

# Panorama RECREATION

WINTER  
& SPRING  
2026



REGISTRATION OPENS 6:30AM

General  
Programs



Swim & Skate  
Lessons



CRD

Making a difference...together



Panorama  
RECREATION

Live well. Have fun.



[panoramarecreation.ca](https://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

The new all-ages Victoria Canucks Blind Hockey Team - powered by Canadian Blind Hockey and supported by the Vancouver Canucks through the Canucks for Kids Fund - takes to the ice!

To learn more visit [canadianblindhockey.com](http://canadianblindhockey.com)

## WINTER/SPRING 2026 REGISTRATION DATES

General Programs	Swim & Skate Lessons
Thursday, December 4 @ 6:30am  (Visible online November 27)	Thursday, December 18 @ 6:30am  (Visible online Dec 11)

For more registration information including Spring/Summer registration dates, see p. 66 & 67.

## LET'S CONNECT

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

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

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## CONTACT US

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

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

 250 656 7271

## FACILITIES

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



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

### PANORAMA RECREATION CENTRE

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



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

### GREENGLADE COMMUNITY CENTRE

2151 Lannon Way, Sidney, BC,  
V8L 3Z1



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

### CENTENNIAL PARK

7500 Block Wallace Drive,  
Central Saanich, BC



- Sport Box
- Fieldhouse
- Picnic Shelters

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

## TERRITORIAL ACKNOWLEDGMENT

The CRD conducts its business within the traditional territories of many First Nations, including but not limited to BOKECEN (Pauquachin), MÁLEXEL (Malahat), P'a:chi:da?aht (Pacheedaht), Pune'laxutth' (Penelekut), Sc'ianew (Beecher Bay), Songhees, STAUTW (Tsawout), T'Sou-ke, WJOŁŁP (Tsartlip), WSIKEM (Tseycum), and x̱w̱sep̱səm (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<br/>recreation.ca)

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

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

Regional Annual Pass	PER-MONTH COST \$47.50	PAID IN FULL \$570 (Until Dec 31 2025) \$600 (As of Jan 1 2026)
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Annual regional passes are not eligible for cancellation or extensions. A \$25 administration fee is applied at time of purchase if using monthly payment plan to purchase the annual regional pass.





## What is the Continuous Pass?

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

## Changed your mind?

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

## Convert your existing pass to a Continuous Pass!

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

## Fee Increases

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

## Failed Payments

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

## More Information

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

## FINANCIAL ASSISTANCE

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



# COURT BOOKINGS

## TENNIS, SQUASH AND CONVERTIBLE COURTS

### @ PANORAMA RECREATION CENTRE

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

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

#### SINGLE SESSIONS

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



#### RECURRING BOOKINGS

Request weekly or bi-weekly timeslot for all or part of the season.



## PICKLEBALL COURTS

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

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

#### SINGLE SESSIONS

##### Sport Box @ Centennial Park

Coming soon - Single session booking online! Visit the "Book a Court" section of [panoramarecreation.ca](http://panoramarecreation.ca) for details.



#### RECURRING BOOKINGS

##### Greenglade Community Centre

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



##### Sport Box @ Centennial Park

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



## DROP-IN SPORTS

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



### GOGGLES ON? GAME ON!

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



# SPECIAL EVENTS

## JANUARY



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

Each team is 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. 56 for more details.



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

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



 **MURPHY FAMILY**  
FOUNDATION



**Friday, 6 - 8pm**  
**FREE MOVIE & SUNDAES**  
**@ TEEN LOUNGE**  
Greenglade Community Centre

Enjoy a screening of a popular teen film, complete with cozy seating and a vibrant atmosphere. During the movie, dive into our DIY ice cream sundae bar. Choose from a variety of toppings, and sauces to craft your ultimate sundae. See p. 33 to learn more about Teen Lounge.

## FEBRUARY



**Thursday, 9:30 - 11am**  
**CUPID'S PLAYDATE@ KINDERGYM**  
Greenglade Community Centre

Bring your little ones for a heart-filled day of fun! Enjoy Valentine's activities, colorful decor and play in the gym with ride-on toys, a mini bouncy castle, mats, slides, and music! See p. 20 to learn more about Kindergym.



**Friday, 12:20 - 1:50pm**  
**\$2 PRO-D DAY SKATE**  
**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 and skating fun. Skate rentals and helmet borrowing available. \$2 admission.

# SPECIAL EVENTS

## FEBRUARY



**Saturday, 10am - 12pm**  
**FREE LOVE TO PLAY DAY**  
Centennial Park Multi Sport Box

Celebrate the weekend of family and love in the new Centennial Park Sport Box- this **FREE** event will include the giant inflatable obstacle course, crafts, face painting, sports samplers and more! Bring your favourite people and live it up!



**Saturday, 12 - 1:15pm**  
**VALENTINE'S DAY**  
**EVERYONE WELCOME SKATE**  
Panorama Recreation Arena A

Join us for a sweet Valentine's Day skate! Purchase admission and rental tickets at Reception before checking in at the Skate Shop. Helmets strongly encouraged and skate aids (plastic assists) available upon request.



**Monday, 1:15-2:45pm**  
**FAMILY DAY**  
**EVERYONE WELCOME SKATE**  
Panorama Recreation Arena A

Include some activity in your Family Day with skating! Purchase admission and rental tickets at Reception before checking in at the Skate Shop. Helmets strongly encouraged and skate aids (plastic assists) available upon request.



**Friday - Sunday**  
**MIXED SINGLES TRIPLE KNOCK-OUT 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. 56 for more details.



**Friday, 6 - 8pm**  
**FREE MINUTE TO WIN IT**  
**@ TEEN LOUNGE**  
Greenglade Community Centre

Teens will complete Minute to Win It challenges for a chance to win prizes! See p. 33 to learn more about Teen Lounge.





# SPECIAL EVENTS



## MARCH



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

This week's event is Music Bingo! Join us for a chance to win fun prizes while jamming out to popular songs. See p. 33 to learn more about Teen Lounge.



**Sunday, 12:15 - 1:30pm**  
**ST. PATRICK'S DAY**  
**EVERYONE WELCOME SKATE**  
Panorama Recreation Arena A

Join us for a festive St. Patrick's Day skate! Purchase admission and rental tickets at Reception before checking in at the Skate Shop. Helmets strongly encouraged and skate aids (plastic assists) available upon request.



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

Bring your little ones for a magical day of St Paddy's fun and laughter! Enjoy playtime in our gym with ride-on toys, a mini bouncy castle, tumbling mats, slides, and lively music. See p. 20 to learn more about Kindergym.

## APRIL



**Friday - Sunday**  
**WOMEN'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. 56 for more details.



**Thursday, 9:30 - 11am**  
**HOP & PLAY @ KINDERGYM**  
Greenglade Community Centre

Bring your little ones for a fun-filled day of Easter-themed play! Enjoy ride-on toys, a mini bouncy castle, tumbling mats, slides, and lively music. See p. 20 to learn more about Kindergym.



**Saturday - Sunday, 9am - 8pm**  
**SPRING BREAK AWAY WOMEN'S**  
**HOCKEY TOURNAMENT**  
Panorama Recreation Arenas

Join us for our annual Spring Break Away Women's Hockey Tournament. This jamboree-style tournament features two full days of hockey action, with 5 games per team! Jerseys provided. See p. 51 for more details.



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

Join us for a Teen Trivia Night! Test your knowledge in pop culture, sports, history, and more – solo or in teams – for a chance to win prizes. See p. 33 to learn more about Teen Lounge.

# PARTIES

## AQUATIC PARTIES

### All ages

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

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

Do it yourself party      **\$145**

Hosted party\*      **\$180**

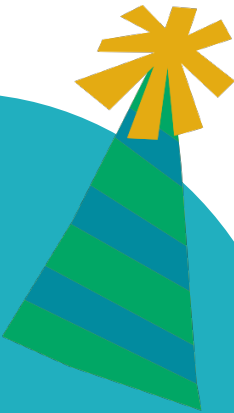
### SATURDAYS & SUNDAYS

Hosted Parties      1-4pm

Do It Yourself Parties      12-3pm

### NOTES

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



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

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

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

# GYM PARTIES

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

All Gym Parties include use of the giant inflatable obstacle course. Additional equipment 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

1 yrs+

Greenglade Community Centre Gymnasium & Room 8/9

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

## NOTES:

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

# SKATING PARTIES

## All Ages

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

15 children or less. \$145

Includes 3 hour room rental

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

SUNDAYS 12pm-3pm (Skate 12:15-1:30pm)

Available January-March, during ice skating season.



## PARTY CANCELLATION POLICIES

### Cancellation Policy

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



# SWIM LESSONS

## PROGRAM OVERVIEW

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

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

## 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. 38.



NEW

## SWIM LESSON PREREQUISITES

Starting December 18, 2025, swim level prerequisites will be implemented on Preschool and Swimmer public lessons.

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

Registration for Jan 5 - Mar 15 lessons  
opens Tues, Dec 18, 6:30am.  
Online viewing Tues, Dec 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 cooldown. 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 Jan 5-Mar 9 \$90/9 178725

## SWIM & SKATE LESSON CANCELLATION POLICY

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

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



# SKATE & HOCKEY LESSONS

## GROUP SKATE LESSONS

Available January-March, during ice skating season.

**Panorama Recreation Centre Arena A**

### PARENT & TOT

**2 - 5 yrs**

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

### PRESCHOOL 1-4

**3 - 5 yrs**

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

### SCHOOL AGE 1-6

**5 yrs+**

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

## PRIVATE & SEMI-PRIVATE SKATE LESSONS

**All ages**

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

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

## SKATE LESSON REGISTRATION

**Lessons Jan 23 - Mar 14**

Online viewing Tues, Dec 11

Registration opens Tues, Dec 18, 6:30am

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

### ADULT

**15 yrs+**

#### Beginner

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

#### Intermediate

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

## MINI CANUCKS

### Starting OUT

#### 3 - 6 yrs

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

### Stepping UP

#### 4 - 7 yrs

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

## LEARN TO PLAY HOCKEY

#### 6 - 13 yrs

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



## LEARN TO FIGURE SKATE

#### 6 - 13 yrs

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



# LICENSED CHILD CARE

## FULL DAY & PARTIAL DAY PROGRAMS

Greenglade Community Centre

### OWL'S NEST EARLY LEARNING PROGRAM

Licensed Early Learning for ages 30 mos – 5 yrs

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

**Greenglade Community Centre**

#### Full Day Program

8:00am – 4:30pm

Ages 30 months – 5 years

Currently full – join our active waitlist!

#### **NEW** Partial Day Program

9:00am – 2:00pm

Ages 4 – 5 years

Spaces available – add your name to the interest list!



## OUT OF SCHOOL CARE (Kindergarten - Grade 5)

Operating Monday-Friday, 3-5:30pm, our program includes an engaging lineup of new activities & local outings each month, along with daily healthy snacks! Open to children from KÉLSET, Sidney, Deep Cove, Brentwood and Keating Elementary schools.

**Online Registration for 2026/2027 school year will open on Wednesday, April 15th at 10am**

Questions: Please email [outofschoolcare@panoramarec.bc.ca](mailto:outofschoolcare@panoramarec.bc.ca)

**Visit [panoramarecreation.ca](http://panoramarecreation.ca) for details.**



## FULL DAY & PARTIAL DAY EARLY LEARNING PROGRAMS

@ Greenglade Community Centre

Full Day, 8am - 4:30pm

Monday - Friday

For ages 30 months to 5 years

**NEW** Partial Day, 9am - 2pm

Monday - Friday

For ages 4 - 5





# CAMPS

## PRO-D DAY

### PRO-D DAY CAMP

5 - 11 yrs

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

**Greenglade Community Centre Room**

5 - 7 yrs

F	8:30am-4:30pm	Feb 13	\$48	178095
M	8:30am-4:30pm	Apr 20	\$48	178096

8 - 11 yrs

F	8:30am-4:30pm	Feb 13	\$48	178097
M	8:30am-4:30pm	Apr 20	\$48	178098

### POTTERY PRO D DAY CAMP

6 - 9 yrs

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

**Greenglade Community Centre Pottery Studio**

*Instructor: Heather Verdin*

6 - 9yrs

F	9am-12pm	Feb 13	\$40	177549
M	9am-12pm	Apr 20	\$40	177551

9 - 12yrs

F	1pm-4pm	Feb 13	\$40	177550
M	1pm-4pm	Apr 20	\$40	177552

NEW

### SQUASH PRO-D DAY CAMP

8 - 12 yrs

Looking for a fun and active way to spend your day off school? Join us for a two-hour squash camp packed with games, rallies and challenges designed to keep participants moving and smiling! Players will learn new skills, play lots of squash and enjoy an energetic morning on court. No squash experience required.

