

# Admission Fees

## SINGLE ADMISSION FEES

| Under 6 Years                             | FREE    |
|---|---------|
| 6 - 18 Years                              | \$3.75  |
| 19 - 59 Years                             | \$7.00  |
| 60 Years+                                 | \$5.75  |
| Family                                    |         |
| 2 adults & up to 3 youth (max 18 years)   | \$14.00 |
| or 1 adult & up to 4 youth (max 18 years) |         |

## ADDITIONAL SERVICES

|                  |                       |
|------------------|-----------------------|
| Locker Tokens    | \$0.25 each or \$5/25 |
| Skate Rentals    | \$3.75                |
| Skate Sharpening | \$5.75                |
|                  | \$51.75/10            |

All rates include GST.

## 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. Rates in effect September 1, 2023. For all pass details, visit [panoramarecreation.ca](http://panoramarecreation.ca)

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

### PER-VISIT PASSES

|           | 6 - 18 Years | 19 - 59 Years | 60 Years+ |
|-----------|--------------|---------------|-----------|
| 10 Visits | \$33.75      | \$63.00       | \$51.75   |
| 25 Visits | \$79.75      | \$148.75      | \$122.25  |
| 50 Visits | \$150.00     | \$280.00      | \$230.00  |



Swimming  
Fitness  
Skating  
Weight Room  
Sports  
Jumpstart Multi  
Sport Court  
Teen Lounge  
Kindergym

### MONTHLY PASSES

|                          | ONE MONTH PASS | NEW CONTINUOUS PASS<br>1st month | NEW CONTINUOUS PASS<br>(Subsequent months) | ANNUAL PASS<br>(Paid in full) |
|--------------------------|----------------|----------------------------------|--|-------------------------------|
| Adult (19 yrs+)          | \$60           | \$60                             | \$32.50                                    | \$390.50                      |
| Family - One Adult*      | n/a            | \$70                             | \$39.65                                    | \$475.50                      |
| Family - Two Adult**     | \$120          | \$120                            | \$65                                       | \$781                         |
| Youth (18 years & Under) | n/a            | n/a                              | n/a  | \$85                          |

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

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

|                      | COST PER MONTH | PAID IN FULL |
|----------------------|----------------|--------------|
| Regional Annual Pass | \$46           | \$552        |

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.

# Winter 2024 Activity Schedule

January 8 - March 15, 2024

### PANORAMA RECREATION CENTRE

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

✉ [info@panoramarec.bc.ca](mailto:info@panoramarec.bc.ca) ☎ 250 656 7271



Panorama  
RECREATION

Live well. Have fun.

### GREENGLADE COMMUNITY CENTRE

2151 Lannon Way, Sidney, BC, V8L 3Z1

✉ [info@panoramarec.bc.ca](mailto:info@panoramarec.bc.ca) ☎ 250 656 7055

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

f /panoramarecreation

✉ @Panorama\_Rec

📷 @panoramarec

# AQUATIC SCHEDULE



**PRO D DAY  
SWIM**

**1:30-4pm**

**Fri, Feb 16**

\*No lanes or water walking



**Effective Jan 8 - Mar 15, 2024 (Holiday Schedule Feb 19)**

Schedule subject to change without notice. For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.

Children under the age of 7 must be within arms reach of an adult (16 yrs+)

