, and post your items online!

F 10am-12pm May 22 \$39 187494

#### iPhone & iPad: All About the Apps

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

Tu 9:30am-11am Jun 9-Jun 16 \$59/2 187493

## FOOD & COOKING

### COOKING WITHOUT OVERWHELM - A NEURO-AFFIRMING, NOURISHING COOKING CLASS

18 yrs+

Let's make food that's tasty and nourishing—without being overwhelming. In this class, we'll use one main ingredient to create three easy meals: a fresh quinoa salad, an Asian-inspired dish, and a Latin-style bowl. Please bring three containers to take leftovers home.

North Saanich Middle School Food/Textiles Room

*Instructor: Jennifer Whitehead*

Sa 10am-12pm May 2 \$105 187661

### WHOLE-FOOD PLANT BASED COOKING: FROM FARM TO FORK: A SPRING HARVEST DINNER

16 yrs+

Cook with the best of Vancouver Island's spring bounty in this whole-food plant-based, gluten-free class. Using fresh seasonal produce, you'll create a complete dinner: salad, side dish, plant protein, and dessert. The final menu will be inspired by whatever looks freshest the week before class. Come cook, taste, and celebrate the flavours of spring!

Common Allergens: Soy

North Saanich Middle School Food/Textiles Room

*Instructor: Peggy White*

Tu 6pm-9pm May 12 \$110 187495

## WORKSHOPS & EDUCATION

### BAKING FOR ONE

18 yrs+

Sometimes you want a sweet treat without baking a whole pan. In this class, we'll make small-batch desserts just one or two portions so you can enjoy something homemade without leftovers. Bring a container to take the sweet treats home.

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

*Instructor: Jennifer Whitehead*

Sa 10am-12pm Jun 6 \$105 187664

### FOOD PRESERVATION BASICS

16 yrs+

Come learn the basics of how to preserve the abundance from your garden or local farmers. We will learn the basics of dehydrating making use of the Compost Education Centre's two solar dryers (which are available for loan!) We'll also cover freezing, storing, and hot water bath canning. Preserving foods is not only a delicious way to taste summer in the dark rainy days of winter, but it is also an act of sustainability and creates more security in the food system.

**Greenglade Community Centre Room 5**

*Instructor: Compost Education Centre*

W 6pm-8pm Aug 12-Aug 12 \$35 187578

### BEGINNER BRIDGE

18 yrs+

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

**Greenglade Community Centre Room 6**

*Instructor: Gold Life Master Mike Dickie*

W 10am-12pm May 6-Jun 10 \$90/6 187426

### ORGANIZING YOUR LIFE...FOR DEATH

18 yrs+

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

**Greenglade Community Centre Room 6**

*Instructor: Michelle Cooper*

Th 10am-12pm May 14-May 14 \$25 187579

Th 6pm-8pm Jun 18-Jun 18 \$25 187580



## LANGUAGE

### SPANISH

18 yrs+

**Greenglade Community Centre Room 6**

*Instructor: Josefina Koenig*

#### Beginner/ intermediate

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

W 6:30pm-8pm May 6-Jun 10 \$205/6 187672

#### Conversational

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

W 6:30pm-8pm Jun 17-Jul 22 \$205/5 187673

## LEADERSHIP & TRAINING

### AQUATIC LEADERSHIP TRAINING

See p. 46

## SPORT

### SWIM LESSONS

Dive in—various swim lessons for all ages and skill levels!  
See p. 14

### DROP-IN SPORTS

Spike, rally and play all week! Reservable drop-in volleyball, table tennis, pickleball and 60+ soccer available at various locations. Check the Drop-In Activities section of our website for details and the latest schedule.

**NEW**

### INDOOR SOCCER

60 yrs+

A structured indoor 5-a-side soccer session for those 60 yrs+ 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.

**North Saanich Middle School Gymnasium**

*Instructor: Neil Munro*

Tu 7:30pm-9pm May 5-Jun 30 \$65/9 185459

Weekly single session reservable drop-in also available!  
\$8 per session. Space limited. More details and sign up available online under Drop-in Activities.

**WE ARE  
HIRING**  
JOIN OUR TEAM



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

## VOLLEYBALL

### North Saanich Middle School Gymnasium

#### **NEW** Train and Play Clinic

16 yrs+

Designed for adults who want to improve their skills in a structured, supportive, and energetic environment.

