

# Panorama RECREATION

FALL  
2023



REGISTRATION OPENS 6:30AM



General  
Programs



Swim  
Lessons

CRD

Making a difference...together

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

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

[@Panorama\\_Rec](https://www.twitter.com/Panorama_Rec)

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



Live well. Have fun.

# 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

Join our aquatics team!

See pages 36 & 37 for information on advanced aquatic courses (Bronze Cross, Bronze Medallion, Swim Instructor/Lifesaving Instructor Course and National Lifeguard) required to become a slide attendant, fun leader, swimming instructor or lifeguard.

A list of current job postings is available on our website. Click the link under the "We are hiring" tab on our homepage.

## PROGRAM REGISTRATION DATES

| ACTIVITY         | REGISTRATION DATE   |
|------------------|---|
| General Programs | Tuesday, July 25 @ 6:30am                                   |
| Swim Lessons     | Tuesday, Aug 15 @ 6:30am<br>(Visible online Tuesday, Aug 8) |

For more registration information, see p. 62 & 63

## LET'S CONNECT

 [panoramarecreation](#)

 [Panorama\\_Rec](#)

 [panoramarec](#)

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## CONTACT US

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

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

 250 656 7271 / 250 656 7055

## FACILITIES

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

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



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

### PANORAMA RECREATION CENTRE

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



- Two arenas
- An indoor swimming pool and indoor leisure pool with the tallest, wheelchair-accessible waterslide in the region
- Indoor tennis courts, two outdoor tennis courts, squash, and racquetball courts
- Weight room and fitness studio
- Three small multi-purpose rooms
- A 13,200 square foot inclusive 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

## TERRITORIAL ACKNOWLEDGMENT

The CRD conducts its business within the traditional territories of many First Nations, including but not limited to BOKÉCEN (Pauquachin), MÁLEXEŁ (Malahat), P'a:chi:da?ahť (Pacheedaht), Pune'laxutth' (Penelekut), Sc'ianew (Beecher Bay), Songhees, STÁUTW (Tsawout), T'Sou-ke, WJOŁEŁP (Tsartlip), WSIKEM (Tseycum), and x<sup>w</sup>sepsəm (Esquimalt), all of whom have a long-standing relationship with the land and waters from time immemorial that continues to this day.

# ADMISSION FEES

## SINGLE ADMISSION FEES

Rates in effect September 1, 2023

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

# 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)

| 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  |

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

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

\*Family = up to 5 individuals living in the same household. Max 2 adults 19 yrs+

|                      |                        |                       |
|----------------------|------------------------|-----------------------|
| Regional Annual Pass | PER-MONTH COST<br>\$44 | PAID IN FULL<br>\$528 |
|----------------------|------------------------|-----------------------|

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 **NEW** Continuous Pass?

Much like the 12- or 6-month Active Pass with scheduled payments, but without the renewal process. 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.
- 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, 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](http://panoramarecreation.ca)

- Requests must be submitted at least 3 weeks prior to the desired first session.
- Currently accepting requests for September-December.
- Requests for January-April accepted starting November 14. Requests received November 14-21 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<br>Sep 1-30 | Indoor<br>Oct 1-Dec 31 | Outdoor   |
|---|--------------------|------------------------|-----------|
| Prime Mon - Fri, 9 AM - 1 PM & 6 - 9 PM         | \$14/hr            | \$28.75/hr             | \$6.25/hr |
| Economy Mon - Fri, 1 - 6 PM & Weekends, All Day | \$13/hr            | \$26.75/hr             |           |
| Non-Prime All days before 9 AM                  | \$8/hr             | \$16.50/hr             |           |

| SQUASH, RACQUETBALL, WALLYBALL AND PINGPONG               | Indoor<br>Sep 1-30 | Indoor<br>Oct 1-Dec 31 |
|---|--------------------|------------------------|
| Prime Mon - Fri, 5:15 - 9 PM                              | \$8/45 mins        | \$16/45 min            |
| Non-Prime Mon - Fri Before 5:15 PM<br>& Weekends, All Day | \$6.40/45 min      | \$12.75/45 min         |

## PICKLEBALL

### @ GREENGLADE COMMUNITY CENTRE

**BLOCK BOOKINGS** - A limited number of Recurring Group Court Rentals are available this season. Build your own group of 4-5 players. Registration opens online at 6:30am July 25. One court reserved per registration. Two courts available per timeslot. Sign up must be made at least 3 weeks prior to the first session.

|   |                |              |                 |
|---|----------------|--------------|-----------------|
| W | 12:15pm-2:10pm | Sep 6-Dec 20 | \$552/16 120987 |
| F | 12:15pm-2:10pm | Sep 8-Dec 22 | \$483/14 120989 |

A handful of morning and evening timeslots are also available through September only. Refer to the Programs > Adult > Sports > Pickleball section of our website for days and times.

# SPECIAL EVENTS

## SEPTEMBER



**Friday, 1 - 2:20pm**  
**PRO-D DAY \$2 SKATE**  
Panorama Recreation Arena A

Join us for a fun-filled Pro-D day! Bring your family and friends for skating fun with music, games and prizes. Helmets available free of charge for skating.

## OCTOBER



**Monday - Sunday**  
**ACTIVE AGING WEEK**

Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental. Celebrate with us by joining these FREE activities! \*Registration required



**WED, OCT 4**

**FREE**  
Group Weight  
Training Orientation\*  
9:15-10:15AM  
@ PANORAMA #122200

**THURS, OCT 5**

**FREE**  
Adult Skate  
11:40am-1PM  
@ PANORAMA

**FRI, OCT 6**

**FREE**  
Light 'n Easy  
Aquafit  
2-3PM  
@ PANORAMA

# SPECIAL EVENTS

## OCTOBER



**Friday, 1 - 2:20pm**  
**PRO-D DAY \$2 SKATE**  
Panorama Recreation Arena A

**Friday, 1:30 - 4pm**  
**PRO-D DAY \$2 SWIM**  
Panorama Recreation Pool

Join us for a fun-filled Pro-D day! Bring your family and friends for swimming and skating fun with music, games and prizes. Helmets available free of charge for skating.



**Sunday, 10 - 11:30am**  
**SLIDER'S BIRTHDAY STROLL**  
Greenglade Community Centre

**Sunday, 12 - 1pm**  
**SLIDER'S BIRTHDAY STROLL**  
Panorama Recreation Centre

It's Slider's 14th Birthday! Slider will take his annual birthday stroll around Panorama and Greenglade.

Catch him strolling around facilities and wish him a Happy 14th Birthday! He may even have a special treat for you!

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

Give a healthy treat this Halloween with Panorama's free swim or skate passes.

Drop-in passes are valid for youth 6 - 18 years.

\$6 for 5 passes, \$22 for 25 passes.

On sale October 15th. Passes valid November 1-30 2023.





# SPECIAL EVENTS

## OCTOBER



**Monday, 9:30-11am**  
**SPOOKY SEASON @ KINDERGYM**  
Greenglade Community Centre

Put on your favorite costume and sneak into our special Halloween event. Themed activity stations, spooky decorations, and face painting will take place in addition to our regular Kindergym equipment. For children 1-5 years with guardian participation. See p. 17 to learn more about Kindergym. Regular rates apply.

## NOVEMBER



**Monday, 12-1:20pm**  
**EVERYONE WELCOME SKATE**  
Panorama Recreation Arena A

Bring your family and friends and join us for a skate on Monday, November 13th. Helmets available free of charge.



**Monday, 1 - 2:20pm**  
**PRO-D DAY \$2 SKATE**  
Panorama Recreation Arena A

**Monday, 1:30 - 4pm**  
**PRO-D DAY \$2 SWIM**  
Panorama Recreation Pool

Join us for a fun-filled Pro-D day! Bring your family and friends for swimming and skating fun, music, games and prizes. Helmets available free of charge for skating.

# SPECIAL EVENTS

## DECEMBER



Pick up a gingerbread house kit from Panorama or Greenglade starting November 15 and decorate with your family, friends, teammates and co-workers! Deliver back to Panorama on December 1st to be displayed in our C-FAX Santa's Anonymous challenge!

\$26 per house (family/friends entry)

\$55 per house (business entry)

All proceeds support C-FAX Santa's Anonymous



Your completed creation will be left on display in the lobby over the month of December. The public will vote for their favourite creation, and the winners will receive a prize!

Embrace the winter season with us at our wintery-themed Kindergym event. Enjoy crafts, games and more seasonal surprises alongside our regular Kindergym equipment during this exciting morning. For children 1-5 years with guardian participation. See p. 17 to learn more about Kindergym. Regular admission rates apply.



**GINGERBREAD HOUSE CHALLENGE**  
Panorama Recreation Centre



**Thursday, 9:30 - 11am**  
**FROSTY FESTIVAL @ KINDERGYM**  
Greenglade Community Centre

# SPECIAL EVENTS

## DECEMBER



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

The arena will be decorated with penguins, polar bears, lights, a Christmas tree and of course, Santa Claus. Skate amongst the lights or take a break and watch the excitement around you. Please note: Skate aids available upon request. See details below.



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

Join us on the ice for some holiday fun for the whole family! Enjoy hot chocolate, kids games, painting on the ice, and a special visit from Santa in this beautiful winter wonderland. Please note: Skate aids available upon request.

# WINTER WONDERLAND

Friday, Dec 22nd to Monday, Jan 1st

Each year, our arena is transformed to become a beautiful winter scene, lights, trees, penguins and polar bears, and of course a Christmas tree and Santa Claus! Throughout this winter season, ignite your holiday spirit and drop-by for one of our daily public skates, or book the ice for a private family or corporate function.

**FAMILY CARNIVAL!**  
SATURDAY, DEC 23  
11 AM to 3 PM

Join us for a special family carnival, complete with holiday tunes, hot chocolate, children's games and activities, and a special visit from Santa!

**Please note:**  
Skate aids permitted upon request

# PARTIES

## GYM PARTIES

**\$170 & \$240**

1 yrs+

**OPTION 1** **\$170**

For 15 children or less. Includes use of the giant inflatable obstacle course\*.

**OPTION 2** **\$240**

For 16-25 children. Includes use of the giant inflatable obstacle course\* and basic face painting.

**Greenglade Community Centre Gymnasium & Room 7/9**

|                  |                |                |
|------------------|----------------|----------------|
| <b>SATURDAYS</b> | 10am-12pm      | 11:30am-1:30pm |
|                  | 1-3pm          | 2:30-4:30pm    |
| <b>SUNDAYS</b>   | 11:30am-1:30pm | 1-3pm          |

### 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.
- Extra party host requests must be received with at least 14 days' notice.

## SKATING PARTIES

All Ages

Do it yourself party for 15 children or less. **\$129**  
Includes 3 hour room rental, 15 children & 5 adult admissions and rentals to the Everyone Welcome Skate.

**SATURDAYS** 12pm-3pm



## AQUATIC PARTIES

All ages

Do it yourself party.

**\$129**

Make a splash for your next birthday bash! These two hour parties are for 15 children and 5 adults.

|                  |       |
|------------------|-------|
| <b>SATURDAYS</b> | 1-3pm |
| <b>SUNDAYS</b>   | 1-3pm |

### NOTES:

- 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 hour of pool time followed by 1 hour in the poolside room
- Poolside room seats up to 15 comfortably, 20 person maximum
- Please bring your own decorations or activities for the poolside room. Fridge/freezer available.

## PARTY CANCELLATION POLICIES

Parties canceled 14 days in advance will receive a full refund.



**NEW** **SPECIALTY PARTIES**

7 yrs +

Clay Creations!

**\$180**

Includes step-by-step instruction by our party host to create fun and funky earth clay pinch pot planters/cups!

**Greenglade Community Centre Gymnasium & Room 7/9**

**SUNDAYS:** 2:30-4:30pm

**NOTES:**

- Specialty parties are suitable for up to 12 guests ages 7 and up. This includes the birthday child.
- Specialty parties include 1 hour of guided crafting followed by 1 hour in a party room. During the crafting portion, the party room will be available to set up and decorate. Please bring your own decorations for the party room. Fridge/freezer is available.
- Clay Creation parties require clay to be fired in our kiln and will be ready for pick-up 2-3 weeks after the party.



# SWIM LESSONS



**Swim Lesson registration begins, Tues, Aug 15 @ 6:30am**  
Online viewing Tues, Aug 8.

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

## PRIVATE SWIM LESSONS

For ages 2 yrs+

Our private swim lessons can accommodate up to 3 participants of similar ability (within a 3-level range), making it an excellent option for small groups looking to learn and improve their swimming abilities together. The primary booker is responsible for coordinating participants and paying in full upon registration. Our experienced instructors provide personalized attention tailored to each individual's needs and swimming goals in a safe and supportive environment.

## PUBLIC SWIM LESSONS

Our weekly public swim lessons are 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! Feedback is provided. Class sizes vary between 5-10 participants depending on level.

## HOME SCHOOL SWIM LESSONS

An opportunity for homeschooled children (7-13 yrs) to join the Lifesaving Society Swim for Life program. Registered participants are divided into two groups based on their swimming abilities (Swimmer 1-3) (Swimmer 4-6) While one group is participating in a 30-minute swim lesson the other group is having unsupervised free time. The groups will then switch.