| MONDAY   | TUESDAY                                      | WEDNESDAY                                    | THURSDAY   | FRIDAY   | SATURDAY                                   | SUNDAY  | HOLIDAY                                   |
|--|--|--|--|--|--|---|---|
| 6-7:45AM<br>Lanes, Water Walking, Leisure<br>(Some activities unavailable 7:45-8am during set up transition)   |  |  |  |  | 7- 8:45AM<br>Lanes, Water Walking, Leisure | 7- 9AM<br>Lanes, Water Walking, Leisure       | 7AM-12PM<br>Lanes, Water Walking, Leisure |
| 8AM-10AM<br>Water Walking, Leisure   |  |  |  |  | 8:45-11:45AM<br>Lessons Only               | 9-10:30AM<br>Leisure, Programs                |   |
| 10AM-12PM<br>Lanes, Water Walking, Leisure   |  |  |  |  |  | 10:30AM-12PM<br>Lanes, Water Walking, Leisure |   |
| 12-1PM<br>Lanes, Water Walking, Leisure  | 12-1PM<br>Lanes, Water Walking, Leisure      | 12-1PM<br>Lanes, Leisure                     | 12-1PM<br>Lanes, Water Walking, Leisure                                    | 12-1PM<br>Lanes, Water Walking, Leisure                          | 12-3PM<br>Fun Swim                         | 12-2:45PM<br>Fun Swim                         | 12-3PM<br>Fun Swim                        |
| 1PM-3:45PM<br>Lanes, Water Walking, Leisure<br>(Some activities unavailable 3:45-4pm during set up transition) |  |  |  | 1PM-3:45PM<br>Lanes, Leisure<br>1-2PM, 3-3:45PM<br>Water Walking | 3-6PM<br>Leisure, Swim Club                | 3-6PM<br>Lessons Only                         |   |
| 4-6:30PM<br>Leisure, Swim Club   | 4-6:30PM<br>Water Walking, Leisure, Programs | 4-6:30PM<br>Water Walking, Leisure, Programs | 4-6:30PM<br>Water Walking, Leisure, Programs                               | 4-6:30PM<br>Leisure, Swim Club                                   |  |   | 3-6PM<br>Lanes, Water Walking, Leisure    |
| 6:30-9:30PM<br>Lanes, Water Walking, Leisure<br>(Waterslide Tues & Wed, 6:30-8PM)                              |  |  | 6:30-9:30PM<br>Lanes, Water Walking, Leisure<br>(Waterslide open 6:30-8PM) | 6:30-9:30PM<br>Fun Swim  | 6-8:30PM<br>Fun Swim                       | 6-8:30PM<br>\$2 Swim, (Waterslide open 6-8PM) |   |

|                           |   |
|---------------------------|---|
| <b>Lanes</b>              | Minimum 3 single lanes for lap swimming.  |
| <b>Leisure</b>            | Leisure pool, hot tub, sauna, and steam room available.   |
| <b>Lessons Only</b>       | The aquatic facility including the hot tub, sauna & steam is closed. This time is for registered swim lesson participants only. |
| <b>Fun Swim</b>           | Main pool, leisure pool, waterslide, sauna and steam room available. 42" tall to ride the waterslide.                           |
| <b>Swim Club/Programs</b> | Main pool is reserved for Piranhas Swim Club and/or program participants.   |
| <b>Water Walking</b>      | Minimum 1 lane available for water walking in the leisure pool.   |

## AQUATIC FITNESS (No classes Feb 19)

Schedule subject to change without notice.

For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.



| MONDAY                               | TUESDAY   | WEDNESDAY              | THURSDAY               | FRIDAY                         |
|--------------------------------------|---|------------------------|------------------------|--------------------------------|
| Combo Aquafit<br>8-9AM               | Combo Aquafit<br>8-9AM  | Combo Aquafit<br>8-9AM | Combo Aquafit<br>8-9AM | Combo Aquafit<br>9-10AM        |
| Light & Easy Aquafit<br>12:30-1:30PM |   |                        |                        | Light & Easy Aquafit<br>2-3PM* |
| <b>Combo</b>                         | (Main Pool) All classes will provide you with a challenging workout with little to no impact on your joints! Start each class with 5-10 min of warm-up, 30-35 min of cardio and 10-15 min of strength and stretching. |                        |                        |                                |
| <b>Light &amp; Easy Aquafit</b>      | (Main & Leisure Pool) A light version of Shallow Aquafit designed for people who have recovered from an injury and/or surgery, live with arthritis or are currently sedentary. *No class Feb 16.                      |                        |                        |                                |

# WEIGHT ROOM SCHEDULE



**Effective Jan 8 - Mar 15, 2024** (Holiday Schedule Feb 19)

Schedule subject to change without notice.

For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.