Each session will combine technical skill development, positional awareness, and game play. Athletes will work on serving, passing, setting, attacking, and defensive systems through high-repetition drills and game-like scenarios. Sessions are designed to keep players moving, learning, and getting meaningful touches on the ball.

Participants will receive coaching feedback throughout the session, with a focus on building consistency, confidence, and stronger decision-making on the court. Gameplay will be structured to reinforce systems and encourage competitive but positive play.

*Instructor: Claire Liaros*

Su 4pm-5:30pm Jun 7-Jun 21 \$60/3 187613

#### Social Game Play

15 yrs+

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.

*Instructor: Claire Liaros*

Su 6pm-7:30pm Jul 5-Aug 30 \$29-\$54/8 185463

Weekly single session reservable drop-in also available! Space limited. More details and sign up available online under Drop-in Activities.

## **NEW** LEARN TO ROLL RIGHT WITH ROLLER RHYTHM SKATING CLUB

16 yrs+

Learn to Roll Right! Participants learn how to safely progress at their own pace through structured levels, mastering foundational skating skills and exploring new tricks on skates! Using the Roller Sports Canada "Learn to Roll Right" program, our instructors maintain a 1:8 ratio to ensure personalized coaching for every level, from total beginners to experienced skaters on quads or inlines. Quality skate rentals and gear are available if needed, just bring your own helmet! Please note that an annual Roll Right Membership (\$25) is required for all participants and can be completed at [www.rollright.org/membership](http://www.rollright.org/membership).

**Panorama Recreation Arena B**

*Instructor: Roll Right Skating Academy Ltd.*

Tu 4:30pm-5:30pm May 5-June 23 \$228/5 190605

## INTRO TO SQUASH

15 yrs+

New to squash or want a refresher of the basics? This class is perfect for you! Learn the rules of the game, racquet grips, the ready position, basic movement and key shots to rally safely and confidently. By the end, you'll be ready to enjoy fun games with friends and continue improving your skills!

**Panorama Recreation Centre Squash Court**

*Instructor: Giselle Delgado*

M 6:15pm-7pm May 4-Jun 22 \$96/6 187072

## **NEW** SQUASH - WOMEN'S SKILLS & DRILLS

15 yrs+

This program is designed for women who already have some squash experience or who have completed the Intro to Squash class. Sessions will focus on developing strong fundamentals through structured drills and game-based practice. Emphasis will be placed on efficient movement, court positioning and accuracy, helping players improve consistency and confidence.

**Panorama Recreation Centre Squash Court**

*Instructor: Giselle Delgado*

M 5:30pm-6:15pm May 4-Jun 1 \$64/4 187073

## PICKLEBALL

15 yrs+

### Centennial Park Sport Box - Pickleball Court #4

*Instructor: Shangri-Law Pickleball*

#### **NEW** Level 1: Introduction

A welcoming, step-by-step intro to pickleball covering rules, scoring, court positioning, basic strokes, serves and simple guided gameplay. Perfect for those who are brand new to the game or have been introduced to it but, have difficulty playing due to a lack of consistency.

W 12:45pm-2:45pm May 13-Jun 10 \$130/5 184754

#### **NEW** Level 2: Development

This program is designed for players competing in the 2.5–3.00 range and focuses on building stronger technique and smarter tactics while improving shot control and consistency. Ideal for players who have completed Level 1: Introduction to Pickleball (or have equivalent experience) and are ready for more structured drills, coached scenarios, and guided play that helps skills translate into real games.

W 2:45pm-4:45pm May 13-Jun 10 \$130/5 184756

#### **NEW** Team Tactics Group Lessons (Register as a Single)

Players register solo and rotate partners while learning doubles teamwork—communication, positioning, moving as a unit, roles and responsibilities, stacking, and simple point patterns used in league and tournament play. Ideal for players in the 2.75–3.49 skill range who want to build confidence playing with new partners while meeting other pickleballers. No partner required.

F 12pm-2pm May 15-Jun 12 \$130/5 192253

#### **NEW** Skills and Drills 3.00 - 3.49

Build consistency under real-game pressure. The focus is on turning solid fundamentals into dependable execution: cleaner contact, better control of height and depth, more reliable drops/resets in transition, and simple, repeatable patterns at the non-volley zone (NVZ) so you stop giving away free points. Expect structured, high-rep drills with clear progressions, targeted feedback, and guided situational play to improve decision-making and shot selection—so your “good shots” show up more often.