### SWIM FOR LIFE PARENT AND TOT LEVELS 1-3

4 - 36 mos

Introduction to basic swimming skills and exposing participants to the water while educating guardians on water safety. The classes will be delivered through a variety of games and songs.

### SWIM FOR LIFE PRESCHOOL LEVELS 1-5

3 - 5 yrs

This program ensures children become comfortable in the water while having fun developing a foundation of water skills.

### SWIM FOR LIFE SWIMMER LEVELS 1-6

5 - 12 yrs

This program ensures children become comfortable in the water while having fun developing a foundation of water skills.

### CANADIAN SWIM PATROL ROOKIE, RANGER, STAR

8 - 12 yrs

Prerequisite: Must complete Swimmer 6 or swim at equivalent ability

Canadian Swim Patrol is a 3-level award progression for lifesaving skills. The program is designed to take swimmers beyond the learn-to-swim program and provide them with basic lifesaving skills. Canadian Swim Patrol is not a prerequisite to Aquatic Leadership courses such as Bronze Medallion and Cross but is a very useful onramp!



# SKATE LESSONS

## PRIVATE & SEMI-PRIVATE SKATE LESSONS

All ages

Private lessons are tailored to meet your skating needs.

- Pick your dates, times and number of sessions
- Lesson length flexibility (30, 45 or 60 mins)
- Go solo or sign up with friends (up to 3 people)
- Request your preferred instructor

Please contact Gabriella at [gzerr@panoramarec.bc.ca](mailto:gzerr@panoramarec.bc.ca) to book a custom lesson. \$30/30min.



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

## GROUP SKATE LESSONS

All ages

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

### 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 and a helmet.

### 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 1-7

5 yrs+

School age levels 1 to 7 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.



### CONNECT WITH YOUR TEAM LEADER!

Have questions or concerns regarding your child's skating level or class?

Connect with the Team Leader wearing a red vest! They are there to support you and your child throughout the session.

# CAMPS

## PRO-D DAY CAMP

5 - 12 yrs

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

5 - 7 yrs

### Greenglade Community Centre Room 7

|   |               |        |      |        |
|---|---------------|--------|------|--------|
| F | 8:30am-4:30pm | Sep 22 | \$46 | 119973 |
| F | 8:30am-4:30pm | Oct 20 | \$46 | 119974 |
| M | 8:30am-4:30pm | Nov 20 | \$46 | 119976 |

8 - 12 yrs

### Greenglade Community Centre Room 9

|   |               |        |      |        |
|---|---------------|--------|------|--------|
| F | 8:30am-4:30pm | Sep 22 | \$46 | 119972 |
| F | 8:30am-4:30pm | Oct 20 | \$46 | 119975 |
| M | 8:30am-4:30pm | Nov 20 | \$46 | 119977 |

## MUDDY FUN IN CLAY CAMP

6 - 12 yrs

Fire up your creativity and mould your ideas with the magical material of clay! Sculpt and handbuild projects. Each day brings new exciting shapes and projects that incorporate different clay skills and knowledge. Projects will be decorated in class, then available for pick-up 2-3 weeks after creation. Families will be notified when pieces are ready.

### Greenglade Community Centre Pottery Studio

*Instructor: Monika Burrell*

|   |          |        |      |        |
|---|----------|--------|------|--------|
| F | 9am-12pm | Sep 22 | \$38 | 120302 |
| F | 9am-12pm | Oct 20 | \$38 | 120303 |
| M | 9am-12pm | Nov 20 | \$38 | 120304 |

## POLAR EXPRESS WINTER BREAK CAMP

5 - 11 yrs

This holiday season, we're full speed ahead on the Polar Express with themed games, activities and crafts. Along with special trips such as skating and much more! Come along to get into the holiday spirit!

### Greenglade Community Centre Room 7

|      |               |               |         |        |
|------|---------------|---------------|---------|--------|
| W-F  | 8:30am-4:30pm | Dec 27-Dec 29 | \$385/3 | 120097 |
| Tu-F | 8:30am-4:30pm | Jan 2-Jan 5   | \$180/4 | 120098 |

## LEGO ROBOTICS (WEDO 2.0) & SCIENCE - BATTLEBOTS EDITION!

6 - 9 yrs

Let's get ready to rumble!!!! Come and join our LITTLUNIVERSE for an exciting mini week of LEGO, programming and science! With a teammate, dive into the world of engineering using LEGO Education's Wedo 2.0 Sets and Software! At the end of the week teams will build and program Battlebots for a fun tournament! Everyday campers will take home at least one of their science experiments! There will be a variety of fun indoor and outdoor (weather permitting) 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*

|     |         |               |         |        |
|-----|---------|---------------|---------|--------|
| W-F | 9am-4pm | Dec 27-Dec 29 | \$228/3 | 120379 |
|-----|---------|---------------|---------|--------|

## CAMP CANCELLATION POLICIES

7 days notice is required to cancel a registration in one of our camps. Fees will not be reimbursed for absences, including those due to seasonal illness or inclement weather, providing the facility and service remains available to the public. See p. 62 for details.



# EARLY YEARS

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## KINDERGYM

1 - 5 yrs

Join us for free-play fun in the gymnasium featuring ride-on toys, a mini bouncy castle, tumbling mats, slides, music, and more!

Parent participation required. \$3.5/child. Reserve your spot online, or drop-in if space remains. Maximum 35 children per session.

### Greenglade Community Centre Gymnasium

M, Th 9:30am-11am Sep 7-Dec 21

## TOYS & TUMBLES

2 - 5 yrs

Join us for Toys & Tumbles - a special weekend version of Kindergym! Aimed at preschool and early school-aged children, attendees can expect ride-on toys, tumbling mats, slides, and a GIANT inflatable obstacle course.

Must be at least 3ft tall to use the inflatable course. \$4/child. Parent participation required. Reserve your spot online or drop-in if space available. Maximum 25 children per session.

### Greenglade Community Centre Gymnasium

Su 9:30am-11:00am Sep 10-Dec 17

# ARTS & CULTURE

## ART ATTACK!

3 - 5 yrs

Come create, play, and make new friends in this exciting session. Each class includes opportunities for creative process-based art projects, music, dance, and guided crafts! Dress for the mess and come prepared for splattery fun! Drop-off program with no parent/guardian participation required.

### Greenglade Community Centre Room 7

|   |              |               |        |        |
|---|--------------|---------------|--------|--------|
| W | 10am-11:30am | Sep 20-Oct 11 | \$75/4 | 120625 |
| W | 10am-11:30am | Nov 8-Nov 29  | \$75/4 | 120626 |

NEW

## KIDS ART SERIES

3 - 5 yrs

In this series we will explore new mediums each class, experimenting and creating. We will learn about these mediums 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*

|    |               |               |          |        |
|----|---------------|---------------|----------|--------|
| Sa | 8:45am-9:30am | Sep 9-Dec 9   | \$200/12 | 120818 |
| Su | 8:45am-9:30am | Sep 10-Dec 10 | \$200/12 | 120823 |



## SCULPTING SHORTIES

4 - 6 yrs

Shape, mold, attach, and sculpt in this exploratory clay session! Each week will explore a new sculpting medium; from earth clay on the clay wheel to funky DIY doughs, the fun is endless. Drop-off program. No parent participation required.

**Greenglade Community Centre Room 7**

Su 9:30am-11:30am Oct 15-Nov 5 \$80/4 120627

## MUSIC & DANCE

NEW

### MUSICOASTAL PRESENTS

#### KINDERMUSIK®

0 - 5 yrs

With more than 40 years of experience as the leader in musical learning, Kindermusik International understands music's unique ability to impact children (and families!) in profound ways. Available in over 70 countries, children, parents, and teachers enjoy participating in Kindermusik's fun, developmentally specific, and research-based music and movement classes. Parents also appreciate how enrollment in Kindermusik includes home materials, including their favourite songs, stories, and learning activities! For more information please visit [musiccoastal.kindermusik.com](http://musiccoastal.kindermusik.com)

#### Foundations

0 - 1½ yrs

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

**Greenglade Community Centre Room 5**

Tu 10:45am-11:30am Sep 12-Nov 14 \$185/10 120450

## Wiggle & Grow!

1½ - 3½ yrs

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

**Greenglade Community Centre Room 5**

Tu 9:30am-10:15am Sep 12-Nov 14 \$185/10 120449

**Central Saanich Cultural Centre Room A**

W 9:30am-10:15am Sep 13-Nov 15 \$185/10 120448

## Laugh & Learn

3½ - 5 yrs

Did you know that preschoolers have a natural love of music? Laugh and Learn classes use music to boost language skills, confidence, social-emotional skills, self-control, and more. Parents join each class to participate in the music making.

**Greenglade Community Centre Room 5**

F 10am-10:45am Sep 15-Nov 17 \$185/10 120451

NEW

### PJ'S PRESCHOOL PIANO

3 - 5 yrs

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, rhythm and compose their own songs. (A keyboard may be rented from PJ Music Studios 250-213-9343)

**Central Saanich Cultural Centre Room A**

*Instructor: PJ Music*

Su 1pm-1:30pm Sep 10-Oct 29 \$186/8 121028

Su 1pm-1:30pm Nov 5-Dec 17 \$164/7 121030

## DANCING WITH MY MOMMY

9 mos - 2 yrs

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! Daddies are welcome too!

### Allegro Performing Arts Centre

|   |             |               |        |        |
|---|-------------|---------------|--------|--------|
| W | 9:30am-10am | Sep 20-Oct 18 | \$72/5 | 120630 |
| W | 9:30am-10am | Nov 8-Dec 6   | \$72/5 | 120631 |

|   |                 |               |        |        |
|---|-----------------|---------------|--------|--------|
| W | 10:15am-10:45am | Sep 20-Oct 18 | \$72/5 | 120632 |
| W | 10:15am-10:45am | Nov 8-Dec 6   | \$72/5 | 120633 |

NEW

## LITTLE BALLERINAS

3 - 5 yrs

These little ballerina classes are designed for pre-school children allowing them to explore a variety of movements that will introduce them to the fundamentals of ballet. Nurturing a young child's imagination and take them on adventure. To further support learning, Language of Dance Symbol cards are introduced so that children can make connections between symbols and movement concepts like: levels, shape, direction, and quality.

### McTavish Academy of Art - Dance Studio

|    |            |               |          |        |
|----|------------|---------------|----------|--------|
| Th | 3pm-3:35pm | Sep 14-Dec 14 | \$224/14 | 121105 |
|----|------------|---------------|----------|--------|

## TINY DANCERS

3 - 4 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.

### Allegro Performing Arts Centre

|    |              |              |        |        |
|----|--------------|--------------|--------|--------|
| Sa | 10:30am-11am | Sep 9-Oct 21 | \$86/6 | 120643 |
| Sa | 10:30am-11am | Oct 28-Dec 9 | \$86/6 | 120645 |

|    |                 |              |        |        |
|----|-----------------|--------------|--------|--------|
| Sa | 11:15am-11:45am | Sep 9-Oct 21 | \$86/6 | 120644 |
| Sa | 11:15am-11:45am | Oct 28-Dec 9 | \$86/6 | 120646 |

### Panorama Recreation Centre Fitness Studio

|   |            |               |        |        |
|---|------------|---------------|--------|--------|
| W | 3:30pm-4pm | Sep 20-Oct 25 | \$86/6 | 120634 |
| W | 3:30pm-4pm | Nov 1-Dec 6   | \$86/6 | 120635 |



## MUSICAL MOVEMENTS (DANCE CLASS)

3 - 5 yrs

These musical movement classes are designed for pre-school children allowing them to explore a variety of movements that will introduce them to the fundamentals of dance. Nurturing a young child's imagination and taking them on a movement adventure. Classes include musical instruments and props like instruments, wands, scarves, etc. to encourage learning of hand eye coordination, rhythm, structure, play, imagination, and creativity.

**McTavish Academy of Art - Dance Studio**

Th 3:45pm-4:20pm Sep 14-Dec 14 \$224/14 121106

## SPORTS

### SWIM LESSONS

See p. 14

### SKATE LESSONS

See p. 15

## RICHARDSON SPORT - PARENT AND CHILD OUTDOOR SOCCER

2 - 4 yrs

Richardson Sport coaches develop competence and confidence on the field in these parent & child soccer classes. Children are taught the fundamental skills necessary to excel in soccer. These include throw-ins, dribbling, trapping, passing, goalie skills and more. Classes are dedicated to skill development and putting those skills to work in an exciting, non-competitive game. Parent participation is required in 2-4 yr old class.

**Greenglade Community Centre Sports Field**

*Instructor: Richardson Sport Inc.*

Th 5pm-5:45pm Sep 7-Oct 12 \$111/6 120453

## GENERAL INTEREST

### NEW TOTS, TALES & TOYS

2 - 3 yrs

Enjoy activity stations, free play, stories, and songs with your little one in this social morning session. Each session includes circle time, a snack break, and opportunities to connect with other caregivers. Parent/caregiver participation is required.