**Panorama Recreation Centre Squash Court**

*Instructor: Giselle Delgado*

M	10am-12pm	Apr 20	\$30	179551
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## SPRING BREAK

### SPRING SEEKERS

5 - 7 yrs

Ideal for those who love variety; a mix of vibrant crafts, exciting games, and an adventurous outing each week! We warmly welcome 5-year-olds currently in Kindergarten to join the fun.

**Greenglade Community Centre Room 8**

M-F	8:30am-4:30pm	Mar 16-Mar 20	\$245/5	178198
M-F	8:30am-4:30pm	Mar 23-Mar 27	\$245/5	178199

NEW

### SPRING ADVENTURERS

5 - 11 yrs

Join us at Centennial Park for a spring break camp 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. We warmly welcome 5 year olds who are in kindergarten.

**Centennial Park Fieldhouse**

M-F	8:30am-4pm	Mar 16-Mar 20	\$235/5	178200
M-F	8:30am-4pm	Mar 23-Mar 27	\$235/5	178207

# OUTDOOR EXPLORERS

Perfect for those who enjoy diversity. This camp wonderful combination of lively crafts, thrilling games, and an exciting outing every week!

8 - 11 yrs

Greenglade Community Centre Room 9

M-F 8:30am-4:30pm Mar 16-Mar 20 \$245/5 178208  
M-F 8:30am-4:30pm Mar 23-Mar 27 \$245/5 178209

NEW

# SQUASH CAMP

8 - 12 yrs

If you love to move, learn and have fun on court, join us for Squash Camp! Each day includes drills, games and match play, giving participants of all skill levels the opportunity to learn and develop squash skills in a positive and supportive environment. All squash skill levels welcome.

Panorama Recreation Centre Squash Court

Instructor: Giselle Delgado

M-F 10am-12pm Mar 16-Mar 20 \$150/5 179554

NEW

# YOUTH 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 12:30pm-4:30pm Mar 18-Mar 20 \$135/3 178608

NEW

# ISLAND RHYTHMIC GYMNASTICS CAMP

6 - 12 yrs

Develop rhythmic gymnastics apparatus skills with the rope, hoop, ball, ribbon and scarves, along with physical literacy, and body and spatial awareness through balance, turn, jump and dance techniques! Skills learned will be incorporated with expression and musical awareness into a routine.

North Saanich Middle School Gymnasium

Instructor: Island Rhythmic Gymnastics Danielle Frattaroli

M-F 9am-12pm Mar 16-Mar 20 \$270/5 178597

# LEGO ROBOTICS AND SCIENCE

Join LITTLUNIVERSE for an exciting week of LEGO, programming and science! With a teammate, dive into the world of engineering using LEGO Education's Spike Essential Sets and Software! Everyday campers will take home at least one of their science experiments! There will be a variety of fun indoor and outdoor activities! We will have game consoles, air hockey, foosball, arts and crafts, board games, and MORE! Participants will get their own LITTLUNIVERSE camp t-shirt!

Greenglade Community Centre Room 6

Instructor: LITTLUNIVERSE

Gorilla Battlebots Edition!

6 - 9 yrs

Let's get ready to rumble!!!! At the end of the week teams will build and program Gorilla Battlebots for a fun tournament!

M-F 9am-4pm Mar 16-Mar 20 \$395/5 178092

Construction Site Edition

6 - 9 yrs

That's a mighty tall crane!!!! At the end of the week teams will work together to build and program one giant construction site!

M-F 9am-4pm Mar 23-Mar 27 \$395/5 178093

## POTTERY CAMP

6 - 12 yrs

A fun half day of crafting and sculpting with clay! Participants will get to use their imaginations to build small projects which will be fired and ready for pickup about 2 weeks after the class is completed. Other crafts and games will complement studio time. All materials included. Please pack a snack and be prepared to go outside during break times.

**Greenglade Community Centre Pottery Studio**

*Instructor: Heather Verdin*

6 - 9 yrs

M-F 9am-12pm Mar 16-Mar 20 \$200/5 177581

9 - 12 yrs

M-F 1pm-4pm Mar 16-Mar 20 \$200/5 177582

## TEEN POTTERY CAMP

12 - 17 yrs

An opportunity for teens to spend some time in the pottery studio. 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. Participants will make several items both decorative and functional. They will learn different hand building techniques and get to try the pottery wheel. Items will be fired and ready for pickup about 2 weeks after the class is completed. All materials included. Please pack a snack and be prepared to go outside during break times.

**Greenglade Community Centre Pottery Studio**

*Instructor: Heather Verdin*

M-F 1pm-4pm Mar 23-Mar 27 \$200/5 177583

## TEEN TOURS

11 - 18 yrs

Teen Tours provide youth with an opportunity to hop on the Panorama Bus and explore the hottest locations the island has to offer. Sign up with a friend or come meet new people for a day of fun and adventure!

**Greenglade Community Centre Room 1**

**Willows Beach & Laser Tag**

F 9am-4pm Mar 20 \$75 178600

**Axe Throwing & Dallas Beach**

F 9am-4pm Mar 27 \$75 178603

NEW

## TRIPLE THREAT PERFORMERS SPRING BREAK PROGRAM

7 - 14 yrs

Unleash your inner star this Spring Break!

Triple Threat Performers' Spring Break Program is an exciting two-week musical theatre camp for dedicated young performers. In a high-expectations, supportive environment, campers audition, rehearse, and stage a full Broadway Junior production-guided by experienced instructors and culminating in a show-stopping performance for friends and family.

**Central Saanich Cultural Centre Room B**

*Instructor: Triple Threat Performers*

M-F 9am-4pm Mar 16-Mar 27 \$550/10 177523



# SELF-DEFENCE AND EMPOWERMENT CAMP FOR TWEEN GIRLS

10 - 13 yrs

Our inspiring spring break camp for girls is designed to develop self-confidence and awareness in your child as well as basic street-smart self-defence skills. This scenario based training covers personal boundaries from family to strangers and the various responses to uphold them. Your child will practice key target areas for physical self-defence and offer simple ways to keep safe and aware of their surroundings, with an emphasis on defending an attack from a stranger standing up and from the ground. Defending a boundary breach from an acquaintance or friend and learning to set, hold and enforce their boundaries with confidence.

**North Saanich Middle School Multipurpose Room**

*Instructor: Sixth Sense Self Defence*

M-Th 9am-12pm Mar 16-Mar 19 \$225/4 177883



## BIRTHDAY PARTIES

From pool adventures and ice-skating fun to high-energy gym activities including our inflatable obstacle course, we've got the perfect party for every age and interest! Let us help you celebrate with ease — we provide the space, activities, and smiles. Check out our swim, skate and gym parties. See p. 10-11.

# EARLY YEARS

## KINDERGYM

1 - 5 yrs

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

**Greenglade Community Centre Gymnasium**

Tu,Th 9:30am-11am Jan 6-Apr 30 \$4 Drop-in

## TOYS & TUMBLES

2 - 5yrs

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

Su 9:30am-11am Jan 11-Apr 26 \$4.5 Drop-in

## BAKING BUDDIES

3 - 5 yrs

Create tasty treats, wholesome snacks, and learn about the magic of baking. Every class will include stories, songs, and crafts to match the tasty theme of the week. Yes, we eat what we make!

**Greenglade Community Centre Room 8**

W 10am-12pm Apr 8-Apr 29 \$115/4 178227

## 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 Jan 18-Feb 08 \$115/4 178228



## 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-11:30am Jan 21-Feb 11 \$100/4 178237

## ARTS & CULTURE

### TINY CRAFTERS

2 - 4 yrs

Join us for a creative, hands-on experience where little artists and their grown-ups craft, explore, and learn together! Each class offers engaging, process-based art activities that encourage creativity, collaboration, and sensory play. Guardians participate alongside their children while enjoying opportunities for social play and connection with other families. Dress for the mess and come ready for some crafty fun! Parent participation required.

**Greenglade Community Centre Room 8**

Su 10:30am-12pm Apr 12-May 3 \$100/4 178235

### NATURE, ART & PLAY

2½ - 5 yrs

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

**Greenglade Community Centre Room 8**

F 10am-12pm Apr 10-May 1 \$60/4 178236

## LITTLE'S ART CLASSES

3 - 5 yrs

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

**McTavish Academy of Art - Art Studio**

Th	3:15pm-4pm	Jan 8-Mar 12	\$190/10	178054
Sa	9:30am-10:15am	Jan 10-Mar 7	\$171/9	178052
Su	9:30am-10:15am	Jan 11-Mar 8	\$171/9	178053

NEW

### FOREST EXPLORERS

3 - 6 yrs

The forest is the perfect place for early childhood development! Children will experience and engage the living world around them through art, music, literature, fundamental movement skills, social and dramatic play. This program is child-focused and curiosity-driven. Children will use their senses and imagination to connect to each other, themselves and their community. Come explore with us!

**Centennial Park Fieldhouse**

Tu 9am-12pm Mar 31-May 5 \$180/6 178239

### 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 Feb 15-Mar 8 \$100/4 178229

# MUSIC & DANCE

## KINDERMUSIK

Greenglade Community Centre Room 5

*Instructor: Musicoastal (Jessica Burgess)*

### Baby Foundations

0 yrs 0 mos - 1 yrs 6 mos

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

Tu 10:45am-11:30am Jan 13-Mar 10 \$175/9 177217

NEW

### Mixed Ages

0 yrs 6 mos - 5 yrs 6 mos

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

W 9:30am-10:15am Jan 14-Mar 11 \$175/9 177213

### Wiggle & Grow!

1 yrs 6 mos - 3 yrs 6 mos

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

Tu 9:30am-10:15am Jan 13-Mar 10 \$175/9 177201

## PJ'S MUSIC

3 - 5 yrs

Central Saanich Cultural Centre Room A

*Instructor: Pj Music*

### Piano

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

Su 1pm-1:30pm Jan 25-Apr 26 \$280/10 177399

### Piano Semi-Private

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

Su 12pm-12:30pm Jan 25-Apr 26 \$310/10 177398

## DANCING WITH MY FAMILY

9 mos - 2 yrs

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

### Allegro Performing Arts Centre

*Instructor: Allegro Performing Arts Centre*

W	9:30am-10am	Jan 7-Feb 4	\$80/5	177884
W	9:30am-10am	Feb 11-Mar 11	\$80/5	177885
W	9:30am-10am	Apr 8-May 27	\$130/8	177886



# MOVE & GROOVE WITH ME

2 - 4 yrs

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

## Allegro Performing Arts Centre

Sa	11:15am-11:45am	Jan 10-Mar 14	\$215/10	177891
Sa	11:15am-11:45am	Apr 11-May 30	\$175/8	177892

# TINY DANCERS

3 - 5 yrs

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

## Panorama Recreation Centre Fitness Studio

Instructor: Allegro Performing Arts Centre

W	3:15pm-3:45pm	Jan 7-Mar 11	\$200/10	177887
W	3:30pm-3:45pm	Apr 1-Jun 3	\$200/10	177888

## Allegro Performing Arts Centre

Sa	10:30am-11am	Jan 10-Mar 14	\$200/10	177889
Sa	10:30am-11am	Apr 11-May 30	\$140/7	177890

# 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)



# SPORTS

## SWIM, SKATE & HOCKEY LESSONS

Dive in, lace up, and play—various lessons in swim, skate, and hockey for all ages and skill levels! See p. 12-15.

# RICHARDSON SPORT INC. 10 SPORT

2 - 4 yrs

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

## North Saanich Middle School Gymnasium

Instructor: Richardson Sport Inc.