F 2pm-4pm May 15-Jun 12 \$140/5 192255

## TENNIS

### SKILL ASSESSMENT

6 yrs+

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

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

#### **Panorama Recreation Centre Indoor Courts**

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

### PRIVATE LESSONS

6 yrs+

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

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

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

#### **Panorama Recreation Centre Indoor Tennis Courts**



## GROUP LESSONS

15 yrs+

### Panorama Recreation Centre Indoor Tennis Courts

#### 1.0 Beginner

Learn how to rally, serve and keep score in both singles and doubles play. This introductory program builds confidence through learning the tennis fundamentals. Perfect for those who are brand new to the game or have been introduced to the game but, have difficulty playing due to a lack of consistency. Progressive green tennis balls will be used to enhance learning.

M	5:30pm-7pm	May 4-Jun 22	\$172/7	188892
Th	5pm-6:30pm	Jul 9-Aug 20	\$172/7	190049

#### 1.5 Beginner

Build consistency by practicing how to start a point with a reliable serve and receive a variety of groundstrokes. Learn to adjust to different ball heights, speeds and placements, plus how to receive volleys at the net.

Sa	1pm-2:30pm	May 2-Jun 27	\$147/6	187360
M	7pm-8:30pm	May 4-Jun 22	\$172/7	188893
Th	6:30pm-8pm	Jul 9-Aug 20	\$172/7	190050

#### 2.0 Novice

For players of a self-assessed 2.0 skill level, as per Tennis Canada's Self-Rating Guide.

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.

Su	5:30pm-7pm	May 3-Jun 21	\$147/6	188836
Sa	2:30pm-4pm	May 2-Jun 27	\$147/6	187362

#### 2.5 Low Intermediate

For players of a self-assessed 2.5 skill level, as per Tennis Canada Self-Rating Guide.

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

W	5pm-6:30pm	May 6-Jun 24	\$196/8	188834
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#### 3.0 Intermediate

For players of a self-assessed 3.0 skill level, as per Tennis Canada's Self-Rating Guide.

Win more points by learning to apply topspin and underspin on both forehand and backhand 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.

M	10:30am-12pm	May 4-Jun 22	\$172/7	188829
F	12:30pm-2pm	Jul 3-Aug 21	\$196/8	187318
W	5pm-6:30pm	May 6-Jun 24	\$196/8	187218
Th	9:30am-11am	May 7-Jun 25	\$196/8	187288

#### 3.5 High Intermediate

For players of a self-assessed 3.5 skill level, as per Tennis Canada's Self-Rating Guide.

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. Strengthen your net play to finish points with confidence.

M	9am-10:30am	May 4-Jun 22	\$172/7	188828
Tu	12:30pm-2pm	May 5-Jun 23	\$196/8	187319
Tu	12:30pm-2pm	Jul 7-Aug 18	\$172/7	187322
W	6:30pm-8pm	May 6-Jun 24	\$196/8	188869

## 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 themed tennis skill clinics this season! View session themes online, under the Adult > Sports section of our online registration page. Regular program withdrawal policies apply.

### Panorama Recreation Centre Indoor Courts

M 10:30am-12pm \$25/session

#### Groundstroke Progression: Two Handed Backhand

May 4 187297

#### Defence Skills: Backhand Slice

May 11 187298

#### Serve Plus One: Winning the First Two Shots

May 25 187301

#### Rally IQ: How to Build Points with Purpose

Jun 1 187302

Jun 29 187306

#### Defensive Skills: Scramble, Reset, Survive

Jun 8 187303

#### Net Play: The 3 Types of Volleys You Need

Jun 15 187304

#### Court Control: Height & Depth

Jun 22 187305

#### The Transition Zone: Groundstroke & Volley

Jul 6 187299

#### Groundstroke Progression: Modern Forehand Technique

Jul 13 188862

#### Defence Skills: Neutralizing the Opponent's Power

Jul 20 188863

#### Groundstroke to Net: Approach & Volley

Jul 27 188865

#### Serve Fundamentals: Spin, Accuracy, & Second Serve

Aug 10 188866

#### Doubles: Pressure, Positioning & Patterns

Aug 17 188867



## 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 improvement 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.