**Greenglade Community Centre Room 8**

Tu 10am-11:30am Sep 5-Nov 7 \$180/10 120736

### NEW DINO DIGGERS

3 - 5 yrs

Take a trip back in time and explore the history of dinosaurs in this prehistoric session. Participants will learn fascinating facts about their favorite dinos, create fossils, and take part in a dino dig! Each class is filled with games, stories, and crafts with a special dino theme. Drop-off program.

**Greenglade Community Centre Room 7**

Su 10am-11:30am Sep 17-Oct 8 \$75/4 120628

## ONE-ON-ONE SUPPORT

Panorama Recreation has a limited ability to provide one-on-one support for children who need assistance participating in our programs. Support provided is based on the volume of requests and staff availability. If your child has support requirements, please register for programs as usual then contact Jason Gray to confirm arrangement: [jgray@panoramarec.bc.ca](mailto:jgray@panoramarec.bc.ca)

Families with Private Support Workers

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



NEW

## MYSTICAL CREATURES & CREATIONS

3 - 5 yrs

Unicorns, dragons, fairies, and more! Let your imagination soar in this mythical session. Each class includes crafts, stories, and opportunities to create mystical creatures of their own! Drop-off program.

**Greenglade Community Centre Room 7**

Su 10am-11:30am Nov 19-Dec 10 \$75/4 120629

NEW

## YOGAPLAY ADVENTURES

3 - 5 yrs

Join Early Childhood Educator and Children's Yoga teacher Jennifer Medak for an exciting new early years program that infuses yoga and mindfulness, children's literature, sensory play, and art. This half day program will weave weekly themes, such as under the sea, in the jungle, on the farm, and more into explorations, provocations, and activities.

Jennifer Medak (below) has been inspired by the magic and wonder of childhood through her work as an early childhood educator, children's yoga teacher and nanny, for over twenty years. She is inspired by nature, art, music and movement and incorporates all of these elements into her work with young children.

The typical daily routine will be:

- Free play and sensory play
- Circle time: yoga, creative movement, songs, and storytelling
- Snack time
- An art project or open ended art exploration
- Outside time

**Greenglade Community Centre Room 7**

*Instructor: YogaPLAY Adventures Jen Medak*

Tu,Th 9am-12pm Sep 12-Nov 2 \$448/16 120664



# SCHOOL AGE

## ARTS & CULTURE

### NEW KIDS ART SERIES

#### 6 - 12 yrs

In this series we will explore new mediums each class, experimenting and creating. We will learn about these mediums 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*

#### 6 - 9 yrs

Sa 9:30am-10:15am Sep 9-Dec 9 \$216/12 120819

#### 8 - 12 yrs

Sa 12pm-1:30pm Sep 9-Dec 9 \$216/12 120822

### NEW SCULPTING & POTTERY

#### 6 - 12 yrs

Artists will explore basic hand-building techniques using a variety of air-dry clays to create sculptures or small pottery pieces. Beginner-friendly, but open to artists of any experience level.

#### McTavish Academy of Art - Art Studio

*Instructor: McTavish Academy Of Art*

#### 6 - 9 yrs

Su 10am-11:30am Sep 10 \$32 120827

#### 8 - 12 yrs

Su 12pm-1:30pm Sep 10 \$32 120829

### NEW PAINTING & DRAWING SERIES

#### 6 - 12 yrs

In this series we will explore various forms of painting and drawing. We will be experimenting and creating different projects lead by a professional art instructor. 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*

#### 6 - 9 yrs

Tu 4pm-5:15pm Sep 12-Oct 24 \$126/7 120839  
W 4pm-5:15pm Nov 8-Dec 20 \$126/7 120845

#### 8 - 12 yrs

Tu 5:45pm-7pm Sep 12-Oct 24 \$126/7 120840  
W 5:45pm-7pm Nov 8-Dec 20 \$126/7 120846

### NEW KIDS ART SERIES - EXPLORING MEDIUMS

#### 6 - 12 yrs

In this series we will explore new mediums each class, experimenting and creating. We will learn about these mediums 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

#### 6 - 9 yrs

W 4pm-5:15pm Sep 13-Oct 25 \$126/7 120843  
Tu 4pm-5:15pm Nov 7-Dec 19 \$126/7 120841

#### 8 - 12 yrs

W 5:45pm-7pm Sep 13-Oct 25 \$126/7 120844  
Tu 5:45pm-7pm Nov 7-Dec 19 \$126/7 120842



**NEW** **CARTOONING**

6 - 12 yrs

Artists will explore line, shape, colour and form to create cartoons in various styles. Using a variety of mediums (drawing, painting, sculpting) artists can depict narratives in comic strips, characters in anime or manga style, familiar and beloved cartoon-characters, and more. Beginner-friendly, but open to artists of any experience level.

**McTavish Academy of Art - Art Studio**

6 - 9 yrs

Su 10am-11:30am Sep 17 \$32 120831

8 - 12 yrs

Su 12pm-1:30pm Sep 17 \$32 120832

**NEW** **GRAFFITI ART**

6 - 12 yrs

In this class we will explore the various types and styles of graffiti artwork. We will each learn to create our name while lightly cover the history, ethics and practicing artists of the graffiti world. This series is ideal for beginners, but open to all experience levels. Please note: younger groups (under 10 years old) will not be using aerosol spray paints.

**McTavish Academy of Art - Art Studio**

6 - 9 yrs

Su 10am-11:30am Sep 24 \$32 120833

8 - 12 yrs

Su 12pm-1:30pm Sep 24 \$32 120834

**NEW** **3D PRINT PENS**

6 - 12 yrs

Under the guidance of an instructor, students will use a 3D printing pen to create their very own key-chains or small sculptures to take home. Without the need for computer software, these printing pens are accessible for beginners and experienced creatives alike.

**McTavish Academy of Art - Art Studio**

6 - 9 yrs

Su 10am-11:30am Oct 15 \$32 120835

8 - 12 yrs

Su 12pm-1:30pm Oct 15 \$32 120836

**NEW** **CARTOONING SERIES**

6 - 12 yrs

Artists will explore line, shape, colour and form to create cartoons in various styles. Using a variety of mediums (drawing, painting, sculpting) artists can depict narratives in comic strips, characters in anime or manga style, familiar and beloved cartoon-characters, and more. Beginner-friendly, but open to artists of any experience level.

**McTavish Academy of Art - Art Studio**

6 - 9 yrs

Su 10am-11:30am Nov 12-Nov 26 \$90/3 120837

8 - 12 yrs

Su 12pm-1:30pm Nov 12-Nov 26 \$90/3 120838



## SCHOOL AGE POTTERY

6 - 12 yrs

Explore muddy, creative and tactile fun with clay! Children will learn new skills in sculpture and hand building. Come get absorbed in your creations. All supplies are included and projects will be glazed and decorated.

### Greenglade Community Centre Pottery Studio

*Instructor: Monika Burrell*

Th 4pm-5:30pm Sep 14-Oct 12 \$95/5 120300

## PAINT NIGHT

8 - 12 yrs

Join us for an evening of art no matter your level of experience! Participants will follow along to step by step instructions while adding personal flair and ending with a proper painting masterpiece! All equipment will be provided at no extra cost and each participant will go home with their own painting.

### Greenglade Community Centre Room 6

Tu 6pm-7:30pm Oct 24 \$25 120018  
W 6pm-7:30pm Nov 29 \$25 120019

## NEW FELTING AND EMBROIDERY EXPLORATIONS

8 - 13 yrs

Join us on a felting and embroidery adventure! Learn both needle felting and wet felting and explore creative ways to use embroidery stitches to make your own designs and creations. All tools and materials provided.

### Greenglade Community Centre Room 6

*Instructor: Stone Soup Studio: J. Scott*

Tu 3:45pm-5:15pm Sep 12-Oct 10 \$90/5 120557

## NEW FIBRE ARTS - WEAVING FOR BEGINNERS

8 - 13 yrs

Enter the wonderfully tactile world of weaving! Using tapestry frame looms, we will explore many different weaving techniques and materials, empowering you to make a unique creative weaving for your home or as a gift. All tools and materials provided. (Note: looms can be rented during course & taken home for weaving between classes - or purchased, as desired)

### Greenglade Community Centre Room 6

*Instructor: Stone Soup Studio: J. Scott*

Tu 3:45pm-5:15pm Oct 17-Nov 14 \$90/5 120560

## NEW CREATIVE CRAFTING: GIFT MAKING WORKSHOP

8 - 13 yrs

Join other busy elves to create presents and decorations out of felt, fabric and thread. Each child will be supported in making their own unique creations, such as ornaments, stuffies, sock creatures, needle felted elves or snow people! All supplies included.

### Greenglade Community Centre Room 6

*Instructor: Stone Soup Studio: J. Scott*

Tu 3:45pm-5:15pm Nov 21-Dec 19 \$90/5 120568

## FINANCIAL ASSISTANCE

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



## MUSIC & DANCE

### **NEW** PJ'S MUSIC FOR KIDS

Central Saanich Cultural Centre Room A

*Instructor: PJ Music*

#### Ukulele

##### 5 - 9 yrs

A creative class for parent and child. Children will learn to find notes and chords, and play a song by the end of the course. They will also be taught to read music, rhythm and compose their own songs. (A ukulele may be rented from PJ Music Studios 250-213-9343)

|    |            |               |         |        |
|----|------------|---------------|---------|--------|
| Su | 3pm-3:30pm | Sep 10-Oct 29 | \$186/8 | 121006 |
| Su | 3pm-3:30pm | Nov 5-Dec 17  | \$164/7 | 121016 |

#### Group Piano

##### 6 - 9 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 | Sep 10-Oct 29 | \$186/8 | 121004 |
| Su | 1:30pm-2pm | Nov 5-Dec 17  | \$164/7 | 121012 |

#### Semi-Private Piano

##### 6 - 9 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 | 2pm-2:30pm | Sep 10-Oct 29 | \$206/8 | 121005 |
| Su | 2pm-2:30pm | Nov 5-Dec 17  | \$182/7 | 121013 |

#### Group Guitar

##### 8 - 11 yrs

Give your little Mozart a fun way to explore the world of classical music! Through timeless melodies from the past 400 years, your learner will walk away with a love of the guitar, of classical music, or both! No previous experience necessary. Guitars can be rented from PJ Music Studios 250-213-9343.

|    |            |               |         |        |
|----|------------|---------------|---------|--------|
| Su | 4pm-4:30pm | Sep 10-Oct 29 | \$186/8 | 121007 |
| Su | 4pm-4:30pm | Nov 5-Dec 17  | \$164/7 | 121021 |

#### Beginner Rock & Pop Guitar

##### 8 - 12 yrs

Get ready for the campfire, or start a band in the fall! In a few short weeks, you'll learn the basics of popular styles on the guitar so you can walk away playing riffs and melodies from the songs you listen to! No previous experience necessary. Guitars can be rented from PJ Music Studios 250-213-9343.

|    |            |               |         |        |
|----|------------|---------------|---------|--------|
| Su | 4:30pm-5pm | Sep 10-Oct 29 | \$186/8 | 121010 |
| Su | 4:30pm-5pm | Nov 5-Dec 17  | \$164/7 | 121024 |



## DANCE FUSION

6 - 9 yrs

Children will learn the fundamentals of Jazz, Funk and Tumbling through creatively designed classes. Fostering the love of dance and using many tools to reach this goal. As children are introduced to dance vocabulary they will also be developing their musicality, coordination, flexibility, strength, spatial awareness and the ability to express ideas/stories through movement.

**McTavish Academy of Art - Dance Studio**

*Instructor: McTavish Academy Of Art*

Th 4:30pm-5:15pm Sep 14-Dec 14 \$266/14 121089

## TINY JAZZ/TAP 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 jazz & tap techniques set to songs, music and rhythms.

**Allegro Performing Arts Centre**

*Instructor: Allegro Performing Arts Centre*

Sa 11:45am-12:30pm Sep 9-Oct 21 \$108/6 120641  
Sa 11:45am-12:30pm Oct 28-Dec 9 \$108/6 120642

## 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 4pm-4:45pm Sep 20-Oct 25 \$108/6 120636  
W 4pm-4:45pm Nov 1-Dec 6 \$108/6 120637

## HIP HOP

6 - 10 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 4:45pm-5:30pm Sep 20-Oct 25 \$108/6 120638  
W 4:45pm-5:30pm Nov 1-Dec 6 \$108/6 120639

## ALLEGRO DANCE FIX

7 - 12 yrs

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

**Greenglade Community Centre Room 5**

*Instructor: Allegro Performing Arts Centre*

F 3:45pm-4:30pm Sep 22-Dec 8 \$215/12 120640



## SPORTS

### SWIM LESSONS

See p. 14

### SKATE LESSONS

See p. 15

### ME AND MY COACH - SOCCER SKILLS

#### 4 - 6 yrs

This drop off soccer program introduces your child to soccer and to team sport. With parents on the sideline, NCCP certified coaches prepare your child for independent sport participation. Children will work on fundamental skills, such as dribbling, shooting, passing and eventually progress to full game play.