2 - 4 yrs

Su	9am-9:30am	Jan 11-Mar 8	\$144/9	177982
Su	9:30am-10:15am	Mar 15-May 10	\$144/9	177984

4 - 6 yrs

Su	9:30am-10:15am	Jan 11-Mar 8	\$164/9	178612
Su	9:30am-10:15am	Mar 15-May 10	\$164/9	178613

# PRESCHOOL RHYTHMIC GYMNASTICS

3 - 6 yrs

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

## Greenglade Community Centre Gymnasium

Instructor: Island Rhythmic Gymnastics Danielle Frattaroli

Tu	4pm-5pm	Jan 13-Mar 10	\$171/9	177854
Tu	4pm-5pm	Apr 7-Jun 2	\$171/9	177855

# SCHOOL AGE

## ARTS & CULTURE

### KIDS ART SERIES - EXPLORING MEDIUMS

#### 6 - 12 yrs

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

#### McTavish Academy of Art - Art Studio

*Instructor: Mctavish Academy Of Art*

#### 5 - 8 yrs

Sa	11am-12:30pm	Jan 10-Mar 7	\$189/9	178059
Su	11am-12:30pm	Jan 11-Mar 8	\$189/9	178061

#### 6 - 9 yrs

Tu	4pm-5:30pm	Jan 6-Mar 10	\$210/10	178055
W	4pm-5:30pm	Jan 7-Mar 11	\$210/10	178057

#### 8 - 12 yrs

Tu	6pm-7:30pm	Jan 6-Mar 10	\$210/10	178056
W	6pm-7:30pm	Jan 7-Mar 11	\$210/10	178058
Sa	1:30pm-3pm	Jan 10-Mar 7	\$189/9	178060
Su	1:30pm-3pm	Jan 11-Mar 8	\$189/9	178062

## 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	Feb 11-Mar 11	\$100/5	177547
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NEW

### KIDS KRAFTERNOONS

#### 8 - 15 yrs

Do you have a Krafty Kiddo at home who has taken an interest in sewing? This 4 week class is for anyone between the ages of 8 to 15 who would like to learn to sew. Students of all abilities are welcome! Sewing machines, fabric, and notions included. Whether they've sewn before or never used a sewing machine this is the class to get your child creating! All sorts of projects are encouraged. If your child has never sewn before we have some beginner project ideas to choose from to get them going and comfortable with a sewing machine.

#### Good Decade & Heirloom Gifts

*Instructor: Good Decade*

F	3:45pm-5:15pm	Jan 9-Jan 30	\$140/4	177686
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## 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	Jan 7-Feb 4	\$100/5	177546
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# MUSIC & DANCE

## PJ'S MUSIC

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

### Central Saanich Cultural Centre Room A

*Instructor: Pj Music*

### Piano for Kids (Semi-Private)

6 - 12 yrs

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

Su 12:30pm-1pm Jan 25-Apr 26 \$310/10 177389

### Piano for Kids (Group)

7 - 12 yrs

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

Su 1:30pm-2pm Jan 25-Apr 26 \$280/10 177390

## 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 Jan 25-Apr 26 \$310/10 177391

## 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! Guitars can be rented from PJ Music Studios 250-213-9343. The materials fee is included in the cost.

Su 3:30pm-4pm Jan 25-Apr 26 \$310/10 177392



## NEW MINI MUSICAL THEATRE

6 - 8 yrs

Designed for young performers who love the spotlight, our Mini Musical Theatre class is a fast-paced, skill-building introduction to the world of theatre. Students dive into the fundamentals of singing, dancing, and acting while learning how to combine all three to tell a story on stage.

Through energetic exercises, engaging choreography, students strengthen their performance technique, confidence, and teamwork. This class is perfect for kids eager to build their theatre skills!

**Central Saanich Cultural Centre - Room B**

*Instructor: Triple Threat Performers*

Sa 10am-10:45am Jan 17-Apr 11 \$300/10 179371

## NEW JUNIOR MUSICAL THEATRE

9 - 11 yrs

For young performers ready to take the next step, our Junior Musical Theatre class builds the skills and confidence of true triple threat artists — those who can sing, dance, and act with energy and expression. Students train in all three disciplines while learning how to bring characters and stories to life on stage.

**Central Saanich Cultural Centre - Room B**

*Instructor: Triple Threat Performers*

Sa 11am-12:15pm Jan 17-Apr 11 \$350/10 179370

## TUTUS, JAZZ, AND HIP HOP COMBO

5 - 7 yrs

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

**Panorama Recreation Centre Fitness Studio**

*Instructor: Allegro Performing Arts Centre*

W 3:45pm-4:30pm Jan 7-Mar 11 \$250/10 177893

W 3:45pm-4:30pm Apr 1-Jun 3 \$250/10 177894

Sa 11:45am-12:30pm Jan 10-Mar 14 \$250/10 179396

Sa 11:45am-12:30pm Apr 11-May 30 \$175/7 179397

## HIP HOP

6 - 11 yrs

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

**Panorama Recreation Centre Fitness Studio**

*Instructor: Allegro Performing Arts Centre*

W 4:30pm-5:15pm Jan 7-Mar 11 \$250/10 177895

W 4:30pm-5:15pm Apr 1-Jun 3 \$250/10 177896

## MULTI-STYLE DANCE FUSION

7 - 12 yrs

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

**Greenglade Community Centre Room 5**

*Instructor: Allegro Performing Arts Centre*

F 3:30pm-4:15pm Jan 9-Mar 13 \$225/9 177897

F 3:30pm-4:15pm Apr 10-May 29 \$175/7 177899

## GENERAL INTEREST

### NEW SPANISH FOR KIDS

9 - 12 yrs

This introductory Spanish class is a great way to expose your child to the language in a fun and supportive environment. Each class will spend time learning new words and common phrases then incorporate them into interactive activities.

**Greenglade Community Centre Room 6**

*Instructor: Josefina Koenig*

W 5:45pm-6:30pm Jan 14-Feb 18 \$160/6 178075

PARENTS NIGHT OUT

PJ Party

5 - 11 yrs

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

Greenglade Community Centre Room 9

Sa	5:30pm-9:30pm	Feb 21	\$30	178240
Sa	5:30pm-9:30pm	Apr 25	\$30	178241

HOME ALONE

9 - 12 yrs

The HAPPY Program (Home Alone Program Preparing Youth) is designed to teach kids how to stay safe, confident and prepared when they're home alone. The program covers home safety, emergency information and procedures, kitchen safety, walking alone safety and more. The program is taught in a fun and engaging way and focuses on YOU are #1 in keeping YOU safe.

Greenglade Community Centre Room 6

Instructor: Kathleen Lee

Sa	9:30am-12:30pm	Feb 28	\$40	178094
Sa	9:30am-12:30pm	Apr 18	\$40	178584

KIDS IN THE KITCHEN

8 - 10 yrs

North Saanich Middle School Food/Textiles Room

International Delights

Welcome to International Delights! Join us as we explore delicious desserts from around the world, learning new recipes and baking techniques along the way. All skills and abilities welcome! You'll have fun creating sweet treats from diverse cultures. All ingredients and supplies will be provided- just bring a container to take home any delicious leftovers!

W	Jan 28-Feb 11	6pm-7:30pm	\$67/3	178242
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Doughy Bites

Explore the art of dough - knead, roll, and shape simple, delicious creations. From savory snacks to sweet treats, it's all about hands-on fun in the kitchen. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers.

W	Apr 1-Apr 15	6pm-7:30pm	\$67/3	178244
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# SCIENCE & TECHNOLOGY

## MINECRAFT MODDING - BEGINNER LEVEL - PVP EDITION!

8 - 12 yrs

Woah, did you just take out the Ender Dragon with one hit? Throw on your OP armor and knock back opponents before they strike with Dragon Fire! Participants will transform their gameplay by learning to mod, creating custom objects to boost their PvP skills. Using blockly coding, they'll program and test each mod for a new level of Minecraft play. Participants should have some Minecraft experience. No personal accounts needed—we provide accounts and private servers.

**Greenglade Community Centre Room 6**

*Instructor: LITTLUNIVERSE*

Su 3pm-4:30pm Jan 4-Mar 8 \$275/10 178086

## VIDEO GAME DESIGN - ADVANCED LEVEL - 2D PLATFORMER EDITION!

10 - 14 yrs

It's GAME OVER! Love video games? Don't just play—become a Game Developer! Participants will create their own 2D platformer using the Godot engine and learn GDScript, a Python-like language. They'll build creativity, code their game, and publish it online for others to play. No coding experience needed, but basic typing skills are required.

**Greenglade Community Centre Room 6**

*Instructor: LITTLUNIVERSE*

Su 2:45pm-4:15pm Apr 12-Jun 14 \$235/10 178090

## LEGO ROBOTICS

No prior coding/programming experience is necessary.

**Greenglade Community Centre Room 6**

*Instructor: LITTLUNIVERSE*

### (Spike Essential) - Beginner Level

6 - 9 yrs

Take your building skills to another level while learning about motors, sensors, coding and more! Dive into engineering basics using LEGO's Spike Essential Kits and Software. Program exciting interactive objects that move, react, and make sounds! Participants should have some experience with LEGO.

Su 9:30am-11am Jan 4-Mar 8 \$175/10 178080  
Su 9:30am-11am Apr 12-Jun 14 \$175/10 178087

### (Wedo 2.0) - Intermediate Level

7 - 12 yrs

The builds are endless! Take your building skills to another level while learning about motors, sensors, coding and more. Program exciting interactive objects that move, react, and make sounds! This class focuses on medium to difficult builds from our WEDO 2.0 library.

Su 11:15am-12:45pm Jan 4-Mar 8 \$235/10 178082  
Su 11:15am-12:45pm Apr 12-Jun 14 \$235/10 178088

### (Mindstorms EV3) Meets Game Design

9 - 14 yrs

Join us for a collaboration of two popular programs! We'll create simple arcade-style games in Scratch and build unique controllers with LEGO Mindstorms EV3. Participants can showcase their games to families before moving on to the next project. Some projects may take 1-3 sessions. Participants should have basic computer and typing experience.

Su 1:15pm-2:15pm Apr 12-Jun 14 \$180/10 178089

### Advanced Level

8 - 14 yrs

Rock and Roll with an EV3 Guitar! Battle your opponents with the ultimate Battlebot! Come and program exciting interactive objects that move, react, and make sounds! No prior coding experience is necessary. Participants should be proficient at building Lego.

Su 1pm-2:30pm Jan 4-Mar 8 \$255/10 178085



SPORTS

SWIM, SKATE & HOCKEY LESSONS

Dive in, lace up, and play—various lessons in swim, skate, and hockey for all ages and skill levels! See p. 12-15.

RECREATIONAL RHYTHMIC GYMNASTICS

6 - 12 yrs

Develop rhythmic gymnastics apparatus skills with the rope, hoop, ball, ribbon and scarves, along with physical literacy, and body and spatial awareness through balance, turn, jump and dance techniques! Instructors will work with the abilities of each participant to ensure they feel appropriately challenged throughout. Skills learned will be incorporated with expression and musical awareness into a routine that will be performed at the end of the program set.

Greenglade Community Centre Gymnasium

*Instructor: Island Rhythmic Gymnastics Danielle Frattaroli*

Tu	5pm-6pm	Jan 13-Mar 10	\$171/9	177856
Tu	5pm-6pm	Apr 7-Jun 2	\$171/9	177857

GIRL POWERED SPORTS

6 - 12 yrs

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

Centennial Park Sport Box

Sa	10am-11:15am	Apr 11-May 16	\$105/6	178627
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NEW KIDS CAN RIDE

7 - 9 yrs

Lifelong habits start at a young age. This workshop teaches safe bike handling skills, and develops confidence and knowledge through fun and creative activities. If kids learn that cycling can be fun, easy and safe, they'll be more likely to continue cycling and developing their skills as they get older! As a prerequisite, participants should be comfortable riding unassisted.