Targeting players of self-assessed 2.5-4.0 skill levels. Please refer to Tennis Canada's Self-Rating Guide or course descriptions online for more information.

### Panorama Recreation Centre Indoor Tennis Courts

#### 2.5-3.0 Low Intermediate

M	1pm-3pm	May 4-Jun 22	\$186/7	187287
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#### 3.0-3.5 Intermediate

Th	12:30pm-2:30pm	May 7-Jun 25	\$212/8	187308
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Th	12:30pm-2:30pm	Jul 2-Aug 20	\$212/8	187311
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#### 3.5-4.0 High Intermediate/Advanced

M	7:30pm-9:30pm	May 4-Jun 22	\$186/7	188833
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## LIVE BALL

15 yrs+

Live Ball is a doubles-style game in which pairs compete to gain and maintain control of the champion side. Each challenge starts with a coach feed, followed by fast-paced doubles action. Expect fitness, fun, action and camaraderie - all while also learning doubles strategy! Targeting players of self-assessed 3.0-3.5 skill levels. Please refer to Tennis Canada's Self-Rating Guide or course descriptions online for more information.

### Panorama Recreation Centre Indoor Tennis Courts

#### 3.0 Intermediate

W	7:30am-9am	May 6-Jun 24	\$160/8	188824
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W	7:30am-9am	Jul 15-Aug 19	\$120/6	188825
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#### 3.0-3.5 Intermediate

Th	11am-12:30pm	May 7-Jun 25	\$160/8	187289
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#### 3.5 High Intermediate

M	6pm-7:30pm	May 4-Jun 22	\$140/7	188832
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## TNT: TECHNIQUES & TACTICS | TENNIS

15 yrs+

For advanced players of a self-assessed 4.0+ skill level, as per Tennis Canada's Self-Rating Guide, who are looking to advance their skills through drills that work to develop techniques and tactics in a game-based setting.

Reserve your spot online, via the Drop-in Activities > Sports section of our website, at 7:30am Friday for the following week's session! Drop-in activity withdrawal policies apply.

### Panorama Recreation Centre Indoor Tennis Courts

Sa 9:30-11:30am Weekly\* May-Aug \$23/session

\*Some exclusion weeks apply.

## INTERMEDIATE - ADVANCED SKILLS SERIES

15 yrs+

For players of a self-assessed 3.0-4.0 skill rating (refer to Tennis Canada self-rating guide).

From volleys and serves to groundstrokes and overheads, it's all about skills in this series! Focus will be on fundamentals and tactics.

### Panorama Recreation Centre Indoor Tennis Courts

M,W,F 6pm-8pm Jul 6-Jul 31 \$264/12 187295

## TENNIS TOURNAMENTS

15 yrs+

Unsanctioned and non-ranking events. Registration for each closes one week prior to event start. Matches will be scheduled Friday evening and through the day Saturday/Sunday. Three matches guaranteed per player or team! Competitive U15 juniors welcome with pre-approval. Please see the event listings online for more details.

### Panorama Recreation Centre Indoor Tennis Courts

**Individual sign up option available for all doubles events!**

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

### Men's Doubles Triple Knockout

F-Su May 15-17

Team \$75\* 188837

Individual \$37.50\* 192446

### Mixed Singles Triple Knockout

F-Su Jun 12-14

\$55\* 188839

## 4.0+ SINGLES DECISION MAKING & TACTICS

15 yrs+

For advanced players of a self-assessed 4.0+ skill rating, as per Tennis Canada's Self-Rating Guide.

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

### Panorama Recreation Centre Indoor Tennis Court #1

Su 7pm-8:30pm May 3-Jun 21 \$147/6 188835

## WOMEN'S 3.0-3.5 SINGLES DECISION MAKING & TACTICS

15 yrs+

For players of a self-assessed 3.0-3.5 skill level, as per Tennis Canada's Self-Rating Guide.

Fast-paced, engaging, and intentionally challenging, this program is designed for players looking to sharpen their singles-specific tactics. Sessions focus on applying strategic concepts through targeted drills and situational play. Coaching feedback and group needs guide the emphasis each week, with opportunities to test new tactics in live singles points and match play.