#### Greenglade Community Centre Sports Field

*Instructor: Richardson Sport Inc.*

Th 5:45pm-6:45pm Sep 7-Oct 12 \$117/6 120454

### SPABA LITTLE DRIBBLERS

#### 5 - 9 yrs

This program introduces younger children to the exciting, fast-paced sport of basketball. Sessions will be high energy and aimed at the introduction and development of basic basketball skills with a focus on having fun while learning. Participants will also receive a T-shirt and basketball to keep.

#### North Saanich Middle School Gymnasium

*Instructor: Saanich Peninsula Amateur Basketball Association*

#### 5 - 7 yrs

Su 2:30pm-3:30pm Nov 19-Feb 4 \$105/10 120988

#### 8 - 9 yrs

Su 3:45pm-4:45pm Nov 19-Feb 4 \$105/10 120990

## PROGRESSIVE TENNIS

### Panorama Recreation Centre Indoor Tennis Court 1

#### Red Level

##### 6 - 8 yrs

This program introduces the foundational skills of tennis with an oversized low-compression ball on a smaller court. Players learn basic rally, serve and net play skills along with activities that build tennis specific coordination. Rules of play and "I am a Good Sport" behaviours are also introduced. No pre-requisite required. Total beginners welcome!

Tu 3:45pm-4:45pm Sep 12-Oct 17 \$78/6 121062

Tu 3:45pm-4:45pm Oct 24-Nov 28 \$78/6 121063

W 3:45pm-4:45pm Sep 13-Oct 18 \$78/6 121065

W 3:45pm-4:45pm Oct 25-Nov 29 \$78/6 121068

W 4:45pm-5:45pm Sep 13-Oct 18 \$78/6 121067

W 4:45pm-5:45pm Oct 25-Nov 29 \$78/6 121066

#### Orange Level

##### 8 - 10 yrs

Played on a 3/4 sized court with a low-compression ball, players learn how to serve, rally, score and play at the net. "I am a Good Sport" behaviours are reinforced. No pre-requisite required. Total beginners welcome!

Tu 5pm-6:30pm Sep 12-Oct 17 \$108/6 121069

Tu 5pm-6:30pm Oct 24-Nov 28 \$108/6 121070

#### Green Level

##### 10 - 12 yrs

Players learn to serve, rally, score and play at net in singles and doubles on a regulation-sized court with a low-compression transition ball. Lessons take players through a progression of skill building activities that speed learning. No pre-requisite required. Total beginners welcome!

F 3:30pm-5pm Sep 15-Oct 20 \$108/6 121071

F 3:30pm-5pm Oct 27-Dec 1 \$108/6 121072



# ARCHERY

## North Saanich Middle School Gymnasium

*Instructor: Pacific Archery Academy*

### Youth

#### 9 - 16 yrs

If you've ever thought about archery this program is for you! Come 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. Lots of fun!

|    |                 |               |         |        |
|----|-----------------|---------------|---------|--------|
| W  | 6pm-7pm         | Sep 13-Oct 18 | \$135/6 | 120596 |
| W  | 6pm-7pm         | Oct 25-Nov 29 | \$135/6 | 120597 |
| Sa | 10:15am-11:15am | Sep 16-Oct 21 | \$135/6 | 120600 |
| Sa | 10:15am-11:15am | Oct 28-Dec 9  | \$135/6 | 120601 |
| Su | 9am-10am        | Sep 17-Oct 22 | \$135/6 | 120613 |
| Su | 9am-10am        | Oct 29-Dec 10 | \$135/6 | 120614 |

### Advanced

#### 9 - 17 yrs

This advanced youth archery program is for experienced archers who understand the basics and are looking to further develop their skills in a more competitive environment. In this extended series, we will shoot from a further distance and learn more refined techniques throughout the program. Please ensure you have previous experience before registering.

|   |               |               |          |        |
|---|---------------|---------------|----------|--------|
| W | 7:15pm-8:15pm | Sep 13-Nov 29 | \$275/12 | 120595 |
|---|---------------|---------------|----------|--------|

### Parent and Child

#### 8 yrs+ with parent or guardian

Learn together! If you've ever thought about archery this program is for you! Come 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. Lots of fun!

|    |                 |               |         |        |
|----|-----------------|---------------|---------|--------|
| Su | 11:30am-12:30pm | Sep 17-Oct 22 | \$175/6 | 120606 |
| Su | 11:30am-12:30pm | Oct 29-Dec 10 | \$175/6 | 120608 |



## RECURRING PRIVATE TENNIS LESSONS

6 - 14 yrs

Improve your tennis skills with one-on-one private lessons - whether you're new to tennis or a seasoned junior player! Interested in making it a semi-private? Please contact our Racquet Sports Coordinator for details. Extra fees apply.

### Panorama Recreation Centre Indoor Tennis Court 1

|    |               |               |         |        |
|----|---------------|---------------|---------|--------|
| Tu | 6:30pm-7:30pm | Sep 12-Oct 17 | \$270/6 | 121082 |
| Tu | 6:30pm-7:30pm | Oct 24-Nov 28 | \$270/6 | 121083 |

|   |         |               |         |        |
|---|---------|---------------|---------|--------|
| W | 6pm-7pm | Sep 13-Oct 18 | \$270/6 | 121073 |
| W | 6pm-7pm | Oct 25-Nov 29 | \$270/6 | 121081 |

|   |         |               |         |        |
|---|---------|---------------|---------|--------|
| F | 5pm-6pm | Sep 15-Oct 20 | \$270/6 | 121085 |
| F | 5pm-6pm | Oct 27-Dec 1  | \$270/6 | 121086 |

## 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. Come out and take your game to the next level. Balance, Acceleration, Agility, Speed, Explosive Starts, Edge Control and Game Stride are all part of the challenging and 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

*Instructor: Dennise Bowles*

|   |            |              |          |        |
|---|------------|--------------|----------|--------|
| W | 4:10pm-5pm | Oct 4-Dec 13 | \$165/11 | 120558 |
|---|------------|--------------|----------|--------|

## GENERAL INTEREST

### BIRTHDAY PARTIES

See p. 12

### KIDS IN THE KITCHEN

9 - 12 yrs

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

#### Excellent Entrees

Welcome to Kids in the Kitchen! All abilities are welcome as we learn kitchen safety and cooking skills to make delicious and exciting food! Sharpen your knife skills, get sizzling on the stove top, and bake beautifully as we have a fantastic time in the kitchen. Then take those skills and new recipes home to continue your master chef journey. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers!

|   |            |              |        |        |
|---|------------|--------------|--------|--------|
| W | 6pm-7:30pm | Oct 4-Oct 25 | \$96/4 | 119969 |
|---|------------|--------------|--------|--------|

#### Delicious Dinners

Welcome to Kids in the Kitchen! All abilities are welcome as we learn kitchen safety and cooking skills to make delicious and exciting food! Sharpen your knife skills, get sizzling on the stove top, and bake beautifully as we have a fantastic time in the kitchen. Then take those skills and new recipes home to continue your master chef journey. All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers!

|   |            |              |        |        |
|---|------------|--------------|--------|--------|
| W | 6pm-7:30pm | Nov 8-Nov 29 | \$96/4 | 119971 |
|---|------------|--------------|--------|--------|

### PARENTS NIGHT OUT!

5 - 11 yrs

Cheaper than a babysitter and way more fun! Experienced childcare staff will lead the group through a variety of games and activities including exclusive access to the giant inflatable obstacle course! A pizza dinner will be provided and every evening ends with popcorn, and a movie.

#### Greenglade Community Centre Room 9

|    |            |        |      |        |
|----|------------|--------|------|--------|
| Sa | 6pm-9:30pm | Oct 14 | \$35 | 120021 |
| Sa | 6pm-9:30pm | Nov 18 | \$35 | 120022 |



# OUT OF SCHOOL CARE

(Kindergarten - Grade 5)



Operating M-F from 3-5:30pm, our program includes an engaging lineup of new activities & local outings each month, along with daily healthy snacks! KÉLSET, Sidney and Deep Cove students will be based out of Greenglade Community Centre. Brentwood and Keating Elementary students will be based out of the Central Saanich Cultural Centre.

\$350/month

Inquiries can be emailed to [outofschoolcare@panoramarec.bc.ca](mailto:outofschoolcare@panoramarec.bc.ca)

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

## TECHNOLOGY

### ANIMATION - INTRODUCTORY LEVEL

6 - 7 yrs

Imagine a world where anything is possible. Welcome to the wonderful world of animation! A world full of imagination, wonder and limitless possibilities! Whether it's Simba from The Lion King, Genie from Aladdin, Donkey from Shrek or something else, we all have our favorite animated characters that have stayed with us over the years. The creative artists behind these famous characters all had to start somewhere! In this program participants will be introduced to ScratchJr - an introductory programming language that will enable them to create their own interactive characters and stories. Come and join us to learn how to make and modify characters to move, jump, dance, sing and much more! Let's see where your imagination takes you! Note: participants will be using tablets.

**Greenglade Community Centre Room 6**

*Instructor: Littluniverse*

|    |               |               |        |        |
|----|---------------|---------------|--------|--------|
| Su | 1:30pm-2:30pm | Sep 17-Oct 29 | \$90/5 | 120362 |
| Su | 1:30pm-2:30pm | Nov 5-Dec 3   | \$90/5 | 120363 |

### VIDEO GAME DESIGN

#### - ADVANCED LEVEL

8 - 12 yrs

It's GAME OVER! Do you love video games? Don't just be a gamer! Become a Game Developer! This program is for those looking to challenge themselves in the world of programming. Participants will design their very own 2D platformer based video game using one of the best game engine softwares out there! Using Godot participants will do everything from planning a storyboard for their game, designing their own characters, creating unique environments to programming a showdown with the final boss! Your games will have a main menu, enemies to defeat, background music, items to collect, and MORE! Participants will learn how to code using GDScript which is syntactically similar to Python. At the end of the program participants will put their game online (HTML) and can have either their friends and family play it or they can make it public (and even sell it!) their game to others! No prior coding/programming experience is necessary however participants will need to have basic typing skills.

**Greenglade Community Centre Room 6**

*Instructor: Littluniverse*

|    |               |              |          |        |
|----|---------------|--------------|----------|--------|
| Su | 2:45pm-4:30pm | Sep 17-Dec 3 | \$225/10 | 120364 |
|----|---------------|--------------|----------|--------|

## LEGO ROBOTICS

Greenglade Community Centre Room 6

*Instructor: Littluniverse*

### (Wedo 2.0) - Beginner Level

6 - 9 yrs

LEGO Beyblades, the Batmobile, Tanks, the X-Wing from STAR WARS, helicopters, Crocodiles, and SO MUCH MORE! In Beginner LEGO Robotics participants will take their building skills to another level while learning about gears, motors, and sensors. With a teammate they will dive into the basics of engineering using LEGO's Wedo 2.0 Kits and Software. Come and program exciting interactive objects that move, react, and make sounds! No prior coding/programming experience is necessary. Participants should at least have some experience with Lego.

Su 10am-11:30am Sep 17-Dec 3 \$150/10 120317

### (Spike Essential)! - Beginner Level

6 - 9 yrs

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

Su 11:45am-1:15pm Sep 17-Dec 3 \$150/10 120316

### Sumo Bots Tournament Workshop

9 - 14 yrs

Think you have what it takes to take your building and programming skills to a whole new level?! Come and join LITTLUNIVERSE for our first ever Vancouver Island Sumo Bot Tournament! You and 2 other participants will be one of two teams representing North Saanich! Using LEGO Education's Robotics sets your team will design, build, and program a Sumo Robot to compete in the tournament! The tournament will be at Gordon Head Recreation (held on November 4th 2023) in Saanich. Participants will get their own LITTLUNIVERSE t-shirt!

Su 9am-4pm Oct 15 \$135 120365



## LEADERSHIP & TRAINING

### HOME ALONE

9 - 12 yrs

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

*Instructor: Kathleen Lee*

#### Greenglade Community Centre Room 6

Su 9:30am-12:30pm Sep 10 \$38 120984

#### Greenglade Community Centre Room 5

Su 9:30am-12:30pm Nov 12 \$38 120985

### BABYSITTING TRAINING

11 - 15 yrs

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

#### Greenglade Community Centre Room 6

Sa 9am-5pm Oct 14 \$70 120991

Sa 9am-5pm Nov 18 \$70 120992

## YOUTH & TEEN

### FREE TEEN LOUNGE GREENGLADE

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, a coffee bar, couches and bar tables for lounging, as well as an open gymnasium for free play and organized activities. Register in advance to secure your space. A free shuttle to Panorama Recreation Centre is available during this program for those who would like to attend our Friday Night Swim. Admission to these activities is free for anyone who attends Teen Lounge! No return shuttle to Greenglade provided. Teens must arrive before 7pm to attend.

11 - 16 yrs

#### Greenglade Community Centre Room 9

F 6pm-8pm Sep 15-Dec 22 Free

### FREE 2SLGBTQ+ OPEN HOUSE

11 - 17 yrs

Join us in our inclusive space for our 2SLGBTQ+ Open House! Hang out and play games and make new friends in a fun and safe environment!