Panorama Recreation Centre Parking Lot (By Outdoor Tennis Courts)

*Instructor: Capital Bike*

Sa	11am-2pm	Apr 25	\$55	178594
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# PARENT AND CHILD ARCHERY

8 yrs+

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

North Saanich Middle School Gymnasium

Instructor: Pacific Archery Academy

Sa	12:30pm-1:30pm	Jan 3 - Mar 28	\$360/12	178604
Sa	12:30pm-1:30pm	Apr 11-Jun 13	\$240/8	178605

# POWER UNLIMITED WITH DENNISE BOWLES

9 - 14 yrs

Dennise Bowles of Power Unlimited brings years of experience and expertise to these programs. Dennise has worked with Victoria's best hockey players helping them reach the BCHL, WHL, NCAA, ECHL, AHL and NHL. Take your hockey game to the next level. Balance, acceleration, agility, speed, explosive starts, edge control and game stride will all be covered in this challenging, yet rewarding program. Power Unlimited offers high quality instruction with a dedication to the improvement of each student. Full hockey gear is required.

Panorama Recreation Centre Arena B

W	4:10pm-5pm	Jan 7-Mar 11	\$155/10	177518
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# FINANCIAL ASSISTANCE

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



# NEW SQUASH

Panorama Recreation Centre Squash Court

Instructor: Giselle Delgado

Thank you Squash Canada, the Government of Canada and Community Sport for All Initiative for the financial support! As included with this funding, participants of these youth squash programs will each receive a t-shirt and Squash BC membership.



# Munchkins

5 - 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	Jan 5-Jan 26	\$26/4	178556
M	3:30pm-4pm	Feb 2-Mar 9	\$33/5	178557

# START

7 - 9 yrs

An intro to squash program, with focus on learning the fundamentals - rules, serving and rallying - plus fundamental movement skills, in a fun and supportive setting. No previous squash experience required.

M	4pm-4:45pm	Jan 5-Jan 26	\$36/4	178558
M	4pm-4:45pm	Feb 2-Mar 9	\$45/5	178559

# START

10 - 12 yrs

Learn to play squash, with confidence! Come learn the fundamentals of squash - including rules, serving and rallying - through engaging drills and rallies. No previous squash experience required.

M	4:45pm-5:30pm	Jan 5-Jan 26	\$36/4	178561
M	4:45pm-5:30pm	Feb 2-Mar 9	\$45/5	178563

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.

Su	12:45pm-1:45pm	Jan 4-Feb 22	\$84/7	178434
Su	12:45pm-1:45pm	Mar 8-Apr 19	\$84/7	179018
Th	3:45pm-4:45pm	Jan 8-Feb 26	\$96/8	178370
Th	3:45pm-4:45pm	Mar 5-Apr 30	\$84/7	178998

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.

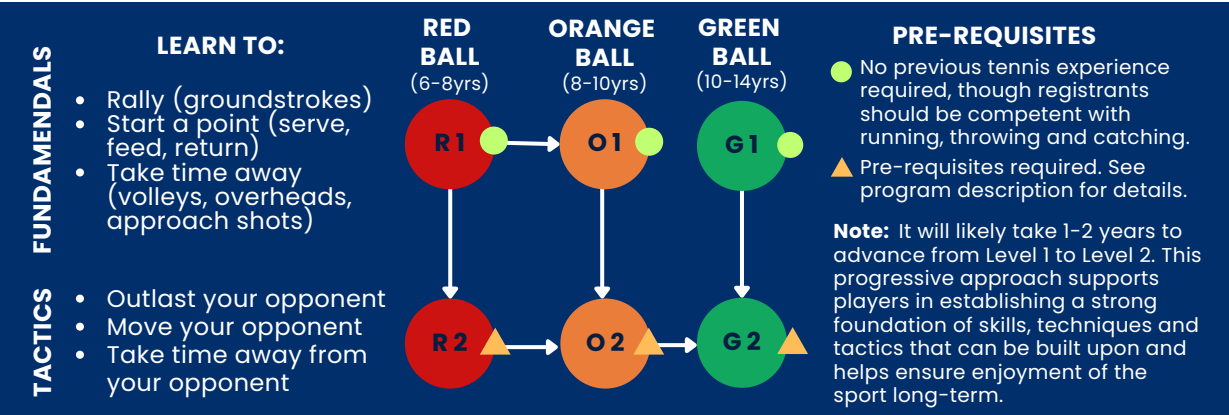
Tu,Th	3:45pm-4:45pm	Jan 6-Feb 26	\$176/16	178309
Tu,Th	3:45pm-4:45pm	Mar 3-Apr 30	\$154/14	178997

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.

Su	2pm-3:25pm	Jan 4-Feb 22	\$119/7	178435
Su	2pm-3:25pm	Mar 8-Apr 19	\$119/7	179019
Th	5pm-6:25pm	Jan 8-Feb 26	\$136/8	178369
Th	5pm-6:25pm	Mar 5-Apr 30	\$119/7	178999
Sa	2:30pm-3:55pm	Jan 17-Feb 21	\$102/6	179006
Sa	2:30pm-3:55pm	Mar 7-Apr 18	\$119/7	179007



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	Jan 6-Feb 26	\$228/16	178310
Tu,Th	5pm-6:25pm	Mar 3-Apr 30	\$199/14	178989

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	Jan 6-Feb 24	\$136/8	178311
Tu	6:30pm-7:55pm	Mar 3-Apr 28	\$119/7	178990

GREEN BALL 2

10 - 14 yrs

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

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

Su	3:30pm-4:55pm			
Th	6:30pm-7:55pm	Jan 4-Feb 26	\$213/15	178368

Su	3:30pm-4:55pm			
Th	6:30pm-7:55pm	Mar 5-Apr 30	\$199/14	179008

NEW

JUNIOR MATCH PLAY | GREEN BALL

10 - 14 yrs

Come practice your match play skills! Junior Match Play is designed for players with previous green ball experience, who can start a point, rally and score. At each session, participants can expect a coach-led warm up, then series of fun matches with suitable partners. Both singles and doubles may be played.

F	4pm-5pm	Jan 23-Feb 20	\$40/5	178386
F	4pm-5pm	Mar 6-Apr 17	\$48/6	179000



# YOUTH & TEEN

FREE

TEEN LOUNGE GREENGLADE

11 - 16 yrs

Teen Lounge, hosted at the Greenglade Community Centre, is a FREE pre-registered and drop in program for island youth. Teen Lounge is designed to be a safe and inclusive atmosphere for local teens to meet, connect, and relax with friends. The space features board games, interactive video games, couches and tables for lounging, as well as an open gymnasium for free play and organized activities. Register in advance to secure your space. A free shuttle to Panorama Recreation Centre is available during this program for those who would like to attend our Friday Night Swim or Skate. Admission to these activities is free for anyone who attends Teen Lounge! No return shuttle to Greenglade provided. Teens must arrive before 7pm to attend. No Teen Lounge on Pro-D Days or Stat Holidays (Feb 13, Mar 20, 27, and Apr 3).

Greenglade Community Centre Room 9

F 6pm-8pm Jan 9-May 1 FREE 177335

# ARTS & CULTURE

NEW

KIDS KRAFTERNOONS

8 - 15 yrs

Do you have a Krafty Kiddo at home who has taken an interest in sewing? This 4 week class is for anyone between the ages of 8 to 15 who would like to learn to sew. Students of all abilities are welcome! Sewing machines, fabric, and notions included. Whether they've sewn before or never used a sewing machine this is the class to get your child creating! All sorts of projects are encouraged. If your child has never sewn before we have some beginner project ideas to choose from to get them going and comfortable with a sewing machine.

Good Decade & Heirloom Gifts

Instructor: Good Decade

F 3:45pm-5:15pm Jan 9-Jan 30 \$140/4 177686

# MIXED MEDIA ART FOR TEENS

11 - 15 yrs

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

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

Th 4:15pm-5:45pm Jan 8-Mar 12 \$210/10 178063

# TEEN PAINT NIGHT

11 - 18 yrs

Greenglade Community Centre Room 6

# Aurora Reflections

Join us for a fun-filled Northern Lights 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!

Tu 6pm-8pm Feb 10 \$30 178214

# Cotton Cloud Dreams

Join us for a fun-filled dreamworld 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!

Tu 6pm-8pm Apr 14 \$30 178216



## 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*

W 4pm-5:30pm Apr 1-Apr 29 \$100/5 177548

## TEENS IN THE KITCHEN

11 - 16 yrs

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

### Around the World

Time to get on your aprons and travel the culinary world! All abilities are welcome as we cook, bake, roast, and fry our way around the globe! Each week we will focus on a new cuisine from a different country and explore new flavours and foods. Then take those skills and new recipes home to continue your worldwide cooking journey. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers!

W 6pm-7:30pm Feb 18-Mar 4 \$70/3 178243

### Just Desserts

Teens explore the art of creating delicious desserts while learning techniques for baking, decorating, and presentation. It's the perfect blend of creativity, flavor, and fun in the kitchen. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers!

W 6pm-7:30pm Apr 22-May 6 \$70/3 178245

## GENERAL INTEREST

### BIRTHDAY PARTIES

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

Check out our swim, skate and gym parties. See p. 10-11.

## DUNGEONS AND DRAGONS

11 - 17 yrs

Enter the world of Dungeons and Dragons! A welcoming environment for all players new and beyond. Brand new players, come and learn the game and create your own character and follow along with our experienced Dungeon Masters. Join us 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**

### Mystic Realms

W 6pm-8:30pm Feb 4-Mar 11 \$63/6 178595

### Forgotten Kingdoms

W 6pm-8:30pm Apr 1-May 6 \$63/6 178596

## SPORTS

### SWIM, SKATE & HOCKEY LESSONS

Dive in, lace up, and play—various lessons in swim, skate, and hockey for all ages and skill levels! See p. 12-15.

**FREE**

### SQUASH DROP-IN FOR TEENS

12 - 18 yrs

Looking for a fun way to stay active? Join us for FREE Squash Drop-in for Teens - funded by Squash Canada, the Government of Canada and Community Sport for All Initiative! No experience needed. All equipment provided. Eye protection mandatory (bring your own or borrow from Reception).

**Panorama Recreation Centre Squash Court**

Wednesdays 4-5pm Jan 7-Mar 11

YOUTH VOLLEYBALL

11 - 15 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: Claire Liaros

Su 4pm-5:30pm Feb 22-Apr 26 \$144/9 177986

NEW TENNIS - YELLOW BALL 1

12 - 17 yrs

Get introduced to the fundamental skills, techniques and tactics of tennis. This could be the start of your tennis era! This program is suitable for brand new or beginner players who are just starting to play or have been introduced to the game but, have difficulty playing due to lack of consistency rallying and serving.

W Jan 7-Feb 25 3:30pm-4:45pm \$130/ 8 179492  
W 3:30pm-4:45pm Mar 4-Apr 29 \$114/7 179493

NEW TENNIS - COMPETITIVE  
YELLOW BALL

11 - 16 yrs

This program, designed for advanced junior players who are actively competing or preparing for tournament play, focuses on refining technique, building tactical awareness, and developing the physical and mental skills essential for competitive success. Tailored to the group, sessions will include drills, situational point play and match play (primarily doubles; singles when possible).

Pre-requisite: Tournament play experience, 2-star or higher, or permission to register from Panorama Tennis Coordinators.

Panorama Recreation Centre Indoor Tennis Courts

M,	4:30pm-6pm			
W	5pm-6:30pm	Jan 5-Feb 25	\$338/15	178320
M,	4:30pm-6pm			
W	5pm-6:30pm	Mar 2-Apr 29	\$293/13	178996



## ARCHERY

### North Saanich Middle School Gymnasium

*Instructor: Pacific Archery Academy*

#### Youth

##### 9 - 17 yrs

Ready to aim high and hit the bullseye? Come learn the art of archery 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.

W	6pm-7pm	Jan 7-Mar 4	\$203/9	177991
W	6pm-7pm	Apr 8-May 13	\$135/6	177992
Sa	11:30am-12:30pm	Jan 3 - Mar 28	\$270/12	177993
Sa	11:30am-12:30pm	Apr 11-Jun 13	\$180/8	177994

#### Advanced

##### 9 - 18 yrs

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

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

W	7pm-8:15pm	Jan 7-Mar 4	\$203/9	177987
W	7pm-8:15pm	Apr 8-Jun 24	\$270/12	177988

**WE ARE  
HIRING**  
JOIN OUR TEAM



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

## Elite Competition Prep

### 13 yrs+

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

Prerequisite: This program is intended for recurve athletes with interest competition experience, must have prior approval from Pacific Archery Academy Coach.