### Panorama Recreation Centre Indoor Tennis Courts

Tu 6pm-8pm May 5-Jun 23 \$212/8 188821

Tu 6pm-8pm Jul 7-Aug 18 \$186/7 190046

### Mixed Doubles Triple Knockout

F-Su Aug 14-16

Team \$75\* 188840

Individual \$35.50\* 192447

## INSTRUCTIONAL PLAY DAY

15 yrs+

For players of a self-assessed 2.5-3.0 skill level, as per Tennis Canada's Self-Rating Guide. This program is designed for players who would like to build or improve their skills, tactical knowledge and confidence playing tennis matches - whether that be socially, or in a tournament or league. Various drills will be used, tailored to the group, to focus on development of fundamentals, positioning, teamwork, shot selection, point construction and the mental side of the game. Each session will include match play, primarily doubles (singles when possible), with coach feedback and instruction offered during.

### Panorama Recreation Centre Indoor Tennis Court #4

Th 6:30pm-8pm May 7-Jun 25 \$176/8 188974

## FINANCIAL ASSISTANCE

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



## WHEELCHAIR TENNIS

15 yrs+

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

### Panorama Recreation Centre Indoor Tennis Court #1

W 6:45pm-8:15pm May 6-Jun 24 \$58/8 187219

Weekly single session reservable drop-in also available! More details and sign up available online under Drop-in Activities. Regular drop-in admission rates apply.

We would like to acknowledge Tennis Canada, the Government of Canada and BC Wheelchair Sports Association for, via the First Serve Wheelchair Tennis Funding Program and Canadian Sport for All Initiative, subsidizing this programming!



Canada



## FITNESS

### 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 and Liam McTavish*

Sa	9am-11am	May 2	\$15	178364
Su	9am-11am	May 10	\$15	178365
Sa	9am-11am	Jun 6	\$15	178372
Su	9am-11am	Jun 14	\$15	178374
Su	9am-11am	Jul 12	\$15	178378
Sa	9am-11am	Jul 25	\$15	178376
Su	9am-11am	Aug 9	\$15	178381
Sa	9am-11am	Aug 22	\$15	178380

### 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	May 7-May 28	\$64/4	188857
Th	11:45am-1pm	Jun 4-Jun 25	\$64/4	188858
Th	11:45am-1pm	Jul 9-Jul 30	\$64/4	188941

## KICKBOXING

15 yrs+

Improve coordination, strength and conditioning as you learn basic kickboxing techniques and conditioning drills in this fun, safe full-body workout. This program is perfect for anyone that has ever wanted to try kickboxing for fitness, or looking for a new fast paced, fitness program. This program offers a variety of physical and mental benefits without the bumps and bruises of competitive kickboxing. Burn calories and relieve stress as you punch and kick your way to next level fitness.

#### Panorama Recreation Centre Fitness Studio

*Instructor: Don Ouelette*

Tu 8pm-9pm May 5-Jun 30 \$108/9 188940

## 50+ BOXING

45 yrs+

Improve coordination, strength and conditioning as you learn basic boxing techniques and conditioning drills in this fun, safe full-body workout. This program is perfect for anyone that has ever wanted to try boxing for fitness, or looking for a new fast paced, fitness program. This program offers a variety of physical and mental benefits without the bumps and bruises of competitive boxing. Burn calories and relieve stress as you punch your way to next level fitness.

#### Panorama Recreation Centre Fitness Studio

*Instructor: Don Ouelette*

Sa 11:30am-12:30pm May 2-Jun 27 \$108/9 188937

**WE ARE  
HIRING**  
JOIN OUR TEAM



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

## UPBEAT BARRE

15 yrs+

UpBeat Barre combines strength training, Pilates, cardio, and yoga into a high-energy fusion of fun. You can expect flowing movement set to popular tunes for an intense and accessible muscular-endurance workout.

### Greenglade Community Centre Room 4

*Instructor: Emily Moore*

Su	10:30am-11:30am	May 3-Jun 21	\$119/7	190037
Su	10:30am-11:30am	Jul 5-Jul 19	\$51/3	190484
Su	10:30am-11:30am	Aug 9-Aug 23	\$51/3	190486

### Central Saanich Cultural Centre Room B

*Instructor: Chelsea Stanley*

Sa	8am-9am	Jun 6-Jun 27	\$68/4	190025
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## 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	Jun 7-Jun 28	\$68/4	190024
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## PARTYFIT

14 yrs+

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

### Greenglade Community Centre Room 4

*Instructor: Adelene Buchanan*

F	5:30pm-6:30pm	Jun 5-Jun 26	\$60/4	178808
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## MOM AND BABE STRENGTH AND CORE