#### Greenglade Community Centre Room 9

Th 6pm-8pm Sep 28 Free

Th 6pm-8pm Oct 26 Free

Th 6pm-8pm Nov 23 Free

Th 6pm-8pm Dec 14 Free



## ARTS & CULTURE

### PRE TEEN & TEEN POTTERY

9 - 15 yrs

Have fun and learn something new in our pottery studio! Sculpture, handbuilding, glazing and decorating skills will be covered, including exploration of the pottery wheel. Bring your friends and come unlock your creativity in this fun environment. All supplies included.

#### Greenglade Community Centre Pottery Studio

*Instructor: Monika Burrell*

Th 4pm-5:30pm Oct 19-Nov 16 \$95/5 120301

### NEW SCULPTING & POTTERY

12 - 15 yrs

Artists will explore basic hand-building techniques using a variety of air-dry clays to create sculptures or small pottery pieces. Beginner-friendly, but open to artists of any experience level.

#### McTavish Academy of Art - Dance Studio

*Instructor: McTavish Academy Of Art*

Su 2pm-3:30pm Sep 10 \$32 121098

### NEW CARTOONING

12 - 15 yrs

Artists will explore line, shape, colour and form to create cartoons in various styles. Using a variety of mediums (drawing, painting, sculpting) artists can depict narratives in comic strips, characters in anime or manga style, familiar and beloved cartoon-characters, and more. Beginner-friendly, but open to artists of any experience level.

#### McTavish Academy of Art - Art Studio

*Instructor: McTavish Academy Of Art*

Su 2pm-3:30pm Sep 17 \$32 121099

### NEW GRAFFITI ART

12 - 15 yrs

In this class we will explore the various types and styles of graffiti artwork. We will each learn to create our name while lightly cover the history, ethics and practicing artists of the graffiti world. This series is ideal for beginners, but open to all experience levels. Please note: younger groups (under 10 years old) will not be using aerosol spray paints.

#### McTavish Academy of Art - Art Studio

*Instructor: McTavish Academy Of Art*

Su 2pm-3:30pm Sep 24 \$32 121100

### NEW 3D PRINT PENS

12 - 15 yrs

Under the guidance of an instructor, students will use a 3D printing pen to create their very own key-chains or small sculptures to take home. Without the need for computer software, these printing pens are accessible for beginners and experienced creatives alike.

#### McTavish Academy of Art - Art Studio

*Instructor: McTavish Academy Of Art*

Su 2pm-3:30pm Oct 15 \$32 121101

### NEW CARTOONING SERIES

12 - 15 yrs

Artists will explore line, shape, colour and form to create cartoons in various styles. Using a variety of mediums (drawing, painting, sculpting) artists can depict narratives in comic strips, characters in anime or manga style, familiar and beloved cartoon-characters, and more. Beginner-friendly, but open to artists of any experience level.

#### McTavish Academy of Art - Art Studio

*Instructor: McTavish Academy Of Art*

Su 2pm-3:30pm Nov 12-Nov 26 \$90/3 121102



## MUSIC & DANCE

### JAZZ CONTEMPORARY

11 - 17 yrs

This class is an opportunity for dancers to explore both contemporary and jazz dance styles in a fun, recreational, and inclusive environment. With years of experience in these styles, your teacher will guide you through technique and combinations each week that focus on a different area of these dance genres. Perfect for a beginner or intermediate dancer.

**McTavish Academy of Art - Dance Studio**

*Instructor: McTavish Academy Of Art*

#### Middle School

11 - 13 yrs

Th 5:15pm-6pm Sep 14-Dec 14 \$266/14 121096

#### High School

14 - 17 yrs

Th 6pm-6:45pm Sep 14-Dec 14 \$266/14 121097

## SPORTS

### SWIM & SKATE LESSONS

See p. 14 & 15

### BADMINTON DROP-IN

12 yrs+

All skill levels welcome. View our drop-in schedule online.

**FREE**

### TEEN SPORT DROP IN

The gym is open for a supervised night of sports, featuring classics like indoor soccer, volleyball, floor hockey, and basketball as well as gym class favorites like dodgeball. A leader will facilitate whatever the group decides on as well as introduce a unique sport once/month like pickle ball or archery. All equipment provided and admission is free!

11 - 16 yrs

**Greenglade Community Centre Gymnasium**

Tu 6pm-8pm Sep 19-Dec 19 Free

### YOUTH ONE-ON-ONE TENNIS

One-on-one instruction with a certified coach, focusing on skills and tactics of your choice. 1-hour sessions.

- 1 session \$50
- 3 sessions \$144
- 6 sessions \$270
- 12 sessions \$480

Lesson times conditional upon court and instructor availability. Please refer to [panoramarecreation.ca](http://panoramarecreation.ca) to view availability and complete a booking.

### RESERVABLE PICKLEBALL

16 yrs+

Offered October-December. View the drop-in schedule for days and times. Reservations open online at 7:30am every second Friday for sessions within the upcoming 2 weeks. Slots tend to fill quickly!

Opportunities for intermediate and all skill levels play. Bring your own paddle and ball. Players are responsible for set up/take down of nets unless otherwise instructed.

**Greenglade Community Centre**

## FITNESS

### REGIONAL YOUTH WEIGHT ROOM ORIENTATION

13 yrs+

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

#### Panorama Recreation Centre Weight Room

*Instructor: Liam Mctavish*

|    |          |        |      |        |
|----|----------|--------|------|--------|
| Sa | 9am-11am | Sep 16 | \$15 | 120615 |
| Sa | 9am-11am | Oct 14 | \$15 | 120617 |
| Sa | 9am-11am | Nov 4  | \$15 | 120619 |
| Sa | 9am-11am | Dec 9  | \$15 | 120621 |

*Instructors: Jace Francis & Ethan Ewer*

|    |          |        |      |        |
|----|----------|--------|------|--------|
| Su | 9am-11am | Sep 24 | \$15 | 120616 |
| Su | 9am-11am | Oct 22 | \$15 | 120618 |
| Su | 9am-11am | Nov 19 | \$15 | 120620 |
| Su | 9am-11am | Dec 17 | \$15 | 120622 |

### INTRO INTO WEIGHT TRAINING

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 bring a water bottle, arrive wearing clean and comfortable athletic attire, and be prepared for a moderately paced workout each week. All levels welcome, and modifications will be offered as needed.

16 yrs+

#### Panorama Recreation Centre Weight Room

*Instructor: Blaire Johnson*

|    |                 |               |        |        |
|----|-----------------|---------------|--------|--------|
| Th | 10:30am-11:30am | Sep 7-Sep 28  | \$40/4 | 120847 |
| Th | 10:30am-11:30am | Oct 5-Oct 26  | \$40/4 | 120848 |
| Th | 10:30am-11:30am | Nov 2-Nov 23  | \$40/4 | 120849 |
| Th | 10:30am-11:30am | Nov 30-Dec 21 | \$40/4 | 120850 |

### FITNESS PROGRAMS

Many of our adult fitness programs have a minimum age of 12 yrs. See p. 52





## LEADERSHIP & TRAINING

### BABYSITTING TRAINING

11 - 15 yrs

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

#### Greenglade Community Centre Room 6

|    |         |        |      |        |
|----|---------|--------|------|--------|
| Sa | 9am-5pm | Oct 14 | \$70 | 120991 |
| Sa | 9am-5pm | Nov 18 | \$70 | 120992 |

### INTRODUCTION TO SELF DEFENCE WORKSHOP

13 - 18 yrs

We believe this two-hour workshop is essential for teens as they navigate their expanding social circles and social media. You will discover your personal boundaries from family to strangers and the various responses to uphold them. You will practice key target areas for physical self-defence, as well as simple ways to keep safe and aware of your surroundings, with an emphasis on defending an attack from a stranger. These classes address bullying, assault, sexual assault and harassment with age appropriate education.

#### Greenglade Community Centre Room 5

*Instructor: Sixth Sense Self Defence*

|    |         |        |      |        |
|----|---------|--------|------|--------|
| Sa | 1pm-3pm | Oct 28 | \$65 | 120998 |
|----|---------|--------|------|--------|

### FEMALE SELF DEFENCE AND PERSONAL BOUNDARY TRAINING LEVEL 1

13 - 18 yrs

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

#### Greenglade Community Centre Room 5

*Instructor: Sixth Sense Self Defence*

|       |               |               |         |        |
|-------|---------------|---------------|---------|--------|
| Tu-Th | 6:45pm-7:45pm | Oct 10-Oct 26 | \$185/6 | 120995 |
|-------|---------------|---------------|---------|--------|

### BRONZE MEDALLION

13 yrs+

The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skills, 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 decision in, on, and around the water.

#### Panorama Recreation Centre Lookout Room

|       |            |               |         |        |
|-------|------------|---------------|---------|--------|
| Sa-Su | 8:30am-4pm | Oct 14-Oct 21 | \$135/3 | 121556 |
|-------|------------|---------------|---------|--------|

## 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)



## BRONZE CROSS (ASSISTANT LIFEGUARD)

13 yrs+, Prerequisite - Bronze Medallion

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

### Panorama Recreation Centre Lookout Room

Sa,Su 8:30am-4pm Oct 22-Oct 29 \$135/3 121557

## STANDARD FIRST AID WITH CPR C

12 yrs+

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

### Panorama Recreation Centre Lookout Room

Sa,Su 9am-5:30pm Oct 28-Oct 29 \$160/2 121555

## NATIONAL LIFEGUARD (NL)

15 yrs+, Prerequisite - Bronze Cross & Standard First Aid

The National Lifeguard (NL) program develops a sound understanding of lifeguarding principles, good judgment, communication skills, and a mature responsible attitude toward the role. Candidates will develop physical fitness, theoretical and practical knowledge.

### Panorama Recreation Centre Lookout Room

Sa,Su 8:30am-5pm Dec 2-Dec 17 \$360/6 121559

## SWIM INSTRUCTOR/LIFESAVING INSTRUCTOR COURSE (LIFESAVING SOCIETY)

15 yrs, Prerequisite - Bronze Cross & Standard First Aid

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

### Panorama Recreation Centre Lookout Room

Sa,Su 9am-5:30pm Nov 4-Nov 25 \$360/6 121558

## GENERAL INTEREST

### 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. 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

#### Beware of the Beast

M 6pm-8:30pm Sep 25-Oct 23 \$40/5 120099

#### Vanquish Vecna

M 6pm-8:30pm Nov 6-Dec 4 \$40/5 120100

# ADULT

## POTTERY CLASSES

### POTTERY

15 yrs+

**Greenglade Community Centre Pottery Studio**

*Instructors: Monika Burrell or Michale Fjeldstad*

#### Beginners

Learn the basics of clay and the pottery process in this class! We will cover centering and throwing on the wheel for creation of simple forms like cylinders and bowls, along with basic hand building. Begin with raw clay then complete the process of trimming and adding handles before finishing pieces with decoration and glazing. 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 (details online).

|    |            |               |         |        |
|----|------------|---------------|---------|--------|
| Sa | 2pm-4:30pm | Sep 9-Oct 21  | \$210/6 | 120284 |
| F  | 6:30pm-9pm | Sep 22-Oct 27 | \$210/6 | 120282 |
| F  | 6:30pm-9pm | Nov 10-Dec 15 | \$210/6 | 120283 |

#### Beyond Beginner

Have you taken a beginner pottery class in the past and have approximately 16 + hours experience working with clay? You may have taken a class a while ago but, you would like extra knowledge to get you working independently in the Greenglade Pottery Studio. Each class one project in wheel throwing and one project in hand building will be demonstrated. You may work the entire class on the wheel/hand building or try out both methods. Decorating and glazing techniques will be reviewed and explored in new ways. All supplies included, bring your pottery tools.

|    |            |               |         |        |
|----|------------|---------------|---------|--------|
| Th | 6:30pm-9pm | Sep 14-Oct 19 | \$210/6 | 120286 |
|----|------------|---------------|---------|--------|

### NEW Workshop - Casserole Dishes

Learn how to make open casserole dishes in clay. During this class Monika will demonstrate how to throw and alter a thrown shape to make it into an oval or rectangular casserole. Students will also be given the option of handbuilding an open casserole dish. This class is for a student that is comfortable throwing and centering a cylinder approximately 3 to 4 inches in height or the student that is comfortable slab building and would like to handbuild a casserole.

|    |         |              |        |        |
|----|---------|--------------|--------|--------|
| Sa | 2pm-5pm | Oct 28-Nov 4 | \$75/2 | 120305 |
|----|---------|--------------|--------|--------|

#### Clay Creature Sculptures

In this class we will create clay animals over the five week period. Animals that would work well for this project would be a cat, a dog, a rabbit, or otter. The skills learned in this class can be transferred to many other types of sculpture work in clay. Features of our animals will be added like the ears, paws, eyes, and muzzles. Some previous clay knowledge would be helpful in this class. All the supplies are included.

|    |            |              |         |        |
|----|------------|--------------|---------|--------|
| Th | 6:30pm-9pm | Nov 2-Nov 30 | \$210/5 | 120307 |
|----|------------|--------------|---------|--------|

#### Pottery - Make a Lantern, Dog Dish or Mug!

##### 2 yrs+ with Parent or Guardian

Create a handmade item 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. Clay projects are made using hand building techniques (not potters wheel). All supplies included, all levels welcome.