## @ Panorama Recreation Centre

| MONDAY                          | TUESDAY                      | WEDNESDAY                       | THURSDAY                     | FRIDAY                          | SATURDAY                              | SUNDAY                                |
|---------------------------------|------------------------------|---------------------------------|------------------------------|---------------------------------|---------------------------------------|---------------------------------------|
| 6AM-9:30PM                      | 6AM-9:30PM                   | 6AM-9:30PM                      | 6AM-9:30PM                   | 6AM-9:30PM                      | 7AM-8:30PM                            | 7AM-8:30PM                            |
| SUPERVISED<br>7-9AM<br>4-9:30PM | SUPERVISED<br>7-9AM<br>4-9PM | SUPERVISED<br>7-9AM<br>4-9:30PM | SUPERVISED<br>7-9AM<br>4-9PM | SUPERVISED<br>7-9AM<br>4-9:30PM | SUPERVISED<br>8AM-12PM<br>4:30-8:30PM | SUPERVISED<br>8AM-12PM<br>4:30-8:30PM |

### Supervised Times

A qualified weight room attendant will be available to assist you with your weight training program. If you are not familiar with the equipment or have questions regarding exercise technique, the attendant will be available for advice during these drop-in times.

Our weight room features:

- An extensive selection of strength training equipment, dumbbells & barbells
- Cardiovascular equipment including treadmills, elliptical trainers, AMT (adaptive motion trainers), upright and recumbent bikes that feature interactive displays with iPod/iPhone chargers, cable TV, internet and a personal account tracker
- Concept II Rowers, Keiser spin bikes, Stairclimbers, NUSTEPs & Interactive Espresso gaming bikes
- A variety of stability balls, BOSUs, medicine balls, balance boards, tubing & TRXs

Restricted to age 15 and older. 13 years+ who have taken the Regional Youth Weight Room Orientation course may attend.

Did you know the Panorama & Greenglade Weight Rooms have a variety of accessible equipment including NuSteps, Functional Cable Machines, Freemotion Cables, active hand gripping aids and closed captioning on some cardio equipment.

**Effective Jan 8 - Mar 15, 2024** (Closed Feb 19)

Schedule subject to change without notice.

For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.

## @ Greenglade Community Centre



| MONDAY               | TUESDAY                  | WEDNESDAY               | THURSDAY                 | FRIDAY  | SATURDAY | SUNDAY  |
|----------------------|--------------------------|-------------------------|--------------------------|---------|----------|---------|
| 8AM-8PM              | 8AM-8PM<br>CLOSED 12-1PM | 8AM-6:45PM              | 8AM-8PM<br>CLOSED 12-1PM | 8AM-8PM | 9AM-3PM  | 9AM-3PM |
| SUPERVISED<br>9-11AM |                          | SUPERVISED<br>10AM-12PM | SUPERVISED<br>8-10AM     |         |          |         |

Featuring treadmills, bikes, elliptical trainers, AMT, rowing machine, a small selection of weight machines, dumbbells, tubing, medicine balls, BOSUs and more.

### Personal Training

A personal trainer will assist in developing an individualized workout and movement plan based on your history and specific goals. Our coaches will begin by observing your current movement patterns and look to optimize a routine to move with greater efficiency and function. Visit our website for more details and to download your package. Personal Training packages may also be picked up from reception.

# FITNESS SCHEDULE



**Effective Jan 8 - Mar 15, 2024** (No classes Feb 19)

Schedule subject to change without notice.

Please note our fitness schedule may fluctuate week to week.

For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.



12 yrs+. For fitness class descriptions, see next page.