Sa	10:30-11:30am	Jan 3 - Mar 28	\$270/12	178606
Sa	10:30am-11:30am	Apr 11-Jun 13	\$180/8	178607

## FITNESS

### FITNESS PROGRAMS

Many of our adult fitness programs have a minimum age of 14 yrs. See p. 57.

## REGIONAL WEIGHT ROOM ORIENTATION

### 13 - 15yrs

This orientation provides an introduction on how to safely use a weight room. Content includes guidelines and etiquette; orientation and instruction on how to use basic cardio and strength training equipment. Upon completion, participants 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: Liam McTavish*

Sa	9am-11am	Jan 10	\$15	178344
Sa	9am-11am	Feb 7	\$15	178347
Sa	9am -11am	Mar 7	\$15	178349
Sa	9am-11am	Apr 12	\$15	178352

*Instructor: Zachary Zeigler*

Su	9am-11am	Jan 18	\$15	178345
Sa	9am-11am	Feb 22	\$15	178348
Su	9am-11am	Mar 15	\$15	178349
Sa	9am-11am	Apr 25	\$15	178351

## LEADERSHIP & TRAINING

NEW

### FRIDAY NIGHT TEEN TALK - PERSONAL BOUNDARIES AND SELF DEFENCE

14 - 17 yrs

This informative power point presentation and Q&A is designed to address personal boundaries for teens, emotional regulation, assault, sexual assault, harassment, bullying, online safety in an age appropriate manner.

**Greenglade Community Centre Room 6**

*Instructor: Sixth Sense Self Defence*

F 6:30pm-8:30pm Apr 24 \$10 177881

### INTRODUCTION TO PERSONAL BOUNDARIES AND SELF DEFENCE WORKSHOP FOR TWEEN GIRLS

10 - 13 yrs

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

**Greenglade Community Centre Room 5**

*Instructor: Sixth Sense Self Defence*

Sa 9:30am-11:30am Feb 21 \$65 177880

## 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	9:30am-4pm	Jan 17	\$85	178194
Sa	9:30am-4pm	Feb 7	\$85	178195
Sa	9:30am-4pm	Mar 7	\$85	178196
Sa	9:30am-4pm	Apr 11	\$85	178197

## STANDARD FIRST AID WITH CPR C

12 yrs+

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

**Panorama Recreation Centre Lookout Room**

Sa-Su 8:30am-5pm Feb 28-Mar 1 \$160/2 178722

## FINANCIAL ASSISTANCE

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# 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. Judgment, knowledge, skill and fitness—the four components of water rescue—form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

## Panorama Recreation Centre Lookout Room

Sa-Su 8:30am-4pm Jan 17-Jan 24 \$150/3 178614

# BRONZE CROSS

13 yrs+

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. It begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Prerequisite: Bronze Medallion.

## Panorama Recreation Centre Lookout Room

Sa-Su 8:30am-4pm Jan 25-Feb 1 \$150/3 178616

# ADULT

## VISUAL ARTS & CRAFTS

### POTTERY

#### Greenglade Community Centre Pottery Studio

### Beginners Level 1

16 yrs+

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

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

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

#### Instructor: Michale Fjeldstad

F	6:30pm-9pm	Jan 9-Feb 13	\$265/6	177232
F	6:30pm-9pm	Feb 20-Mar 27	\$265/6	177240
F	6:30pm-9pm	Apr 10-May 15	\$265/6	177263

#### Instructor: Heather Verdin

W	6pm-8:30pm	Mar 25-Apr 29	\$265/6	177543
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# POTTERY STUDIO

## @ GREENGLADE COMMUNITY CENTRE

16 yrs+

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

### RESERVABLE DROP IN HOURS

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

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

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

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

\*Family Drop-in.

### RECURRING BLOCK BOOKINGS

#### RESERVED DROP IN

16 yrs+

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

M	8:30am-11:30am	Jan 5-Apr 27	\$130/13	178489	Th	8:30am-11:30am	Jan 8-Apr 30	\$160/16	178550
M	11:30am-2:30pm	Jan 5-Apr 27	\$120/12	178490	Th	11:30am-2:30pm	Jan 8-Apr 30	\$150/15	178551
M	2:30pm-5:30pm	Jan 5-Apr 27	\$120/12	178554	Th	2:30pm-5:30pm	Jan 8-Apr 30	\$150/15	178562
M	5:30pm-8:30pm	Jan 5-Apr 27	\$150/15	178555	Th	5:30pm-8:30pm	Jan 8-Apr 30	\$170/17	178564
Tu	8:30am-11:30am	Jan 6-Apr 28	\$160/16	178496	F	8:30am-11:30am	Jan 9-May 01	\$140/14	178565
Tu	11:30am-2:30pm	Jan 6-Apr 28	\$150/15	178549	F	11:30am-2:30pm	Jan 9-May 01	\$130/13	178566
Tu	2:30pm-5:30pm	Jan 6-Apr 28	\$150/15	178552					
Tu	5:30pm-8:30pm	Jan 6-Apr 28	\$170/17	178553	Sa	9am-12pm	Jan 3-Apr 25	\$170/17	178567
					Su	9am-12pm	Jan 4-Apr 26	\$170/17	178488
W	8:30am-11:30am	Jan 7-Apr 29	\$160/16	178560					

### MEMBERSHIPS & FEES

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

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



## Pottery - Level 2

16 yrs+

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

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

### Greenglade Community Centre Pottery Studio

*Instructor: Michale Fjeldstad*

Sa	1:30pm-4pm	Jan 10-Feb 14	\$265/6	177264
Sa	1:30pm-4pm	Feb 21-Mar 28	\$265/6	177266
Sa	1:30pm-4pm	Apr 11-May 16	\$265/6	177267

## Make a Mug

13 yrs+

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

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

*Instructor: Jaimie Cote*

Su	1pm-3pm	Jan 18	\$38	178069
Su	1pm-3pm	Feb 22	\$38	178451
Su	1pm-3pm	Mar 29	\$38	178452
Su	1pm-3pm	Apr 19	\$38	178454

NEW

## 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 2yrs+. One vase per registration.

*Instructor: Jaimie Cote*

Su	1pm-3pm	Feb 08	\$42	178465
Su	1pm-3pm	Mar 1	\$42	178466

## Wheel Throwing Taster

13 yrs+

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

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

*Instructor: Heather Verdin*

W	6pm-9pm	Mar 4-Mar 11	\$125/2	177544
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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 Jan 7-Feb 25 \$425/8 177545

BEGINNER ACRYLIC PAINTING

16 yrs+

Are you wanting to enter the world of acrylic painting? Looking to revitalize your creativity? Join us for our Beginner Acrylics Painting Series. 4 weeks of guided acrylic painting fun! We will discuss basics such as purchasing for your own home studio setup, colour theory, value, and of course get lots of time to push paint on the canvas!

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

F 10am-12:30pm Jan 9-Jan 30 \$180/4 178064

NEW BEGINNER INTRODUCTION TO CROCHET

15 yrs+

Whether you've tried and failed, never picked up a crochet hook in your life or wanting to start a new hobby, this class is a great introduction to the world of crochet. We will review in our class Crochet vs. Knitting, Basic materials to get started, Common terms and techniques; Tips to control yarn tension; How to start creating a slip knot and chain stitch, Basic crochet stitches and types of patterns.

Good Decade & Heirloom Gifts

Instructor: Good Decade

Tu 6pm-8pm Jan 13-Jan 20 \$85/2 177688

NEW BEGINNER INTRODUCTION TO QUILTING

15 yrs+

Ready to make your first quilt? This beginner-friendly class is the perfect place to start! You'll learn all the essential quilting techniques, from cutting, piecing to quilting and binding while creating a beautiful baby / lap sized quilt you'll be proud to gift or keep.

Good Decade & Heirloom Gifts

Instructor: Good Decade

W 6pm-8pm Jan 14-Feb 4 \$162/4 177684  
Sa 2pm-4pm Mar 7-Mar 28 \$162/4 177687





NEW

## YARN DYING WORKSHOP

15 yrs+

Unleash your inner artist and discover the magic of colour at our yarn dying workshop.

In this hands-on, 2-hour class our instructors will guide you through the dyeing process from preparing your yarn to designing your own unique colour palette. After the workshop, your skeins will be professionally processed, rinsed, and dried in their studio. You'll return in about a week to pick up your beautiful hand dyed wool. Includes Two 100g skeins of your choice (lace, fingering, DK, worsted, or bulky)

North Saanich Middle School Food/Textiles Room

Instructor: Good Decade

Sa	2pm-4pm	Jan 17	\$99	177685
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NEW

## GRANNY SQUARE CROCHET WORKSHOP

15 yrs+

Granny squares are a perfect starter project after mastering basic crochet skills. They are a great foundation for many patterns such as: blankets, throws, sweaters, toys and much more. This traditional style can vary between all levels and create endless amounts of design opportunities.

In this workshop, we will learn the basics of creating a granny square, along with a modern approach to this traditional technique. We will teach: Crochet in the round, Turning + adding corners, Starting magic loop, and Reading patterns.

Good Decade & Heirloom Gifts

Instructor: Good Decade

Sa	1pm-3pm	Feb 21	\$50	177689
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## MUSIC & DANCE

### PJ MUSIC

Central Saanich Cultural Centre Room A

Instructor: Pj Music

Instruments can be rented from PJ Music Studios. 250-213-9343.

### 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	Jan 25-Apr 26	\$510/10	177400
Su	2pm-2:30pm	Jan 25-Apr 26	\$510/10	177401

### Private Ukulele or Guitar

6 yrs+

Get to know your guitar, from the headstock to the body, and understand how it makes beautiful sounds! Learn how to tune your guitar like a pro to ensure your melodies sound amazing. Discover the secrets of reading music and play your favorite songs from sheet music and tabs. Find out the perfect way to hold your guitar comfortably and play without straining. Start strumming and plucking your way to playing easy melodies that will amaze your family and friends. Master basic strumming patterns that will have you grooving to the beat in no time! The materials fee is included in the cost.

Su	5pm-5:30pm	Jan 25-Apr 26	\$510/10	177404
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Beginner Ukulele

16 yrs+

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

Su 4pm-4:30pm Jan 25-Apr 26 \$310/10 177402

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. The materials fee is included in the cost.

Su 4:30pm-5pm Jan 25-Apr 26 \$310/10 177403

NEW

MUSIC JAM WITH ERIN

16 yrs+

Embrace Arts Foundation is an organization devoted to creating meaningful artistic opportunities for individuals of all abilities. Music Jam is a space to connect and share music with others. Come sing along, play for the group, or simply sit back and listen. This program will incorporate a wide variety of music genres.

Bring an instrument or just yourself. No previous musical experience necessary

Greenglade Community Centre Room 5

Instructor: Embrace Arts Foundation

Th 9:30am-10:30am Jan 22-Mar 12 \$76/8 177520

LINE DANCING

16 yrs+

Greenglade Community Centre Room 4

Instructor: Claire Denney

Beginner Level 2

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

Tu 1:30pm-2:45pm	Jan 6-Jan 27	\$36/4 177178
Tu 1:30pm-2:45pm	Feb 3-Feb 24	\$36/4 177183
Tu 1:30pm-2:45pm	Mar 3-Mar 31	\$45/5 177190
Tu 1:30pm-2:45pm	Apr 7-Apr 28	\$36/4 177193

Beginner Level 1

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

Th 1:30pm-2:45pm	Jan 8-Jan 29	\$36/4 177181
Th 1:30pm-2:45pm	Feb 5-Feb 26	\$36/4 177184
Th 1:30pm-2:45pm	Mar 5-Mar 26	\$36/4 177192
Th 1:30pm-2:45pm	Apr 2-Apr 30	\$45/5 177195

INTRODUCTION TO TANGO

16 yrs+

The unique and passionate dance from Argentina. The basic patterns involve walking steps making this a very accessible dance for the beginner. A fun date night out with your significant other. Singles also welcome but email: [liz@eandrballdance.com](mailto:liz@eandrballdance.com) well ahead of time for our partner matching service.