##### Make a Lantern

|    |         |        |      |        |
|----|---------|--------|------|--------|
| Sa | 2pm-4pm | Nov 18 | \$35 | 120308 |
|----|---------|--------|------|--------|

### NEW Make a Dog Dish

|    |         |        |      |        |
|----|---------|--------|------|--------|
| Sa | 2pm-4pm | Nov 25 | \$35 | 120309 |
|----|---------|--------|------|--------|

##### Make a Mug

|    |         |       |      |        |
|----|---------|-------|------|--------|
| Sa | 2pm-4pm | Dec 2 | \$35 | 120310 |
|----|---------|-------|------|--------|

# POTTERY STUDIO



## @ GREENGLADE COMMUNITY CENTRE

15 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 by visiting us online!

### RESERVABLE DROP-IN HOURS

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

| MONDAY                         | TUESDAY           | WEDNESDAY                      | THURSDAY          | FRIDAY                         | SATURDAY | SUNDAY   |
|--------------------------------|-------------------|--------------------------------|-------------------|--------------------------------|----------|----------|
| 8:30-11:30AM<br>11:30AM-2:30PM | BLOCK<br>BOOKINGS | 8:30-11:30AM<br>11:30AM-2:30PM | BLOCK<br>BOOKINGS | 8:30-11:30AM<br>11:30AM-2:30PM | 9AM-12PM | 9AM-12PM |
| 2:30-5:30PM<br>5:30-8PM        |                   | 2:30-5:30PM<br>5:30-8PM        |                   | 2:30-5:30PM**<br>5:30-8:30PM   | 12-3PM*  | 12-3PM   |

\*See online for dates, due to pottery classes there are some weeks 12pm-3pm drop-in Saturdays is not available.

#### NEW

\*\*Pottery studio members may bring a child with them into the studio for drop-in on Friday afternoons. Pottery members must pay drop-in or use their punch pass and drop-in for a child is \$5.

Pottery class participants and current studio members receive studio priority for drop-in and block bookings. If you would like to join the studio please join our waitlist and we will contact you when we have space available. Please note: studio participants must have 16hrs+ pottery experience and complete a pottery studio orientation (\$17).

### MEMBERSHIPS & FEES

Available to those with at least 16 hours of pottery experience. Studio orientations are required for experienced potters who have not taken a course through Panorama.

|                           |          |
|---------------------------|----------|
| Drop-In                   | \$9      |
| 10 Punch Pass (13-18 yrs) | \$75.90  |
| 10 Punch Pass (19 yrs+)   | \$81     |
| 25 Punch Pass (13-18 yrs) | \$180.40 |
| 25 Punch Pass (19 yrs+)   | \$191.25 |
| Clay \$39+gst /bag        |          |

### RECURRING BOOKINGS RESERVED DROP-IN

15 yrs+

Register to reserve your spot in the pottery studio. Each session is 3 hrs in length with a maximum of 6 participants. All participants must have at least 16 hrs of pottery experience and have completed a pottery studio orientation.

|    |                |               |        |        |
|----|----------------|---------------|--------|--------|
| Tu | 8:30am-11:30am | Sep 5-Oct 24  | \$72/8 | 120429 |
| Tu | 8:30am-11:30am | Oct 31-Dec 19 | \$72/8 | 120437 |
| Tu | 11:30am-2:30pm | Sep 5-Oct 24  | \$72/8 | 120430 |
| Tu | 11:30am-2:30pm | Oct 31-Dec 19 | \$72/8 | 120438 |
| Tu | 2:30pm-5:30pm  | Sep 5-Oct 24  | \$72/8 | 120431 |
| Tu | 2:30pm-5:30pm  | Oct 31-Dec 19 | \$72/8 | 120439 |
| Tu | 5:30pm-8:30pm  | Sep 5-Oct 24  | \$72/8 | 120434 |
| Tu | 5:30pm-8:30pm  | Oct 31-Dec 19 | \$72/8 | 120440 |
| Th | 8:30am-11:30am | Sep 7-Oct 26  | \$72/8 | 120435 |
| Th | 8:30am-11:30am | Nov 2-Dec 21  | \$72/8 | 120441 |
| Th | 11:30am-2:30pm | Sep 7-Oct 26  | \$72/8 | 120436 |
| Th | 11:30am-2:30pm | Nov 2-Dec 21  | \$72/8 | 120442 |
| Sa | 9am-12pm       | Sep 9-Oct 28  | \$63/7 | 120443 |
| Sa | 9am-12pm       | Nov 4-Dec 23  | \$63/7 | 120444 |
| Su | 9am-12pm       | Sep 10-Oct 29 | \$72/8 | 120445 |
| Su | 9am-12pm       | Nov 5-Dec 17  | \$63/7 | 120446 |

## VISUAL ARTS & CRAFTS

### NEW FIBRE ARTS

#### - WEAVING FOR BEGINNERS

19 yrs+

Enter the wonderfully tactile world of weaving! Using tapestry frame looms, we will explore many different weaving techniques and materials, empowering you to make a unique creative weaving for your home or as a gift. All tools and materials provided. (Note: looms can be rented during course & taken home for weaving between classes - or purchased, as desired)

**Greenglade Community Centre Room 6**

*Instructor: Stone Soup Studio: J. Scott*

Tu 1pm-3pm Sep 12-Oct 10 \$118/5 120344

### NEW RECONNECT WITH YOUR CREATIVITY

16 yrs+

Reconnect with you creativity. In this series we will explore your creativity using a variety of mediums, process and most of all fun! Your skilled instructor will guide your step by step through the process to reconnect with your creativity.

**McTavish Academy of Art - Art Studio**

Tu 1pm-3pm Sep 5-Oct 3 \$225/5 120337  
W 1pm-3pm Nov 8-Dec 6 \$225/5 120338

### NEW INTRO TO PRINTMAKING

16 yrs+

Explore the many forms of printmaking creating fun unique prints. This 4 part series will guide you through techniques, equipment and process to create finished works of art.

**McTavish Academy of Art - Art Studio**

W 1pm-3pm Sep 6-Sep 27 \$160/4 120318

### NEW ART JOURNALING

#### - LET'S PLAY

16 yrs+

Art journaling is for everyone - you don't need to be artistic! Come spend two hours getting familiar with an approach to art journaling. We will use all types of media, such as collage, paint, stencils, stamping, and mark making tools. You will leave with a sense of how art journaling can be approached (and there are many ways one can participate in art journaling). Supplies will be provided . Let's play journaling.

**Greenglade Community Centre Room 6**

*Instructor: Denise Goudy*

Sa 9:30am-11:30am Sep 23 \$40 120657

### NEW ART JOURNALING - A REFLECTIVE PRACTICE

16 yrs+

Join us for 4 sessions of art journaling where we will explore use different mediums (paint, collage, stencils, stamping, mark making) to express ourselves. We will start each session with a prompted reflection. No previous experience is required, No artistic talent is needed - this is a great way to play with art mediums while also spending time on a focused activity.

**Greenglade Community Centre Room 6**

*Instructor: Denise Goudy*

W 6:30pm-8:30pm Oct 4-Oct 25 \$125/4 120658

### NEW LINO BLOCK PRINTING

12 yrs+

Lino block printing is a very versatile and easy-to-do printmaking process. Materials and tools are easy to use and, with a bit of patience, you can create beautiful prints for cards, limited edition artwork, gift wrap, or dozens of other applications.

**Greenglade Community Centre Room 1**

*Instructor: Greg Allen*

Th 6:30pm-9:30pm Oct 12-Oct 26 \$115/3 120415



**NEW** **FELTING AND EMBROIDERY EXPLORATIONS**

19 yrs+

Join us on a felting and embroidery adventure! Learn both needle felting and wet felting and explore creative ways to use embroidery stitches to make your own designs and creations. All tools and materials provided.

**Greenglade Community Centre Room 6**

*Instructor: Stone Soup Studio: J. Scott*

Tu 1pm-3pm Oct 17-Nov 14 \$118/5 120339

**NEW** **WOOD MOSAICS**

16 yrs+

Using premium wooden shapes we will create a stunning mosaic. Your skilled instructor will guide your step by step through the process to create your unique piece of art.

**McTavish Academy of Art - Art Studio**

*Instructor: McTavish Academy Of Art*

W 1pm-3pm Oct 11-Oct 25 \$130/3 120319

**NEW** **WATERCOLOUR AND INK**

16 yrs+

Using watercolour and ink we will create geometric designs. Your skilled instructor will guide you step by step through the process to create your unique piece of art.

**McTavish Academy of Art - Art Studio**

*Instructor: McTavish Academy Of Art*

Tu 1pm-3pm Oct 17-Oct 24 \$80/2 120345

**NEW** **EXPLORE THE MEDIUMS**

16 yrs+

In this series we will explore a new medium each week! Including Acrylics, pottery, fibre arts, print making, drawing, watercolours. This course is ideal for beginners, but open for all experience levels. All materials will be provided.

**McTavish Academy of Art - Art Studio**

*Instructor: McTavish Academy Of Art*

Tu 1pm-3pm Nov 7-Dec 5 \$268/5 120348

**NEW** **DIY YARN SPINNING AND KNITTING**

19 yrs+

Enter the world of yarn making and creative knitting! Learn how to card wool and combine colours to spin your own yarn. Use your yarn to knit a hat (using a circular loom) or scarf or other unique creation. All tools and materials provided.

**Greenglade Community Centre Room 6**

*Instructor: Stone Soup Studio: J. Scott*

Tu 1pm-3pm Nov 21-Dec 19 \$118/5 120342



## MUSIC & DANCE

### **NEW** BEGINNER UKULELE

16 yrs+

Are you charmed by the warm, uplifting sound of the Ukulele? Get ready to make your uke sing over the next 8 weeks, where we'll take you from square one up to playing chords and melodies from your favorite songs! No previous experience necessary. Ukuleles can be rented from PJ Music Studios.

Material fee of \$10 is included.

To rent a ukulele please call PJ Music at 250-213-9343. Cost is \$70 (refundable deposit) and \$30 rental fee for the duration of classes.

#### **Central Saanich Cultural Centre Room A**

*Instructor: PJ Music*

|    |            |               |         |        |
|----|------------|---------------|---------|--------|
| Su | 3:30pm-4pm | Sep 10-Oct 29 | \$187/8 | 120623 |
| Su | 3:30pm-4pm | Nov 5-Dec 17  | \$165/7 | 120624 |

## HAND DRUMMING CLASS - DJEMBE

16 yrs+

### FREE Trial Class

Interested in trying hand drumming? Come check try it out at this FREE sampler class. Join us as we learn to play some cool drum patterns and enjoy the feel and sound of rhythm together. Registration is required.

If you have drum please bring a full size djembe drum, 24 inches tall with a drum head diameter 12-13 inches. There will be 5 rental drums available to share for those wanting to try it out!

|    |            |        |      |        |
|----|------------|--------|------|--------|
| Su | 6:30pm-8pm | Sep 24 | Free | 120414 |
|----|------------|--------|------|--------|

This class will help you develop your basic hand drumming skills with the djembe, a versatile and beautiful sounding West African instrument. Join us as we learn to play some cool drum patterns and enjoy the feel and sound of rhythm together.

We will work on the three basic hand strokes, develop our use of both hands, and master some traditional African percussion drumming music.

Drums are available to rent for \$40 for the series, please select extra fee online if you require a drum rental. If you have drum please bring a full size djembe drum, 24 inches tall with a drum head diameter 12-13 inches.