## PANORAMA RECREATION CENTRE

|                                    | MONDAY   | TUESDAY              | WEDNESDAY               | THURSDAY             | FRIDAY       | SATURDAY              | SUNDAY       |
|------------------------------------|----------|----------------------|-------------------------|----------------------|--------------|-----------------------|--------------|
| Bootcamp                           | 6-6:45AM |                      | 6-6:45AM                |                      |              |                       |              |
| Bootcamp - Circuit                 |          |                      |                         |                      | 6-6:45AM     |                       |              |
| Cardio Box                         |          |                      | 9:15-10:15AM            |                      | 9:15-10:15AM |                       |              |
| HIIT                               | 6-6:45PM | 5:30-6:15PM          |                         | 5:30-6:15PM          | 5:30-6:15PM  |                       |              |
| Jazzercise**<br>**Drop-in for \$15 | 7-8PM    |                      | 7-8PM                   |                      |              | 10:15-11:15AM         | 8:15-9:15AM  |
| Spin                               | 5-5:45PM | 6:15-7AM<br>8-8:45AM | 8-8:45AM<br>5:30-6:15PM | 6:15-7AM<br>8-8:45AM |              | 8:15-9AM<br>9:15-10AM |              |
| Spin & Strength                    | 12-1PM   |                      | 12-1PM                  |                      | 12-1PM       |                       |              |
| Sports Step                        |          |                      |                         |                      |              |                       | 9:30-10:30AM |
| Total Body Conditioning            | 9-10AM   | 9-10AM               | 1:30-2:30PM             | 9-10AM               | 1:30-2:30PM  |                       |              |
| TRX                                | 9-10AM   | 10:30-11:30AM        | 6:30-7:30PM             | 10:30-11:30AM        | 9-10AM       |                       |              |

## GREENGLADE COMMUNITY CENTRE

|                         | MONDAY | TUESDAY     | WEDNESDAY   | THURSDAY    | FRIDAY       | SATURDAY      | SUNDAY |
|-------------------------|--------|-------------|-------------|-------------|--------------|---------------|--------|
| Circuit Training        |        | 12-1PM      | 6:45-7:45PM | 12-1PM      |              |               |        |
| Fitness Yoga*           | 8-9AM  |             | 8-9AM       |             | 8-9AM        | 10:30-11:30AM |        |
| Hatha Yoga*             |        | 5:15-6:15PM |             | 5:15-6:15PM |              |               |        |
| Movin' On Up            |        | 9-10AM      |             | 9-10AM      |              |               |        |
| Total Body Conditioning |        |             |             |             | 9:15-10:15AM | 9:15-10:15AM  |        |

\*\$13 drop-in or swipe of an active pass.



### RESERVE YOUR SPOT

January 2024 classes - Online reservations available starting December 29, 7:15am,

Effective Friday, January 26, 2024 online reservations will open at 7:15am every other friday for the following 2 weeks of classes.

# FITNESS SCHEDULE

## TO RESERVE YOUR SPOT

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

Drop-in if  
space available

|                                  |   |
|----------------------------------|---|
| Bootcamp                         | This 45 min Bootcamp class will get your heart rate revved up! Minimal equipment with maximal effort.   |
| Bootcamp - Circuit               | This fun circuit-style bootcamp incorporates equipment combinations and interval training   |
| Cardio Box                       | This high-energy class combines boxing form and technique with classic cardio fitness movement patterns. Punch, kick, and squat your way to your fitness goals! Modifications offered for higher impact moves and small equipment may be used during the class. All levels welcome.   |
| Circuit Training                 | Circuit Training is an efficient, all in one workout in the weight room combining stations of weight training, cardio and strength intervals to keep the heart rate up and the body guessing. Stations will incorporate a variety of equipment including free weights, tubing, exercise balls and BOSUs to increase strength. Cardio and core followed with a guided stretch. |
| Fitness Yoga                     | Tighten & tone with Fitness Yoga is an invigorating combination of traditional fitness training and yoga poses. *\$13 drop-in or swipe of active pass.  |
| Hatha Yoga                       | Hatha style Yoga class will bring awareness of breath in combination with traditional yoga poses. All levels welcome.<br>*\$13 drop in or swipe of an active pass   |
| HIIT                             | Rev up your metabolism in this High Intensity Interval Training class. HIIT has shown to improve endurance, strength and power while burning fat. This workout will feature a selection of training accessories such as the dumbbells, steps, body bars and more! Previous experience recommended.  |
| Movin' On Up                     | Self-paced, mild to moderate, low impact aerobic workout, followed by a strengthening session.  |
| Spin Classes<br>(Indoor Cycling) | The ultimate 45 minute indoor cycling workout combines aerobic and anaerobic exercise through drills and speed work. Build endurance, cardio and flexibility in this fun class while working at your own intensity level. Please bring a water bottle & towel.  |
| Spin & Strength                  | Combine the power of Spin and Strength training in this high powered class. Start with 25 minutes of indoor cycling drills, followed by a 25 minute strength training.  |
| Sport Step                       | This class will blend step choreography with all the classic step moves. During this fun hour class, we will focus on cardiovascular endurance followed by a shortened strength training section. All levels are welcome!   |
| Total Body<br>Conditioning       | Work your entire body using weights, body bars, resistance tubing, stability balls, gliders and the BOSU. No class is the same! If you like variety and strength training, this is the class for you!   |
| TRX (Suspension<br>Training)     | This intense workout will use your own body weight and gravity to build long lean muscle, balance, stability and flexibility in one efficient class. You control how easy or hard you want to work. Whether you are an athlete or just want to get back into shape, the TRX is an excellent cross training tool to reach your fitness goals!                                  |
| Jazzercise                       | Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost.<br><b>**NEW REDUCED RATE</b> Drop-in for \$15   |