16 yrs+

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

### Panorama Recreation Centre Fitness Studio

M	1:15pm-2pm	May 4-Jun 29	\$88/8	188853
M	1:15pm-2pm	Jul 6-Jul 27	\$44/4	188854
M	1:15pm-2pm	Aug 10-Aug 24	\$33/3	188855



## ESSETRICS 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..

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	May 4-Jun 29	\$96/8	178657
M	9:15am-10:15am	Aug 10-Aug 31	\$48/4	188852

## ESSETRICS AGING BACKWARDS

18 yrs+

Essentrics is a revolutionary approach to healthy aging that gently strengthens the full body, improves mobility, flexibility and posture. The movements are non-jarring and help lubricate the joints and connective tissue. We use body awareness to help enhance coordination and daily life movements. No experience necessary

**Greenglade Community Center Room 4**

*Instructor Phyllis Musseau*

Th	11:45am-12:35pm	May 7-Jun 25	\$120/8	178505
Th	11:45am-12:35pm	Jul 9-Jul 30	\$60/4	190440

## JAZZERCISE

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 for a 3 month pass
- \$115 for a 10 class pass
- \$15 Drop In

**Panorama Recreation Centre Fitness Studio**

*Instructor: Carla Higgins*

M,W	7pm-8pm
Sa	10:15am-11:15am
Su	8:15am - 9:15am

## 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.

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



## 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	May 5-Jun 30	\$108/9	190017
Tu	6:30pm-7:30pm	Jul 7-Jul 28	\$48/4	190336
Tu	6:30pm-7:30pm	Aug 4- Aug 25	\$48/4	190338

W	10:40am-11:40am	May 6-Jun 24	\$96/8	190018
W	10:40am-11:40am	Jul 8-Jul 29	\$48/4	190339
W	10:40am-11:40am	Aug 5-Aug 26	\$48/4	190340

F	10:40am-11:40am	May 1-Jun 26	\$108/9	190019
F	10:40am-11:40am	Jul 3-Jul 31	\$60/5	190342
F	10:40am-11:40am	Aug 7-Aug 28	\$48/4	190344

### Zumba Toning

M	10:40am-11:40am	May 4-Jun 29	\$96/8	190016
M	10:40am-11:40am	Jul 6-Jul 27	\$48/4	190334
M	10:40am-11:40am	Aug 10-Aug 31	\$48/4	190335

## MIND AND BODY

### CHAIR YOGA

15 yrs+

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

### Central Saanich Cultural Centre Room B

*Instructor: Angela Kerr*

W	11am-11:45am	May 6-Jun 24	\$96/8	190015
W	11am-11:45am	Jul 8-Jul 29	\$48/4	190023

### 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	May 25-Jun 29	\$78/6	177974
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## CANDLELIGHT YOGA

14 yrs+

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

**Greenglade Community Centre Room 4**

*Instructor: Linda Shore*

Tu 6:45pm-8pm Jul 7-Aug 25 \$98/7 188873

## 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 Jul 8-Aug 26 \$104/8 190061  
W 5:15pm-6:15pm Apr 29-Jun 3 \$78/6 190032  
F 4:15pm-5:15pm May 1-Jun 5 \$78/6 190033

## 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 May 25-Jun 29 \$78/6 177977

## ALL LEVELS OUTDOOR YOGA

12 yrs+

Join Andrea on Monday nights at 6:30pm for an all levels Hatha style flow class. Under the evening sun we'll explore Dhyana (meditation), Pranayama (breath technique) and mindfully crafted Asana (yoga pose) sequences to nourish and enhance your practice. Perfect for the brand new yogi or the seasoned asana practitioner. Bring your own mat, a water bottle and an open heart.