North Saanich Middle School Multipurpose Room

Instructor: E & R Ballroom Dance Elizabeth Smailes

Tu 8pm-8:55pm Feb 17-Mar 10 \$60/4 177878



SOCIAL BALLROOM DANCE

16 yrs+  
North Saanich Middle School Multipurpose Room  
Instructor: E & R Ballroom Dance Elizabeth Smailes  
Level 1  
An excellent introduction to the most popular ballroom, latin & swing dance styles. Ballroom dancing enhances your life physically, mentally and emotionally. 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@eandrballroomdance.com

North Saanich Middle School Multipurpose Room  
Instructor: E & R Ballroom Dance Elizabeth Smailes  
Tu 7pm-7:55pm Jan 20-Mar 17 \$135/9 177670

LEVEL 2  
If you have taken our Social Ballroom Dance Level 1 class, or are otherwise familiar with a few basic steps in styles such as Foxtrot/Waltz, Cha Cha/Rhumba, Jive & Tango, then this class is designed for you. We'll review the basics, then introduce new patterns and include styling and technique tips for general improvement. Singles also welcome but please get in touch well ahead of time for our partner matching service by sending an e-mail to: liz@eandrballroomdance.com  
Tu 7pm-7:55pm Apr 21-Jun 16 \$135/9 177673

WEDDING DAY DANCING

16 yrs+  
A romantic, unique and exotic dance style characterized by an intimate embrace and connection to the music. The basic step involves a walk, making it very accessible to beginners, while also containing a high degree of creative freedom. Please sign up with your partner.  
North Saanich Middle School Multipurpose Room  
Instructor: E & R Ballroom Dance Elizabeth Smailes  
Tu 8pm-8:55pm Apr 21-May 5 \$60/4 177674

INTERMEDIATE SALSA

16 yrs+  
The spicy dance from Latin America. If you've taken our Intro to Salsa course or are otherwise familiar with a few basic patterns in Salsa, Rhumba and/or Cha Cha, then you would be fine in this course, as all three dance styles share many similar patterns. Please sign up with a partner or contact us well ahead of time for our partner matching service by sending an e-mail to: liz@eandrballroomdance.com  
North Saanich Middle School Multipurpose Room  
Instructor: E & R Ballroom Dance Elizabeth Smailes  
Tu 8pm-8:55pm Jan 20-Feb 10 \$60/4 177672



TECHNOLOGY

IPHONE & IPAD

16 yrs+

Greenglade Community Centre Room 6

Instructor: Mandy Ospina

Level 2

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

Tu 9:30am-11am Feb 24-Mar 03 \$59/2 177384

Creating a Photo Album

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

F 10am-12pm Mar 6 \$39 177385

Everything Photos

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

Tu 9:30am-11am Mar 31-Apr 14 \$89/3 177383

iPad:Mastering the Basics & Beyond

16 yrs+

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

Tu	9:30am-11am	Jan 13-Jan 27	\$89/3	177381
Tu	9:30am-11am	Apr 21-May 5	\$89/3	177382

iPhone: Mastering the Basics & Beyond

16 yrs+

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

Tu	9:30am-11am	Feb 3-Feb 17	\$89/3	177380
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# COOKING

## WHOLE-FOOD PLANT-BASED COOKING

16 yrs+

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

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

*Instructor: Peggy White*

### Soup's On! Warming Recipes for Winter

January is the perfect time to warm up with homemade soup. In this hands-on class, we'll make four nourishing, plant-based recipes: hearty White Bean, Sweet Potato & Kale, soothing Chickpea & Ginger, earthy Shiitake Mushroom & Leek, and bold Spicy Coconut Lentil. Wholesome and comforting flavours to brighten winter days.

Tu      6pm-9pm      Jan 20      \$110      177525

### Taco Night! Flavour Fiesta

Join me for a hands-on class celebrating plant-based tacos! We'll make hearty Black Bean Tacos, flavorful Mexican Brown Rice, creamy Chipotle Cashew Cheese, and finish with a rich, indulgent Chocolate Cake. Everything is gluten-free and made with whole-food ingredients, no refined sugars or oils. Learn tips and tricks to bring bold, satisfying flavours to your plant-based meals.

Tu      6pm-9pm      Feb 17      \$110      177526

## Taste of India: Spice & Savour

Discover the vibrant flavours of India in this hands-on, gluten-free, plant-based class. We'll make creamy Tofu Curry, fragrant Tarka Dal, hearty Chickpea Saag, and sweet Carrot Halwa, perfect for bringing bold spices and comforting dishes into your home kitchen.

Tu      6pm-9pm      Mar 10      \$110      177534

## Bits, Bites & Sweet Treats

Indulge in a hands-on class featuring a variety of plant-based treats. We'll make Matcha Bites, Pecan Pie Squares, Four-Bite Brownies, Breakfast Cookies and more! All perfect for snacks, gifts, or a little everyday indulgence. Each recipe is gluten-free and made without refined sugars or oils, but full of flavour and feel-good ingredients.

Tu      6pm-9pm      Apr 14      \$110      177535

## GLUTEN FREE SOURDOUGH

16 yrs+

Learn the basics of how to make a successful gluten free sourdough starter, which flours are the best for gluten free bread baking, and methods for how to make wholesome home-made loaves of bread. We'll start by discussing the background of what fermentation actually is, and taste some yummy gluten free sourdough delicacies. This workshop is taught by Kayla Siefried the Site Manager and Community Education Coordinator at the Compost Education Centre who lives with celiac disease and has been experimenting with gluten free baking for 15 years.

**Greenglade Community Centre Room 6**

*Instructor: Compost Education Centre*

Th 1:30pm-3:30pm      Apr 2      \$35      177702



## GENERAL INTEREST

### PLAN AND PREPARE YOUR GARDEN

16 yrs+

It's the time of year when gardeners get excited about plotting and planning what they will be planting in their garden. Here on Southern Vancouver Island, good planning makes it possible to harvest produce from our gardens during every month of the year. In this workshop we will cover: Why garden in the first place? Get to know your garden site, sun, soil, temperature. Time and money budgeting. Choosing what to grow, when to plant it, and when to transition to other crops for year-round growing. Draw a garden plan!

**Greenglade Community Centre Room 6**

*Instructor: Compost Education Centre*

Th 1:30pm-3:30pm Jan 29 \$35 177705

### SEEDING TECHNIQUES

16 yrs+

Growing healthy seedlings for your garden is incredibly rewarding. Starting long season plants indoors or in greenhouses requires particular care, attention and tools. This workshop will cover those topics as well as how to start your seeds, how to care for them, how to harden them off and transplant them for maximum harvest.

**Greenglade Community Centre Room 6**

*Instructor: Compost Education Centre*

Th 1:30pm-3:30pm Feb 19 \$35 177706

### INTRODUCTION TO PHOTOGRAPHY

18 yrs+

Get to know your DSLR or equivalent mirrorless camera. Explore your camera settings and leave auto settings behind. Learn the ins and outs of the exposure triangle, composition and the properties of light. Bring your camera and user manual. This course is geared to adults. Please review the method of changing your ISO, shutter speed and aperture on your camera before the class. Embrace the art of capturing better images.

*Instructor: Steve Smith & Leah Gray*

Su 1pm-5pm Jan 4-Jan 18 3/\$265 177462

## BRIDGE

18 yrs+

**Greenglade Community Centre Room 6**

*Instructor: Mike Dickie*

### Beginner

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

W 10am-12pm Jan 14-Mar 4 \$110/8 177386

### Intermediate

Learn to advance your bridge game in this class designed for those who have the basic understanding but would like to improve their game. Intermediate level problems in bidding, declarer play and defense will be taught.

W 10am-12pm Mar 11-Apr 29 \$110/8 177387

## WOOFERS' CANINE

16 yrs+

*Instructor: Bren Axon*

### Essential Manners

Learn how to create a strong relationship with your puppy or older dog with games and exercises. You will also learn how to teach your dog to stop pulling on leash, and how to get your dog to come back to you when you call. We will show you easy ways to solve these issues with games and exercises that you and your dog will enjoy. If you have a puppy, then these classes will help you teach puppy to walk nicely and come when called, right from the start. We aim to make our classes a joyful, and interesting experience for humans and their canine buddies. Woofers uses only positive reinforcement methods. Classes are suitable for puppies from 10 weeks, and dogs of any age onwards!

**Greenglade Community Centre Room 4**

Su 1pm-3pm Jan 25-Mar 8 \$230/6 177900

**Central Saanich Cultural Centre Room B**

Th 6:30pm-7:30pm Apr 2-May 7 \$230/6 177901



## LANGUAGE

### SPANISH

18 yrs+

**Greenglade Community Centre Room 6**

*Instructor: Josefina Koenig*

#### Beginner Level 1

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

Join this beginner class designed for those with little to no experience in the language. The class focuses on practical vocabulary to help communicate in everyday situations, including travel, food, shopping and family interactions.

This class is ideal for complete beginners or those who might have studied a little Spanish in the past but want a fresh start. No prior knowledge is required- just a willingness to learn and participate!

W 6:30pm-8pm Jan 14-Feb 18 \$210/6 177681

#### Beginner Level 2

In this dynamic, student centered language class, you bring the topics that matter the most. Whether you're passionate about music, culture, travel, or your own personal stories. Each session invites learners to share ideas and practice Spanish through fun, real-life conversations.

W 6:15pm-7:45pm Mar 4-Apr 8 \$215/6 177682

## 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)



## WORKSHOPS & EDUCATION

### PERSONAL BOUNDARY AND SELF DEFENCE WORKSHOP FOR WOMEN

18 yrs+

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

**Greenglade Community Centre Room 5**

*Instructor: Sixth Sense Self Defence*

Sa 9:30am-12pm Mar 28-Mar 28 \$95 177882

### FINANCIAL STRATEGIES FOR SUCCESSFUL RETIREMENT

18 yrs+

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

**Panorama Recreation Centre Boardroom**

*Instructor: Peter Dolezal*

W 10am-12pm Feb 18-Feb 25 \$35/2 177388



# 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	Jan 29	\$25	177678
W	6pm-8pm	Feb 25	\$25	177679

# E-BIKE SKILLS & SAFETY COURSE

16 yrs+

This hands-on course introduces participants to the basics of e-bikes and safe riding practices. Participants will learn how e-bikes work, how to operate them safely. The course combines a short classroom session, on-bike skills and a guided road ride. Participants should bring e-bikes, helmets, water bottle, comfortable clothing, dress for the weather!

**Panorama Recreation Centre Boardroom**

*Instructor: Capital Bike*

Su	10am-12:30pm	Apr 26	\$50	177852
Su	1pm-3:30pm	Apr 26	\$50	177971

# LEADERSHIP & TRAINING

## AQUATIC LEADERSHIP TRAINING

See p. 38

## STANDARD FIRST AID WITH CPR C

12 yrs+

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

**Panorama Recreation Centre Lookout Room**

Sa-Su	8:30am-5pm	Feb 28-Mar 1	\$160/2	178722
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# SPORT

## SWIM, SKATE & HOCKEY LESSONS

Dive in, lace up, and play—various lessons in swim, skate, and hockey for all ages and skill levels! See p. 12-15.

## DROP-IN SPORTS

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



# VOLLEYBALL 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.

North Saanich Middle School Gymnasium

Instructor: Claire Liaros

Su	6pm-7:30pm	Jan 11-Mar 29	\$40-\$74/11	177981
Su	6pm-7:30pm	Apr 12-Jun 28	\$40-\$74/11	177985

# INTRODUCTION TO LAWN BOWLING

21 yrs+

Welcome to Introduction to Lawn Bowling, a beginner-friendly program designed to teach the fundamentals of this enjoyable and strategic outdoor sport. Whether you're looking to try something new, engage in friendly competition, or enjoy a relaxing social activity, this program is perfect for you!

Central Saanich Lawn Bowls Club

Instructor: Central Saanich Lawn Bowls Club

Th	6pm-7:30pm	Apr 23-May 14	\$60/4	177851
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# SWIM CLUB

16 yrs+

The Adult swim club focuses on conditioning and stroke development for swimmers of the intermediate Level swimmer. Practices range from 1500-2000m including warm-up and cooldown. Working on all strokes: Butterfly, Backstroke, Breaststroke, and Freestyle.