# SPORTS SCHEDULE



**Effective Jan 8 - Mar 15, 2024**

Schedule subject to change without notice.

For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.



**Jumpstart  
Bon départ**

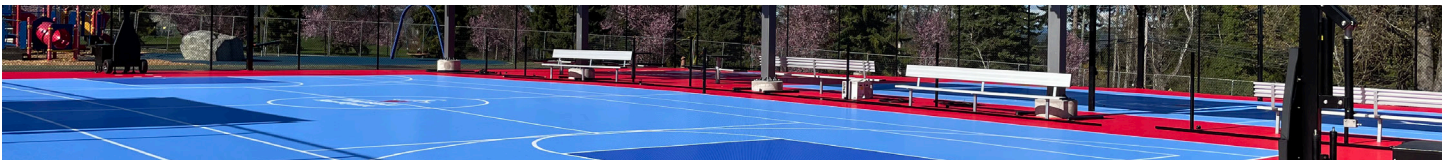
## FREE SPORT DROP-IN

### JUMPSTART MULTI SPORT COURT

The shared Jumpstart Multi Sport Court (JSMSC) at Panorama Recreation Centre is designed for a variety of sports and allows accessible programming for all ages. Opening hours based on weather conditions. Bring your own equipment or borrow ours! Equipment may be signed out at Reception. It is available first come, first served.

|                                       | MONDAY   | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY   | SATURDAY | SUNDAY   |
|---------------------------------------|----------|----------|-----------|----------|----------|----------|----------|
| <b>FREE</b> Badminton/<br>Volleyball  | 8am-10pm | 8am-10pm |           |          |          |          | 8am-10pm |
| <b>FREE</b> Pickleball                |          |          | 8am-10pm  | 8am-10pm | 8am-10pm | 8am-10pm |          |
| <b>FREE</b> Basketball/<br>Open Court | 8am-10pm | 8am-10pm | 8am-10pm  | 8am-10pm | 8am-10pm | 8am-10pm | 8am-10pm |

|                           |  |
|---------------------------|--|
| Badminton/<br>Volleyball  | Recreational play for all ages on the JSMSC. Convertible net set to badminton/volleyball height. |
| Basketball/<br>Open Court | Recreational play for all ages on the JSMSC. Includes 6 basketball nets plus 2 adjustable nets.  |
| Pickleball                | Recreational play for all ages on the JSMSC. Convertible net set to pickleball height.           |