#### **North Saanich Middle School Multipurpose Room**

*Instructor: Paul Potvin*

|    |            |              |         |        |
|----|------------|--------------|---------|--------|
| Su | 6:30pm-8pm | Oct 1-Nov 19 | \$140/8 | 120413 |
|----|------------|--------------|---------|--------|



## LINE DANCING

16 yrs+

**Greenglade Community Centre Room 4**

*Instructor: Claire Denney*

### Basic Beginner

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

**Greenglade Community Centre Room 4**

*Instructor: Claire Denney*

|    |               |              |        |        |
|----|---------------|--------------|--------|--------|
| Tu | 1:30pm-2:45pm | Sep 5-Sep 26 | \$34/4 | 120400 |
| Tu | 1:30pm-2:45pm | Oct 3-Oct 31 | \$43/5 | 120401 |
| Tu | 1:30pm-2:45pm | Nov 7-Nov 28 | \$34/4 | 120402 |
| Tu | 1:30pm-2:45pm | Dec 5-Dec 12 | \$17/2 | 120403 |
| Th | 1:30pm-2:45pm | Sep 7-Sep 28 | \$34/4 | 120404 |
| Th | 1:30pm-2:45pm | Oct 5-Oct 26 | \$34/4 | 120405 |
| Th | 1:30pm-2:45pm | Nov 2-Nov 30 | \$43/5 | 120406 |
| Th | 1:30pm-2:45pm | Dec 7-Dec 14 | \$17/2 | 120407 |

### Beginner Level 2

Learn modern line dance routines to many types of music including pop, show tunes, rock 'n' roll and country. Knowledge of basic steps and experience required. Please wear comfortable clothing and non-marking soft soled shoes.

|   |            |               |        |        |
|---|------------|---------------|--------|--------|
| M | 1:30pm-3pm | Sep 11-Sep 25 | \$27/3 | 120394 |
| M | 1:30pm-3pm | Oct 16-Oct 30 | \$27/3 | 120396 |
| M | 1:30pm-3pm | Nov 6-Nov 27  | \$27/3 | 120397 |
| M | 1:30pm-3pm | Dec 4-Dec 11  | \$18/2 | 120398 |

## SOCIAL BALLROOM DANCE

16 yrs+

**North Saanich Middle School Multipurpose Room**

*Instructor: E & R Ballroom Dance*

### Level 1

Learn to dance for enjoyment, socialization, recreation and health. Ballroom dancing encompasses a wide variety of dance styles such as Waltz, Foxtrot, Tango, Rhumba, Cha Cha and Jive. Our emphasis will be on fun while introducing steps and skills that can be enjoyed for the rest of your life. Participants must sign up with a partner (significant other, friend or family member).

M 7pm-7:55pm Sep 25-Dec 4 \$130/10 120267

### Practice Sessions

F 7pm-8:30pm Sep 15-Dec 8 \$7 Drop-in  
\$60/10 session pass

**NEW**

## NIGHTCLUB SLOW DANCE

16 yrs+

A relaxing, romantic and easy couples dance style that is designed for when the slow, romantic, 'love song' type music comes on. Great for office Christmas parties, wedding receptions, cruises. etc. No previous dance experience is required. Please register with your significant other.

**North Saanich Middle School Multipurpose Room**

*Instructor: E & R Ballroom Dance*

M 8:05pm-9pm Sep 25-Oct 30 \$65/5 120268

**NEW**

## SALSA & MERENGUE

16 yrs+

Planning to head south soon on vacation? Salsa & Merengue are two fun and popular latin dance styles that you will likely encounter so wouldn't it be fun to be able to join in? No previous dance experience is required but you do need to sign up with a partner.

**North Saanich Middle School Multipurpose Room**

*Instructor: E & R Ballroom Dance*

M 8:05pm-9pm Nov 6-Dec 4 \$65/5 120273

## TECHNOLOGY

### IPHONE & IPAD

16 yrs+

**Greenglade Community Centre**

*Instructor: Mandy Ospina*

#### Facebook

Facebook is a popular social media site that allows you to connect with friends, family, local businesses and community events. In this class we will explore how to personalize your profile, add friends and use friend lists, follow a business page, share content and make posts, join groups, use events, and like/comment on other's posts. We will also look at settings and discuss other tips and tricks for using Facebook on your iPhone or iPad.

Tu 9:30am-11:30am Sep 26-Oct 3 \$79/2 120384

#### 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. We will also explore various ways to publish your photos, including digital photo albums, collages, and invitations.

Tu 9:30am-11:30am Oct 24-Oct 31 \$79/2 120369

### All About the Apps

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

Tu 9:30am-11am Nov 7-Nov 14 \$59/2 120371

#### Tips & Tricks 1

If you're comfortable using the basic features of your iPhone/iPad and are looking for a way to expand your learning, this workshop is for you! In this one-day session we will look at some very useful (and fun!) tips and tricks to try on your device. We will explore contextual menus, Air Drop, silencing unknown callers, scanning documents, Shortcuts, optimizing battery charging, the Focus/Do Not Disturb feature, typing/gesture shortcuts, and more. Join Mandy to discover some little-known tricks and shortcuts!

Tu 9:30am-11:30am Dec 5 \$39 120373

#### Tips & Tricks 2

If you're comfortable using the basic features of your iPhone/iPad, this one-day workshop is a great way to learn some new tips and tricks. We will explore useful Camera settings, and photo tips such as removing duplicates, applying a group of edits to multiple photos, and duplicating a photo. We will look at some advanced texting features, such as marking messages as unread, group texts, and unsending a message. We will also explore various features such as the App Library, use of Spotlight, the Remember This shortcut, and more.

Tu 9:30am-11:30am Dec 12 \$39 120376



## IPHONE

16 yrs+

**Greenglade Community Centre Room 1**

*Instructor: Mandy Ospina*

### Mastering the Basics & Beyond

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-11:30am | Sep 12-Sep 19 | \$79/2 | 120366 |
| Tu | 9:30am-11:30am | Nov 21-Nov 28 | \$79/2 | 120367 |

## IPAD

16 yrs+

**Greenglade Community Centre Room 1**

*Instructor: Mandy Ospina*

### Mastering the Basics & Beyond

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

|    |                |               |        |        |
|----|----------------|---------------|--------|--------|
| Tu | 9:30am-11:30am | Oct 10-Oct 17 | \$79/2 | 120368 |
|----|----------------|---------------|--------|--------|

## GENERAL INTEREST

### ALLIANCE FRANÇAISE

16 yrs+

**Greenglade Community Centre Room 1**

*Instructor: Alliance Française De Victoria*

### Conversational French A2

These Alliance Française workshops are for students who can already express themselves in French or wish to develop their French conversation skills further. Students will learn how to give their opinion on different subjects, convince, compare, and talk about what they like. They will develop their communication skills steadily with a qualified and experienced instructor, in a relaxed atmosphere. No textbook is needed.

|    |            |               |         |        |
|----|------------|---------------|---------|--------|
| Tu | 4pm-5:30pm | Sep 12-Oct 24 | \$130/7 | 120352 |
|----|------------|---------------|---------|--------|

### Beginner A2.1

This class is for students of an Elementary level in French. In this class, students will deepen their knowledge in French around the topics of new acquaintances, and daily life.

Required material: Odyssee A2 book and cahier (\$80). Please select the textbook fee of \$80 online if you do not have a copy. This book is required to participate in French Beginner A2.1.

|    |         |               |         |        |
|----|---------|---------------|---------|--------|
| Tu | 6pm-8pm | Sep 12-Oct 24 | \$175/7 | 120351 |
|----|---------|---------------|---------|--------|



## WOOFERS' PUP ESSENTIALS CLASSES

16 yrs+

Woofers' Pup Essentials class is suitable for puppies 10 weeks upwards, older dogs with no prior training (a rescue perhaps?) or a young dog going through the teenage stage. These classes are aimed at creating a well-behaved member of the family. Training helps create a bond with your puppy or rescue dog which helps your dog feel more secure and trusting of you. Training also helps to instill confidence into puppies and shy dogs! The classes cover:

Walking nicely on leash, Down, Wait/Stay, Leave it, Coming when called, Targeting, Cooperative Care

The cost of the six-week course includes support from Woofers via email/phone during the course, and 4 weeks phone/email support after the last class. You will also receive detailed handouts/videos at the end of each class to make up a 40-page manual.

### Central Saanich Cultural Centre Room B

*Instructor: Bren Axon*

|    |               |               |         |        |
|----|---------------|---------------|---------|--------|
| Th | 6:30pm-7:30pm | Sep 14-Oct 19 | \$230/6 | 120312 |
| Th | 6:30pm-7:30pm | Nov 2-Dec 7   | \$230/6 | 120314 |
| Su | 4pm-5pm       | Sep 10-Oct 15 | \$230/6 | 120313 |
| Su | 4pm-5pm       | Nov 5-Dec 10  | \$230/6 | 120315 |

## 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

### PATH TO POWER LEVEL 1 SELF DEFENCE SERIES - WOMEN

18 yrs+

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

### Greenglade Community Centre Room 5

*Instructor: Sixth Sense Self Defence*

Tu-Th 7pm-8pm      Sep 19-Oct 5      \$210/6 120607

### INTRODUCTION TO PERSONAL BOUNDARIES AND SELF DEFENCE WORKSHOP FOR WOMEN

18 yrs+

We believe this two-hour workshop is essential for women of all ages. You will discover your personal boundaries from family to strangers and the various responses to uphold them. You will practice striking key target areas for physical street smart self-defence, as well as simple ways to keep safe and aware of your surroundings, with an emphasis on defending an attack from a stranger. These classes address bullying, assault, sexual assault and harassment.

### Greenglade Community Centre Room 5

*Instructor: Sixth Sense Self Defence*

Sa 10am-12pm      Oct 28      \$85 120612

## BEGINNER BRIDGE

18 yrs+

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

**Greenglade Community Centre Room 6**

*Instructor: Mike Dickie*

W 10am-12pm Sep 20-Nov 22 \$120/10 120411

## STORY STARTS

16 yrs+

Are you a beginner writer or looking to stretch your creative writing skills? Start writing and feel creatively energized with our 3-week workshop series! You'll discover how to add a "spine" to your story, construct a motivated character, and add surprising details that bring a narrative to life. This workshop aims to help you learn, write, and experiment within a small, supportive community. Join us for a joyful creative experience! Please bring a notepad/pen or digital device for writing.

**Greenglade Community Centre Room 1**

*Instructor: Monika Davies*

Th 7pm-8:30pm Sep 7-Sep 21 \$75/3 120274

## NARRATIVE STRUCTURE 101

16 yrs+

Want to learn the simple storytelling formulas behind a compelling narrative? Discover how to design a story from start to finish in this 90-minute workshop. You'll walk away with a deeper knowledge of story structure, prompts to inspire your writing practice, and renewed creative momentum. This workshop is ideal for beginner writers. Please bring a notepad/pen or digital device for writing.

**Greenglade Community Centre Room 1**

*Instructor: Monika Davies*

Th 7pm-8:30pm Oct 5 \$25 120275

## CREATIVE JUMPSTARTS

16 yrs+

Are you a writer struggling to carve out time for your creative projects? Join our workshop series to get inspired, meet fellow writers, and keep your pen moving! Each workshop will include fun creative exercises, dedicated writing time, and encouraging feedback on your work. Together we'll write tiny stories, memories, letters, and much more. Each week's workshop is unique and different! You can sign up for one session (3 weeks) or both sessions for a 6-week creative experience. This friendly workshop series welcomes beginner and seasoned writers. Please bring a notepad/pen or digital device for writing.

**Greenglade Community Centre Room 1**

*Instructor: Monika Davies*

Th 6:30pm-8:30pm Nov 02-Nov 16 \$80/3 120276

Th 6:30pm-8:30pm Nov 23-Dec 07 \$80/3 120279



NEW

## PUTTING THE GARDEN TO BED & SEED SAVING

16 yrs+

Fall is the time to put the garden to rest. Whether you have overwintering crops in the vegetable gardens, perennials that need pruning back and tucking in, autumn is the time to ensure the soil is protected from winter winds and rains. It's also a perfect time to save seed from your garden to plant again next year!

In this workshop we'll cover the following:

- The best techniques for building soil all winter long,
- Preferred mulches to protect soils,
- Vegetable crops that overwinter well,
- Which crops need which type of insulation and winter care,
- Making compost in cooler temperatures,
- Wintertime garden maintenance
- Seed saving basics - plant your own saved lettuce, bean, pea and flower seeds next year!

**Greenglade Community Centre Room 6**

*Instructor: Compost Education Centre*

Sa 9:30am-11:30am Oct 28 \$30 120409

## 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.

**Greenglade Community Centre Room #6**

*Instructor: Peter Dolezal*

W 10am-12pm Oct 4-Oct 11 \$30/2 122637

## GROW YOUR OWN MUSHROOMS

16 yrs+

In this workshop students will learn the main steps used in cultivating mushrooms at home using low tech methods. The workshop will include basic fungal biology, information on tools needed to grow mushrooms, making liquid culture, grain spawn and preparation of fruiting substrates for Oyster mushrooms. For the hands-on part, students will be making their own straw bag with Oyster Mushroom spawn to bring home. The focus will be to introduce participants to the exciting potential of growing mushrooms at home and in the garden and provide them with the necessary information to begin on their fungal adventures.

**Greenglade Community Centre Room 6**

*Instructor: Vadim Junea*

Sa 10am-12pm Oct 21 \$125 120523

## 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*

Sa 10am-12pm Nov 4 \$30 120408

## LEADERSHIP & TRAINING

### BRONZE MEDALLION

See p. 36

### BRONZE CROSS (ASSISTANT LIFEGUARD)

See p. 37

### NATIONAL LIFEGUARD (NL)

See p. 37

### SWIM INSTRUCTOR/LIFESAVING INSTRUCTOR COURSE

See p. 37

### STANDARD FIRST AID WITH CPR C

12 yrs+-

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

#### Panorama Recreation Centre Lookout Room

Sa-Su 9am-5:30pm Oct 28-Oct 29 \$160/2 121555

## SPORTS

### SWIM CLUB

16 yrs+

If you are wanting a swim workout but you do not know where to start this is the swim program for you! The coach will guide you through terminology, drills and strokes and will give you a workout to reach your goal. Must swim 100m continuously (4 lengths). Registration is permitted past course start date with a prorated fee.