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

Panorama Recreation Centre Main Pool - Lane 3

M	8pm-9pm	Jan 5-Mar 9	\$90/9	178725
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# ARCHERY

North Saanich Middle School Gymnasium

Instructor: Pacific Archery Academy

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 will 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

Sa	9:30am-10:30am	Jan 3 - Mar 28	\$300/12	178601
Sa	9:30am-10:30am	Apr 11-Jun 13	\$200/8	178602

# Intermediate Adult

14 yrs+

So you've completed beginners archery and now you want to continue to further your skills. Our Intermediate class starts with the assumptions you have the basics skills and safety already in your quiver. In our intermediate class we will cover the finer details of form and technique. Pacific Archery Academy provides a safe and friendly environment where you can learn innovative techniques and shooting skills. Equipment is provided. Lots of fun!

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

W	8:15pm-9:30pm	Jan 7-Mar 4	\$225/9	178598
W	8:15pm-9:30pm	Apr 8-Jun 24	\$300/12	178599

WOMEN’S HOCKEY  
SKILL DEVELOPMENT

18 yrs+

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

Panorama Recreation Centre Arena A

Goalies

M	6:50pm-7:40pm	Jan 5-Feb 9	\$36/6	177512
M	6:50pm-7:40pm	Mar 2-Mar 23	\$24/4	177513

Players

M	6:50pm-7:40pm	Jan 5-Feb 9	\$72/6	177510
M	6:50pm-7:40pm	Mar 2-Mar 23	\$48/4	177511

SPRING BREAK AWAY  
WOMEN’S HOCKEY TOURNAMENT

16 yrs+

Welcome to our Annual Women's Spring Breakaway Tournament! Join us for a Jamboree style tournament for 2 fun and exciting days of hockey action. Jerseys will be provided. Each team will play 5 games over two days. Games will be scheduled Saturday and Sunday throughout the day at times after 8am and ending by 9pm. Teams and schedules will be sent to participants 1 week prior.

Panorama Recreation Centre Arena B

Goalies

Sa-Su	9am-8pm	Apr 11-Apr 12	\$40/2	177517
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Players

Sa-Su	9am-8pm	Apr 11-Apr 12	\$80/2	177516
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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	Jan 5-Jan 26	\$60/4	179546
M	6:15pm-7pm	Feb 2-Mar 9	\$75/5	179547
M	6:15pm-7pm	Mar 30-Apr 27	\$60/4	179548

NEW SQUASH - 3.0+ PRACTICE & PLAY

15 yrs+

For players of a 3.0+ skill level or who have completed Intro to Squash.

Take your squash game to the next level with coach-led practice & play sessions! Designed for players who already know the basics, participants will practice structured drills, develop consistency, and enjoy supervised match play with feedback and tips. Sessions will focus on improving shot selection, movement and strategy in a fun, social setting.

Panorama Recreation Centre Squash Court

Instructor: Giselle Delgado

M	7pm-7:45pm	Jan 5-Feb 9	\$72/6	179549
M	7pm-7:45pm	Feb 23-Apr 27	\$84/7	179550

WE ARE  
HIRING  
JOIN OUR TEAM

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



TENNIS

SKILL ASSESSMENT

6 yrs+

Unsure what tennis skill level you are? Spent 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, weekly!  
\$5/assessment

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.

Su	5:30pm-7pm	Jan 4-Feb 22	\$196/8	178436
Su	5:30pm-7pm	Mar 8-Apr 19	\$172/7	178444

NEW	M	6:30pm-8pm	Jan 5-Feb 23	\$172/7	178278
	M	6:30pm-8pm	Mar 2-Apr 27	\$196/8	178286

Sa	11:30am-12:30pm	Jan 17-Feb 28	\$96/6	178446
Sa	11:30am-12:30pm	Mar 7-Apr 25	\$112/7	178453

## 1.0 Beginner for Newcomers to Canada

Get introduced to the fundamentals of tennis, while also having opportunity to make new friends! This program, open to newcomers to Canada, is suitable for those brand new to tennis or having been introduced to it but, experiencing difficulty playing due to a lack of consistency. Learn to rally, serve and keep score in both singles and doubles tennis play. All equipment provided and childminding available during program upon request (for children 5 years or younger).

Th	11:30am-12:30pm	Jan 8-Feb 26	\$40/8	178359
Th	11:30am-12:30pm	Mar 5-Apr 30	\$45/9	178379

## 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. Progressive green tennis balls will be used to enhance learning.

M	8pm-9:30pm	Jan 5-Feb 23	\$172/7	178280
M	8pm-9:30pm	Mar 2-Apr 27	\$196/8	178281

Sa	12:30pm-1:30pm	Jan 17-Feb 28	\$96/6	178447
Sa	12:30pm-1:30pm	Mar 7-Apr 18	\$112/7	178455

## 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.

Th	1pm-2:30pm	Jan 8-Feb 26	\$196/8	178360
Th	1pm-2:30pm	Mar 5-Apr 30	\$172/7	178382

Sa	1:30pm-2:30pm	Jan 17-Feb 21	\$96/6	178448
Sa	1:30pm-2:30pm	Mar 7-Apr 18	\$112/7	178456

## 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	3:30pm-5pm	Jan 7-Feb 25	\$196/8	178318
W	3:30pm-5pm	Mar 4-Apr 29	\$172/7	178324

Th	9:30am-11am	Jan 8-Feb 26	\$196/8	178353
Th	9:30am-11am	Mar 5-Apr 30	\$221/9	178373

## 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	Jan 5-Feb 23	\$172/7	178265
M	10:30am-12pm	Mar 2-Apr 27	\$196/8	178264

W	5pm-6:30pm	Jan 7-Feb 25	\$196/8	178314
W	5pm-6:30pm	Mar 4-Apr 29	\$221/9	178323

## 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	Jan 5-Feb 23	\$172/7	178259
M	9am-10:30am	Mar 2-Apr 27	\$196/8	178263



# 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

# 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 Courts

W 6:45pm-8:15pm Jan 7-Feb 25 \$32-\$58/8 178315  
W 6:45pm-8:15pm Mar 4-Apr 29 \$36-\$66/9 178326

# 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

F 1:30-3pm Weekly\* Jan-Apr \$25/session

\*Some exclusion weeks apply.

# 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

For players of a self-assessed 2.5-3.0 skill level, as per Tennis Canada's Self-Rating Guide.

M	1pm-3pm	Jan 5-Feb 23	\$186/7	178266
M	1pm-3pm	Mar 2-Apr 27	\$212/8	178267

## 3.0-3.5 Intermediate

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

Su	6:30pm-8:30pm	Jan 4-Feb 22	\$212/8	178440
Su	6:30pm-8:30pm	Mar 8-Apr 19	\$186/7	178442

Th	12:30pm-2:30pm	Jan 8-Feb 12	\$159/6	178357
Th	12:30pm-2:30pm	Mar 5-Apr 30	\$239/9	178377

## 3.5-4.0 High Intermediate/Advanced

For players of a self-assessed 3.5-4.0 skill level, as per Tennis Canada's Self-Rating Guide.

M	7:30pm-9:30pm	Jan 5-Feb 23	\$186/7	178272
M	7:30pm-9:30pm	Mar 2-Apr 27	\$212/8	178274

**NEW** **WOMEN'S 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 Courts**

Su	4:30pm-6:30pm	Jan 4-Feb 22	\$212/8	178439
Su	4:30pm-6:30pm	Mar 8-Apr 19	\$186/7	178441

**WOMEN'S 3.0-3.5 DOUBLES STRATEGY**

**15 yrs+**

For players of a self-assessed 3.0-3.5 skill level, as per Tennis Canada's Self-Rating Guide. If you are interested in developing the techniques, tactics and strategy behind winning doubles play, this program is for you! Sessions will include drills meant to emphasize the concepts of the day and match play for the opportunity to put skills into action.

**Panorama Recreation Centre Indoor Tennis Courts**

F	2pm-4pm	Jan 23-Feb 27	\$133/5	178384
F	2pm-4pm	Mar 6-Apr 24	\$186/7	178385

**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 games-based approach will be used for practice.

**Panorama Recreation Centre Indoor Tennis Courts**

Su	7pm-8:30pm	Jan 4-Feb 22	\$176/8	178437
Su	7pm-8:30pm	Mar 8-Apr 19	\$154/7	178443

**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 Activity Schedules > 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*	Jan-Apr	\$23/session
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\*Some exclusion weeks apply.



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	Jan 7-Feb 25	\$160/8	178312
W	7:30am-9am	Mar 4-Apr 29	\$180/9	178322

3.0-3.5 Intermediate

Th	11am-12:30pm	Jan 8-Feb 26	\$160/8	178354
Th	11am-12:30pm	Mar 5-Apr 30	\$180/9	178375

3.5 High Intermediate

M	6pm-7:30pm	Jan 5-Feb 23	\$140/7	178276
M	6pm-7:30pm	Mar 2-Apr 27	\$160/8	178288

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

NEW Individual sign up option available for all doubles events!

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

Mixed Doubles  
Triple Knockout

F-Su	Jan 9-11
Individual	\$38* 178973
Team	\$75* 178974

Mixed Singles  
Triple Knockout

F-Su	Feb 27-Mar 1
\$55*	178975

Women's Doubles  
Triple Knockout

F-Su	Apr 24-26
Individual	\$38* 178978
Team	\$75* 178979

NEW

DOUBLES ROUND ROBIN

15 yrs+

Practice your tennis match play skills in a fun, social setting! Expect organized match play using a round robin format. Register by individual, not by team. Targeting players of self-assessed 3.0-4.0+ skill levels. Please refer to Tennis Canada's Self-Rating Guide or course descriptions online for more information.

Panorama Recreation Centre Indoor Tennis Courts

3.0-3.5

Sa	5pm-6:30pm	Jan 17-31	\$36/3	178728
Sa	5pm-6:30pm	Feb 7-21	\$36/3	178732
Sa	5pm-6:30pm	Mar 7-28	\$48/4	178734
Sa	5pm-6:30pm	Apr 4-18	\$36/3	178736

4.0+

Sa	6:30pm-8:30pm	Jan 17-31	\$48/3	178730
Sa	6:30pm-8:30pm	Feb 7-21	\$48/3	178733
Sa	6:30pm-8:30pm	Mar 7-28	\$64/4	178735
Sa	6:30pm-8:30pm	Apr 4-18	\$48/3	178737

FITNESS

INTRO INTO WEIGHT TRAINING

16 yrs+

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

Panorama RecreationCentre Lookout Room

Instructor Jan Frampton

Th	11:45am-1pm	Jan 8-29	11:45am-1pm	\$64/4	179514
Th	11:45am-1pm	Feb 5-26	11:45am-1pm	\$64/4	179515
Th	11:45am-1pm	Mar 5-26	11:45am-1pm	\$64/4	179516
Th	11:45am-1pm	Apr 2-23	11:45am-1pm	\$64/41	79517

BODY CAMP

15 yrs+

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

Central Saanich Cultural Centre Room B

Instructor: Sherry Leblanc

Tu	5:30pm-6:30pm	Jan 6-Feb 24	\$120/8	178708
Tu	5:30pm-6:30pm	Mar 3-Apr 21	\$120/8	178715

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	Jan 12-Feb 23	\$66/6	178652
M	1:15pm-2pm	Mar 02-Apr 27	\$88/8	178653

JAZZERCISE

16 yrs+

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

- \$195 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	Jan 5-Apr 29
Sa	10:15am-11:15am	Jan 10-Apr 25
Su	8:15am - 9:15am	Jan 11 - Apr 26



# FULL CIRCLE FITNESS

16 - 80 yrs

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

**Panorama Recreation Centre Fitness Studio**

*Instructor: Judy Brochez*

Tu	4pm-5:15pm	Jan 6-Feb 10	\$72/6	178583
Tu	4pm-5:15pm	Feb 17-Mar 24	\$72/6	178586
Tu	4pm-5:15pm	Apr 7-May 12	\$72/6	178587

# FASCIA IN MOTION

16 - 85 yrs

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

**Greenglade Community Centre Room 4**

*Instructor: Judy Brochez*

Tu	10:45am-11:45am	Jan 6-Feb 10	\$72/6	178625
Tu	10:45am-11:45am	Feb 17-Mar 24	\$72/6	178626
Tu	10:45am-11:45am	Apr 7-May 12	\$72/6	178628