### SPORTS (No sessions Feb 19)

|                            | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY                   | FRIDAY   |
|----------------------------|---|---|---|----------------------------|--|
| Badminton                  | NSMS<br>7:30-9:30PM   |   |   |                            |  |
| All Levels<br>Pickleball   | GG<br>5-6:55PM  | GG<br>8:15AM-10:10AM<br>10:15AM-12:10PM   | GG<br>8:15-10:10AM<br>10:15AM-12:10PM<br>5-6:55PM<br>7-8:55PM | NSMS<br>6:30-8:30PM**      | GG<br>8:15-10:10AM<br>10:15AM-12:10PM<br><br>NSMS<br>6:30-8:30PM** |
| Intermediate<br>Pickleball | GG<br>7-8:55PM  |   |   | GG<br>5-6:55PM<br>7-8:55PM |  |
| Badminton                  | 12 yrs+. Recreational; all skill levels welcome! Birds provided. Bring or borrow a racquet. Drop-in using your Active Pass or by paying cash at the door. @ North Saanich Middle School |   |   |                            |  |
| Pickleball                 | All Levels*<br>Reservable   | 16 yrs+. All skill levels welcome! <a href="#">Reserve your spot online beginning at 7:30am every other Friday (beginning Jan 5) for all sessions in the following 2 weeks.</a> Bring a paddle and ball. Space-permitting, continued play welcome. @ Greenglade Community Centre (GG)   |   |                            |  |
|                            | All Levels<br>Registered  | 16 yrs+. All skill levels welcome! Bring a paddle and ball or borrow one of ours. ** Registration required and completed by month. Visit the Programs > Adult > Sports section of our website for details. @ North Saanich Middle School (NSMS)   |   |                            |  |
|                            | Intermediate*<br>Reservable   | 16 yrs+. For intermediate, 3.0+ skill levels. Refer to Pickleball Canada self-assessment skill level guidelines. <a href="#">Reserve your spot online beginning at 7:30am every other Friday (beginning Jan 5) for all sessions in the following 2 weeks.</a> Bring a paddle and ball. Space-permitting, continued play welcome. @ Greenglade Community Centre (GG) |   |                            |  |

# ARENA SCHEDULE

**Effective Jan 8 - Mar 15, 2024** (Drop-in activities subject to cancellation)

Schedule subject to change without notice.

For our most current schedule, visit [panoramarecreation.ca](http://panoramarecreation.ca) or scan the QR Code.



| MONDAY                                      | TUESDAY                            | WEDNESDAY                        | THURSDAY                            | FRIDAY  | SATURDAY                      | SUNDAY                                 |
|---|------------------------------------|----------------------------------|-------------------------------------|---|-------------------------------|--|
| Adult Stick & Puck<br>11:40AM-1PM           |                                    |                                  | Parent & Tot Skate<br>10:40-11:40AM |   | Everyone Welcome<br>12-1:20PM | Parent & Child Hockey<br>11:35-12:35PM |
| Everyone Welcome<br>1-2:20PM<br>FEB 19 ONLY | Adult Stick & Puck<br>11AM-12:20PM | \$2 Everyone Welcome<br>3-4:20PM | Adult Skate<br>11:40AM-1PM          | \$2 Everyone Welcome<br>1-2:20PM<br>FEB 16 ONLY |                               | Everyone Welcome<br>12:45-1:45PM       |
|   |                                    | Youth Stick & Puck<br>3:10-4PM   | Shinny Hockey<br>9:10-10:30PM*      | Teen Skate<br>8:30-9:35PM<br>(No SKATE FEB 16)  |                               |  |

|                       |   |  |
|-----------------------|---|--|
| Adult Skate           | 18 yrs+. Brushing up on your skating skills? Instructors will be available to give you some tips.   |  |
| Everyone Welcome      | Tuesday   | This quiet, leisurely skate provides an opportunity to practice your skating skills. |
|                       | Wednesday   | \$2 Skate!   |
|                       | Saturday & Sunday   | Bring your family and friends for skating fun, music and games.                      |
| Teen Skate            | 11 - 16 yrs (valid student ID may be required). Lights will be dimmed & top 40 tunes playing!   |  |
| Parent & Child Hockey | 12 yrs & under with parent. An opportunity for you and your young player to bring your sticks and soft pucks to shoot around. Helmets mandatory for all, full face masks are mandatory for children.  |  |
| Parent & Tot          | 6 yrs & under with parent. Join us for this skate which provides an opportunity for young ones to get comfortable on the ice. Toys and skating aids are provided along with child-friendly music. Strollers are welcome. \$7 drop-in includes admission and rentals for 1 parent and 1 tot or swipe of Active Pass. |  |
| Shinny Hockey         | 16 yrs+ Requires full gear. \$7/player, Goalies play for free. <a href="http://panoramarecreation.ca">Reserve your spot online at panoramarecreation.ca</a> *Evening Shinny is only available Jan 4, Jan 18, Feb 1, Feb 15, Feb 29, Mar 14,   |  |
| Stick & Puck          | For those who want to brush up on their hockey skills. Helmet with face mask and hockey gloves required. Goalies, games & scrimmages of any kind are not permitted. Youth 10 - 16yrs (Wednesdays). Adult 16 yrs+ (Mondays & Tuesdays).  |  |