**Greenglade Community Centre**

*Instructor: Andrea Pecho*

M 6:30pm-7:30pm Jul 6-Aug 24 \$84/7 188944



## 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 May 5-Jun 30 \$120/8 178499

## Gentle Pilates

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

Tu 4pm-5pm May 5-Jun 30 \$120/8 178495

## TAI CHI CONTINUING

18 yrs+

This course teaches the 108-move Tai Chi set developed by Master Moy Lin-Shin and practiced by the Canadian Tai Chi Academy. Participants should have completed the Beginners Tai Chi class or have previous Tai Chi experience. 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 May 2-Jul 25 \$99/11 177921

## REHABILITATION

### BLOCK THERAPY

16 yrs+

Block Therapy is a self-care version of Fluid Isometrics. The individual lies on a therapeutic tool called the Block Buddy for a minimum of three minutes in various positions throughout the body. Bamboo or elm is used as the therapeutic tool because, unlike artificial materials like foam or plastic, it shares similar density to bone. With gravity and body weight, the Block Buddy is able to sink deeply into the tissue all the way to the root of your issues. The pressure brings increased blood and oxygen into the area warming the connective tissue and "melting" the powerful seal between the layers of unhealthy restrictions.

**Greenglade Community Center Room 4**

*Instructor : Lynn Hood*

M 4:30pm-5:30pm May 4-Jun 15 \$90/6 190508

## 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 May 5-May 28 \$84/8 188859

Tu,Th 11:30am-12:30pm Jun 2-Jun 25 \$84/8 188860

Tu,Th 11:30am-12:30pm Jun 30-Jul 30 \$105/10 188861

Tu,Th 11:30am-12:30pm Aug 4-Aug 27 \$84/8 188881

## 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 May 5-May 28 \$84/8 188848  
 Tu,Th 10:15am-11:15am Jun 2-Jun 25 \$84/8 188849  
 Tu,Th 10:15am-11:15am Jun 30-Jul 30 \$105/10 188850  
 Tu,Th 10:15am-11:15am Aug 4-Aug 27 \$84/8 188851

## FINANCIAL ASSISTANCE

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



## 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: Cathy Roberts and Lynn Hood*

M,W 10:30am-11:30am May 4-May 27 \$74/7 190020  
 M,W 10:30am-11:30am Jun 1-Jun 29 \$95/9 190021  
 M,W 10:30am-11:30am Jul 6-Jul 29 \$84/8 190028  
 M,W 10:30am-11:30am Aug 10-Aug 26 \$63/6 190029

*Instructor : Lynn Hood*

Tu 8am-9am May 5-Jun 23 \$84/8 188942  
 Tu 8am-9am Jul 7-Aug 25 \$84/8 190498

Th 8am-9am May 7-Jun 25 \$84/8 188943  
 Th 8am-9am Jul 9-Aug 27 \$84/8 190499

*Instructor : Cathy Roberts*

W 9:15am-10:15am May 6-Jun 24 \$84/8 190022  
 W 9:15am-10:15am Aug 12-Aug 26 \$32/3 190031



# REGISTRATION & PROGRAM INFORMATION

## COMMITMENT TO SATISFACTION

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

We will do the following:

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

## PROGRAM FEEDBACK

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

## HOLIDAYS/LONG WEEKENDS

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

## WAITLISTS

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

## OOPS!

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

## INFANT AND TODDLER POOL PROGRAMS

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

## CANCELLATION OF PROGRAMS & ACTIVITIES

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

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

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

# 1 2 3 WAYS TO REGISTER



## Why Register Online?



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



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



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



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

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



**2 IN PERSON**  
Visit our reception staff at either Panorama Recreation Centre or Greenglade Community Centre.

**3 PHONE**  
**250.656.7271**  
Please have the following information ready:

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

### REGISTRATION DATES

General Programs	Swim Lessons (Skate lesson return Fall 2026)	
Thursday, April 9 @ 6:30am (Visible online April 2)	Set 1 (Apr 25-Jun 25)  Registration now open!	Set 2 (Jun 29-Sep 4)  Thursday, June 18 @ 6:30am (Visible online Jun 11)

### LOOKING AHEAD...REGISTRATION DATES

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

**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



## 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.

## DROP-IN SPORTS

Smash, rally and play all week! Reservable drop-in sports, like volleyball, pickleball and squash, available at various locations, seasonally. Check the Drop-in Schedules > Sports section of our website for details and the latest schedule!

## 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



## 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

It is dry floor season in the arenas May through July. Drop in for roller skating. Skate rentals, helmets, and protective equipment available. View schedule online. August - Ice is back! Beat the heat with a drop-in skate or session of stick and puck. View schedules online.

#### COURT BOOKINGS

Indoor and outdoor tennis and pickleball courts available, along with those for squash, wallyball and table tennis! See p.70 for details.



#### 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 70 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](http://panoramarecreation.ca)