Th	10:30am-11:30am	Jan 8-Feb 12	\$72/6	178629
Th	10:30am-11:30am	Feb 19-Mar 26	\$72/6	178633
Th	10:30am-11:30am	Apr 9-May 14	\$72/6	178636

# ESSENTRICS STRETCH AND TONE

18 yrs+

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

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

**Greenglade Community Centre Room 4**

*Instructor: Cathy Roberts*


M	9:15am-10:15am	Jan 5-Feb 23	\$84/7	178655
M	9:15am-10:15am	Mar 2-Apr 27	\$96/8	178656

## PERSONAL TRAINING & ORIENTATION

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

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

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





## ESSEINTRICS AGING BACKWARDS

18 yrs+

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

No experience necessary

**Greenglade Community Centre Room 4**

*Instructor: Phyllis Musseau*

Th	11:45am-12:35pm	Jan 8-Feb 26	\$105/7	178503
Th	11:45am-12:35pm	Mar 5-Apr 30	\$120/8	178504

## 4 CORE

16 yrs+

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

**Panorama Recreation Centre Fitness Studio**

*Instructor: Judy Brochez*

Th	4:15pm-5:15pm	Jan 8-Feb 12	\$72/6	178591
Th	4:15pm-5:15pm	Feb 19-Mar 26	\$72/6	178592
Th	4:15pm-5:15pm	Apr 9-May 14	\$72/6	178593

## 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 pushup - 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	Jan 9-Feb 6	\$75/5	178724
F	5:30pm-6:30pm	Feb 13-Mar 13	\$75/5	178805
F	5:30pm-6:30pm	Mar 20-Apr 24	\$75/5	178806

## WOMEN'S KICKBOXING

16 yrs+

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

**Central Saanich Cultural Centre Room A**

*Instructor: Jodi Hensel*

Tu,Th	6pm-7pm	Jan 13-Feb 12	\$100/10	178575
Tu,Th	6pm-7pm	Feb 17-Mar 5	\$60/6	178577
Tu,Th	6pm-7pm	Mar 24-Apr 23	\$100/10	178578



## FITNESS 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

Tu	8pm-9pm	Jan 13-Feb 24	\$84/7	178718
Tu	8pm-9pm	Mar 3-Apr 21	\$96/8	178719

## FITNESS BOXING

15 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

Sa	11:30am-12:30pm	Jan 17-Feb 28	\$84/7	178720
Sa	11:30am-12:30pm	Mar 7-Apr 25	\$84/7	178721

## UPBEAT BARRE

15 yrs+

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

### Central Saanich Cultural Centre Room B

*Instructor: Chelsea Stanley*

W	9am-10am	Jan 7-Feb 11	\$102/6	177903
W	9am-10am	Mar 4-Apr 8	\$102/6	177907
W	9am-10am	Apr 15-May 27	\$119/7	177908
Sa	8am-9am	Jan 3-Feb 14	\$119/7	177909
Sa	8am-9am	Mar 7-Apr 11	\$102/6	177909
Sa	8am-9am	Apr 18-May 30	\$119/7	177910

## 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	Jan 4-Feb 15	\$119/7	177911
Su	9:15am-10:15am	Mar 8-Apr 12	\$102/6	177912
Su	9:15am-10:15am	Apr 19-May 31	\$119/7	177913



## FASCIA, MOVEMENT AND MOBILITY

16 yrs+

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

**Greenglade Community Centre Room 5**

*Instructor: Judy Brochez*

M 10:45am-11:45am	Feb 23-Mar 16	\$48/4	178638
M 10:45am-11:45am	Apr 13-May 4	\$48/4	178639

## MIND AND BODY

### YOGA TONE

15 yrs+

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

**Central Saanich Cultural Centre Room B**

*Instructor: Sherry Leblanc*

M	5:30pm-6:30pm	Jan 5-Feb 23	\$105/7	178709
M	5:30pm-6:30pm	Mar 2-Apr 20	\$105/7	178710
M	6:45pm-7:45pm	Jan 5-Feb 23	\$105/7	178711
M	6:45pm-7:45pm	Mar 2-Apr 20	\$105/7	178712
W	5:30pm-6:30pm	Jan 7-Feb 25	\$120/8	178713
W	5:30pm-6:30pm	Mar 4-Apr 22	\$120/8	178714

## DOWNDAGW 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	Jan 5-Mar 9	\$117/9	177972
M	5:45pm-6:45pm	Mar 30-May 11	\$78/6	177973

### 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	Jan 5-Mar 9	\$117/9	177975
M	7pm-8pm	Mar 30-May 11	\$78/6	177976

## THERAPEUTIC YOGA FOR BACK CARE

16 yrs+

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

**Greenglade Community Centre Room 4**

*Instructor: Phyllis Musseau*

Tu	3pm-3:45pm	Jan 6-Feb 24	\$120/8	178500
Tu	3pm-3:45pm	Mar 03-Apr 28	\$120/8	178501

## 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	Jan 7-Feb 25	\$104/8	178642
W	5:15pm-6:15pm	Mar 4-Apr 22	\$104/8	178643
F	4:15pm-5:15pm	Jan 9-Feb 27	\$104/8	178640
F	4:15pm-5:15pm	Mar 6-Apr 24	\$91/7	178641

## 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	Jan 14-Feb 25	\$84/7	178659
W	11am-11:45am	Mar 4-Apr 29	\$84/7	178660

## 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	Jan 20-Feb 24	\$84/6	178588
Tu	6:45pm-8pm	Apr 7-Apr 28	\$56/4	178589

## NIA DANCE / TECHNIQUE

16 yrs+

FUNctional Fitness

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

**Greenglade Community Centre Room 5**

*Instructor: Candice Francis*

M	5:15pm-6:15pm	Jan 19-Feb 23	\$75/5	178507
M	5:15pm-6:15pm	Mar 9-Apr 20	\$90/6	178511
M	5:15pm-6:15pm	Apr 27-Jun 08	\$90/6	178514

TAI CHI

18 yrs+

Instructor: Wendy Riggs

Beginners Part 1

Learn the 108-move tai chi style developed by Master Moy Lin-Shin. Experience the many health benefits that come with this complete body exercise. Relaxation, improved balance joint movement, increased stamina are just a few of the benefits from tai chi practice. Non-contact , not competitive.

North Saanich Middle School Multipurpose Room

M-Th 6:15pm-7:15pm Jan 12-Feb 26 \$111/13 77916

Beginners Part 2

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

North Saanich Middle School Multipurpose Room - Centre

M-Th 6:15pm-7:15pm Mar 2-Apr 16 \$111/13 177917

Continuing

This course is designed for those who have completed the Beginners Tai Chi and are transitioning from Beginners to the full health benefits of on-going continuing Tai Chi practice. The classes are enriching and will add to your Tai Chi abilities and experience by building on the foundations learned as a Beginner. Non-contact & not competitive form of Tai Chi practice.

North Saanich Middle School Multipurpose Room

Sa 9:30am-11am Jan 10-Apr 25 \$128 5 177920

Greenglade Community Centre Room 4

W 6:30pm-8pm Jan 14-Apr 8 \$111/13 177922  
W 6:30pm-8pm Apr 15-Jun 24 \$94/11 177923





PILATES

16 yrs+

Greenglade Community Centre

Instructor: Phyllis Musseau

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

Tu	5:15pm-6:15pm	Jan 6-Feb 24	\$105/7	178497
Tu	5:15pm-6:15pm	Mar 3-Apr 28	\$120/8	178498

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	Jan 6-Feb 24	\$105/7	178492
Tu	4pm-5pm	Mar 3-Apr 28	\$120/8	178493

ZUMBA

16 - 75 yrs

Panorama Recreation Centre Fitness Studio

Instructor: Sandra Perez De Lamplugh

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!

Tu	6:30pm-7:30pm	Jan 6-Feb 24	\$96/8	178645
Tu	6:30pm-7:30pm	Mar 3-Apr 28	\$108/9	178649

W	10:40am-11:40am	Jan 7-Feb 25	\$96/8	178646
W	10:40am-11:40am	Mar 4-Apr 29	\$108/9	178650

F	10:40am-11:40am	Jan 9-Feb 27	\$96/8	178647
F	10:40am-11:40am	Mar 06-Apr 24	\$84/7	178651

Zumba Toning

M	10:40am-11:40am	Jan 12-Feb 23	\$72/6	178644
M	10:40am-11:40am	Mar 02-Apr 27	\$96/8	178648

Greenglade Community Centre Room 4

Th	6:30pm - 7:30m	Jan 8-Feb 26	\$96/8	179365
Th	6:30pm - 7:30m	Mar 5-Apr 30	\$108/9	179366



# REHABILITATION

## OSTEOFIT

40 yrs+

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

**Greenglade Community Centre Room 4**

*Instructor: Cathy Roberts*

M,W	10:30am-11:30am	Jan 5-Jan 28	\$84/8	178462
M,W	10:30am-11:30am	Feb 2-Feb 25	\$74/7	178464
M,W	10:30am-11:30am	Mar 2-Apr 1	\$105/10	178467
M,W	10:30am-11:30am	Apr 8-Apr 29	\$74/7	178468

*Instructor : Lynn Hood*

Tu	8am-9am	Jan 6-Feb 24	\$84/8	178704
Tu	8am-9am	Mar 3-Apr 28	\$95/9	178705
Th	8am-9am	Jan 8-Feb 26	\$84/8	178706
Th	8am-9am	Mar 5-Apr 30	\$95/9	178707

*Instructor : Judy Brochez*

F	10:30am-11:30am	Jan 9-Jan 30	\$42/4	178458
F	10:30am-11:30am	Feb 6-Feb 27	\$42/4	178459
F	10:30am-11:30am	Mar 6-Mar 27	\$42/4	178460
F	10:30am-11:30am	Apr 10-May 1	\$42/4	178461

## 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)



# 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	Jan 6-Jan 29	\$84/8	177833
Tu,Th	10:15am-11:15am	Feb 3-Feb 26	\$84/8	177835
Tu,Th	10:15am-11:15am	Mar 3-Mar 26	\$84/8	177837
Tu,Th	10:15am-11:15am	Mar 31-Apr 30	\$105/10	177838

## 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	Jan 6-Jan 29	\$84/8	177839
Tu,Th	11:30am-12:30pm	Feb 3-Feb 26	\$84/8	177840
Tu,Th	11:30am-12:30pm	Mar 3-Mar 26	\$84/8	177841
Tu,Th	11:30am-12:30pm	Mar 31-Apr 30	\$105/10	177842

Th	12:45pm-1:45pm	Jan 8-Feb 26	\$84/8	177843
Tu	12:45pm-1:45pm	Mar 5-Apr 30	\$84/8	177845

# 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

Winter/Spring General Programs (Jan 5 - May 1)	Winter Swim & Skate Lessons (Jan 5 - Mar 15)
Th, Dec 4 @ 6:30am (Visible online Nov 27)	Th, Dec 18 @ 6:30am (Visible online Dec 11)

## LOOKING AHEAD...REGISTRATION DATES

Spring/Summer General Programs (May 2 - Sep 7)	Spring/Summer Swim Lessons (Skate lesson return Fall 2026)	
Th, Apr 9 @ 6:30am (Visible online Apr 2)	Set 1 (Apr 25 - Jun 25)	Set 2 (Jun 29 - Sep 4)
	Th, Mar 12 @ 6:30am (Visible online Mar 5)	Th, Jun 18 @ 6:30am (Visible online Jun 11)

SEE PREVIOUS PAGE FOR MORE PROGRAM & REGISTRATION INFORMATION.

## FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY

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

# ACTIVITY SCHEDULES - GO ONLINE



## OUR FACILITIES

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

### PANORAMA RECREATION CENTRE

#### AQUATICS

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

#### FITNESS

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

#### WEIGHT ROOM

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

#### ARENA

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

#### COURT BOOKINGS

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

#### JUMPSTART MULTI SPORT COURT

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



### GREENGLADE COMMUNITY CENTRE

#### FITNESS

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

#### WEIGHT ROOM

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

#### POTTERY

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

#### PICKLEBALL

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

### CENTENNIAL PARK

#### SPORT BOX

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

#### FIELDHOUSE AND PICNIC SHELTER BOOKINGS

Online bookings are available for the fieldhouse and picnic shelters.

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