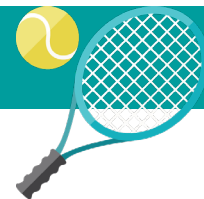
# COMMUNITY RECREATION SCHEDULE

**Effective Jan 8 - Mar 15, 2024** (No sessions Feb 19)

@ **Greenglade Community Centre**

| MONDAY                 | TUESDAY  | WEDNESDAY | THURSDAY               | FRIDAY               | SATURDAY | SUNDAY                       |
|------------------------|--|-----------|------------------------|----------------------|----------|------------------------------|
| Kindergym<br>9:30-11AM |  |           | Kindergym<br>9:30-11AM | Teen Lounge<br>6-8PM |          | Toys & Tumblers<br>9:30-11AM |
| Kindergym              | 1 - 5 yrs. Featuring ride-on toys, mini bouncy castle, tumbling mats, slides & more! Parent participation required. <a href="#">Reserve your spot online</a> . \$3.50/child. Drop-in if space available.   |           |                        |                      |          |                              |
| Toys & Tumblers        | 2 - 5 yrs. Featuring sports equipment, tumbling mats, small bouncy castle, ride-on toys & more. Parent participation required. <a href="#">Reserve your spot online</a> . Drop-in if space available. \$4/child.   |           |                        |                      |          |                              |
| Teen Lounge            | 11 - 16 yrs. <b>FREE</b> Teen Lounge is designed to be a safe and inclusive atmosphere for local teens to meet, connect, and relax with friends. <a href="#">Register in advance to secure your spot</a> . Limited number of drop-ins available. Visit online for more information. No session Feb 16. |           |                        |                      |          |                              |

# COURT BOOKINGS



## TENNIS, SQUASH, RACQUETBALL, WALLYBALL AND PING PONG

### @ PANORAMA RECREATION CENTRE



**SINGLE SESSIONS** - Book a single session online or via Reception up to 7 days in advance.

**RECURRING BOOKINGS** - Request a weekly timeslot for the season or a portion (min. 4 sessions). To submit a request, please complete the fillable "Recurring Court Booking Request Form" on the Book a Court section of our website at [panoramarecreation.ca](https://panoramarecreation.ca)

- Requests must be submitted at least 3 weeks prior to the desired first session.
- Currently accepting requests for January-April.
- We will begin accepting requests for May-August in March. Requests received up to and including March 25 will be reviewed and entered first.
- Renters must sign a Facility Rental Agreement. Some bookings may be eligible for a payment plan. Preview the Facility Rental Conditions of Use and responses to other FAQs on the Book a Court section of our website.

| TENNIS    |   | Indoor     | Outdoor   |
|-----------|---|------------|-----------|
| Prime     | Mon - Fri, 9 AM - 1 PM & 6 - 9 PM       | \$28.75/hr | \$6.25/hr |
| Economy   | Mon - Fri, 1 - 6 PM & Weekends, All Day | \$26.75/hr |           |
| Non-Prime | All days before 9 AM                    | \$16.50/hr |           |

## SQUASH, RACQUETBALL, WALLYBALL AND PINGPONG

|           |  |                |
|-----------|--|----------------|
| Prime     | Mon - Fri, 5:15 - 9 PM                       | \$16/45 min    |
| Non-Prime | Mon - Fri Before 5:15 PM & Weekends, All Day | \$12.75/45 min |



## PICKLEBALL

### @ GREENGLADE COMMUNITY CENTRE

**RECURRING BLOCK BOOKINGS** - A limited number of Recurring Group Court Rentals are available each season. Registration opens along with seasonal program registration. Please refer to the Programs > Adult > Sports > Pickleball section of our website for planned days and times this season.

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