#### Panorama Recreation Centre

|    |               |               |          |        |
|----|---------------|---------------|----------|--------|
| Tu | 6:30pm-7:30pm | Oct 10-Dec 19 | \$110/11 | 122077 |
| Th | 6:30pm-7:30pm | Oct 12-Dec 21 | \$110/11 | 122078 |

### SWIFT ENDURANCE SWIM CLUB

16 yrs+

Join Swift Endurance for a structured swim workout to help you improve both your fitness and swim stroke. A great program for triathletes, or just swim fitness! If you can comfortably swim 50m, this program will work for you!

#### Panorama Recreation Centre

|   |         |               |          |        |
|---|---------|---------------|----------|--------|
| M | 7pm-8pm | Oct 16-Dec 18 | \$100/10 | 122079 |
| W | 7pm-8pm | Oct 11-Dec 20 | \$110/10 | 122080 |

### SWIM LESSONS

16 yrs+

Want to learn to swim? Want to improve your strokes, and maybe even learn a new swimming stroke? Then this is the class for you! Taught in a comfortable environment, these Lifesaving Society adult swimming lessons are great for all levels and anyone. Come to class with a swimming goal in mind, and let your experienced teachers help you succeed!

#### Panorama Recreation Centre

|   |         |               |          |        |
|---|---------|---------------|----------|--------|
| M | 8pm-9pm | Oct 16-Dec 18 | \$100/10 | 122081 |
|---|---------|---------------|----------|--------|

## PICKLEBALL ALL LEVELS PLAY - REGISTERED SERIES

16 yrs+

All skill levels are welcome in these play times. Sessions are held at North Saanich Middle School. Bring your own paddle and ball (a few will be available to borrow). Players are expected to assist with net set up and take down.

### North Saanich Middle School Gymnasium

|    |               |               |        |        |
|----|---------------|---------------|--------|--------|
| Th | 6:30pm-8:30pm | Sep 7-Sep 28  | \$28/4 | 120948 |
| Th | 6:30pm-8:30pm | Oct 5-Oct 26  | \$28/4 | 120949 |
| Th | 6:30pm-8:30pm | Nov 2-Nov 30  | \$35/5 | 120950 |
| Th | 6:30pm-8:30pm | Dec 14-Dec 28 | \$21/3 | 120951 |
| F  | 6:30pm-8:30pm | Sep 8-Sep 29  | \$28/4 | 122220 |
| F  | 6:30pm-8:30pm | Oct 6-Oct 27  | \$28/4 | 122221 |
| F  | 6:30pm-8:30pm | Nov 3-Nov 24  | \$28/4 | 122222 |
| F  | 6:30pm-8:30pm | Dec 1-Dec 29  | \$35/5 | 122223 |

## PICKLEBALL RECURRING GROUP COURT RENTAL

16 yrs+

Build your own group and join us for a weekly recurring court rental. Four to five players welcome per group. One court reserved per registration. Bring your own paddles and balls. Nets will be provided. Players are responsible for net set up and take down as instructed.

### Greenglade Community Centre Gymnasium

#### Full Season

|   |                |              |          |        |
|---|----------------|--------------|----------|--------|
| W | 12:15pm-2:10pm | Sep 6-Dec 20 | \$552/16 | 120987 |
| F | 12:15pm-2:10pm | Sep 8-Dec 22 | \$483/14 | 120989 |

#### September Only

|    |                 |               |         |        |
|----|-----------------|---------------|---------|--------|
| M  | 5pm-6:55pm      | Sep 11-Sep 25 | \$104/3 | 120993 |
| Tu | 8:15am-10:10am  | Sep 5-Sep 26  | \$138/4 | 120979 |
| W  | 8:15am-10:10am  | Sep 6-Sep 27  | \$138/4 | 120981 |
| W  | 10:15am-12:10pm | Sep 6-Sep 27  | \$138/4 | 120980 |
| Th | 5pm-6:55pm      | Sep 7-Sep 28  | \$138/4 | 120994 |
| F  | 8:15am-10:10am  | Sep 8-Sep 29  | \$138/4 | 120982 |
| F  | 10:15am-12:10pm | Sep 8-Sep 29  | \$138/4 | 120983 |

## TENNIS - PRACTICE & PLAY

15 yrs+

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

\*Refer to Tennis Canada self-rating guide.

### Panorama Recreation Centre Indoor Tennis Court 4

#### Low Intermediate

For players of a self-assessed 2.5-3 skill rating\*. As a pre-requisite, registrants should be able to rally 10 balls in a row, especially on the forehand, and have a serve which is developing rhythm but has little consistency when trying for power.

|   |         |               |         |        |
|---|---------|---------------|---------|--------|
| M | 1pm-3pm | Sep 11-Oct 2  | \$100/4 | 120852 |
| M | 1pm-3pm | Oct 16-Nov 13 | \$125/5 | 121047 |
| M | 1pm-3pm | Nov 20-Dec 18 | \$125/5 | 120854 |

#### Women's Intermediate

For players of a self-assessed 3-3.5 skill rating\* who self-identify as female. As a pre-requisite, registrants should be able to rally 10 balls in a row using forehand and backhand, and have a serve which is developing rhythm but has little consistency when trying for power.

|   |         |               |         |        |
|---|---------|---------------|---------|--------|
| F | 2pm-4pm | Sep 8-Oct 6   | \$125/5 | 120855 |
| F | 2pm-4pm | Oct 13-Nov 10 | \$125/5 | 120856 |
| F | 2pm-4pm | Nov 17-Dec 15 | \$125/5 | 120857 |

#### Men's Intermediate

For players of a self-assessed 3-3.5 skill rating\* who self-identify as male. As a pre-requisite, registrants should be able to rally 10 balls in a row using forehand and backhand, and have a serve which is developing rhythm but has little consistency when trying for power.

|    |         |             |         |        |
|----|---------|-------------|---------|--------|
| Th | 7pm-9pm | Sep 7-Oct 5 | \$125/5 | 121039 |
|----|---------|-------------|---------|--------|

#### Advanced

For players of a self-assessed 4.0+ skill rating\*. As a pre-requisite, registrants should have a good understanding of the game, be able to rally 10 balls in a row from the baseline (with top spin on the forehand), maintain a 10-ball cross court rally on the backhand, be able to serve with spin, and volley deep off of low balls.

|   |         |              |         |        |
|---|---------|--------------|---------|--------|
| M | 6pm-8pm | Sep 11-Oct 2 | \$100/4 | 121043 |
|---|---------|--------------|---------|--------|



## TENNIS GROUP LESSONS

15 yrs+

### Novice Group

For novice players of a self-assessed 2-2.5 skill rating\*.

Participants will review and further develop the fundamentals of groundstrokes, serves and volleys. Time will also be spent developing a full motion serve, and covering basic doubles and singles strategies.

\*Refer to Tennis Canada self-rating guide.

#### Panorama Recreation Centre Indoor Tennis Court 4

|    |             |               |         |        |
|----|-------------|---------------|---------|--------|
| Th | 9am-10:30am | Sep 7-Oct 5   | \$113/5 | 120858 |
| Th | 9am-10:30am | Oct 12-Nov 9  | \$113/5 | 120859 |
| Th | 9am-10:30am | Nov 16-Dec 14 | \$113/5 | 120860 |

### Intermediate Group

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

In this level, the difference between a flat and slice serve, the smash, the lob and roles in doubles play will be emphasized, as well as continued development of groundstrokes and backhand volley.

As a pre-requisite, registrants should be able to rally 10 balls in a row using forehand and backhand, and have a serve which is developing rhythm but has little consistency when trying for power.

\*Refer to Tennis Canada self-rating guide.

#### Panorama Recreation Centre Indoor Tennis Court 4

|    |              |               |         |        |
|----|--------------|---------------|---------|--------|
| Th | 10:30am-12pm | Sep 7-Oct 5   | \$113/5 | 120861 |
| Th | 10:30am-12pm | Oct 12-Nov 9  | \$113/5 | 120862 |
| Th | 10:30am-12pm | Nov 16-Dec 14 | \$113/5 | 120863 |

NEW

## TENNIS - LIVE BALL 3.5+

15 yrs+

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

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! As a pre-requisite, registrants should be able to rally 20 balls in a row using forehand and backhand.

\*Refer to Tennis Canada self-rating guide.

#### Panorama Recreation Centre Indoor Tennis Court 4

|    |            |             |        |        |
|----|------------|-------------|--------|--------|
| Th | 5:30pm-7pm | Sep 7-Oct 5 | \$94/5 | 121054 |
|----|------------|-------------|--------|--------|

## ADULT HOCKEY LEAGUE

19 yrs+

Sign up now for recreational non-contact hockey! There is space for up to 14 teams, each player has one officiated game per week. Register for the full season in August and request to play with friends. Season ends with a 4 game tournament style playoff Apr 3-7th. Slap shots are allowed on 19+ teams but not on 35+. Please complete your hockey information online at [www.panoramarecreation.ca](http://www.panoramarecreation.ca)

#### Panorama Recreation Centre Arena A

### GOALIES

19 yrs+

|    |             |               |          |        |
|----|-------------|---------------|----------|--------|
| Su | 5pm-11:30pm | Sep 10-Mar 24 | \$248/26 | 120566 |
|----|-------------|---------------|----------|--------|

35 yrs+

|    |             |               |          |        |
|----|-------------|---------------|----------|--------|
| Su | 5pm-11:30pm | Sep 10-Mar 24 | \$248/26 | 120567 |
|----|-------------|---------------|----------|--------|

### PLAYERS

19 yrs+

|    |             |               |          |        |
|----|-------------|---------------|----------|--------|
| Su | 5pm-11:30pm | Sep 10-Mar 24 | \$495/26 | 120561 |
|----|-------------|---------------|----------|--------|

35 yrs+

|    |             |               |          |        |
|----|-------------|---------------|----------|--------|
| Su | 5pm-11:30pm | Sep 10-Mar 24 | \$495/26 | 120564 |
|----|-------------|---------------|----------|--------|

## ARCHERY

16 yrs+

North Saanich Middle School Gymnasium

*Instructor: Pacific Archery Academy*

### Adults

Learn to shoot a bow and arrow with these hands-on classes! Participants will learn the fundamentals that have propelled archery to being one of the fastest growing sports/lifestyle activities in the world. Instructors will provide a safe and friendly environment for learning shooting skills and innovative techniques. All levels welcome and equipment provided.

|    |          |               |         |        |
|----|----------|---------------|---------|--------|
| Sa | 9am-10am | Sep 16-Oct 21 | \$135/6 | 120416 |
| Sa | 9am-10am | Oct 28-Dec 9  | \$135/6 | 120417 |

|    |                 |               |         |        |
|----|-----------------|---------------|---------|--------|
| Su | 10:15am-11:15am | Sep 17-Oct 22 | \$135/6 | 120418 |
| Su | 10:15am-11:15am | Oct 29-Dec 10 | \$135/6 | 120419 |

### Intermediate

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 basic 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.

|   |               |               |          |        |
|---|---------------|---------------|----------|--------|
| W | 8:30pm-9:30pm | Sep 13-Nov 29 | \$270/12 | 120420 |
|---|---------------|---------------|----------|--------|

## 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 bring a water bottle, arrive wearing clean and comfortable athletic attire, and be prepared for a moderately paced workout each week. All levels welcome, and modifications will be offered as needed.

#### Panorama Recreation Centre Weight Room

*Instructor: Blaire Johnson*

|    |                 |               |        |        |
|----|-----------------|---------------|--------|--------|
| Th | 10:30am-11:30am | Sep 7-Sep 28  | \$40/4 | 120847 |
| Th | 10:30am-11:30am | Oct 5-Oct 26  | \$40/4 | 120848 |
| Th | 10:30am-11:30am | Nov 2-Nov 23  | \$40/4 | 120849 |
| Th | 10:30am-11:30am | Nov 30-Dec 21 | \$40/4 | 120850 |

### JAZZERCISE

15 yrs+

Are you ready for the ultimate confidence infusion? Feel amazing when you channel your inner pop diva in the original dance party workout. 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.

*Instructor: Carla Higgins*

#### Panorama Recreation Centre Fitness Studio

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

Drop-in for \$20

10 X Punch Pass \$150.

3 Month Unlimited Pass \$255

## 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. We recommend your baby is pre mobile, but the class is appropriate for kids up to 18 months. Mothers, fathers, or other caregivers are welcome to register.

### Panorama Recreation Centre Fitness Studio

*Instructor: Jan Del Mistro*

|   |               |               |        |        |
|---|---------------|---------------|--------|--------|
| M | 1:30pm-2:15pm | Sep 11-Oct 30 | \$63/7 | 121084 |
| M | 1:30pm-2:15pm | Nov 6-Dec 18  | \$63/7 | 121087 |

## FASCIA IN MOTION

16 yrs+

This strength training program will improve your quality of movement, enhance your mobility and attempt to strengthen your weakest links. The workout will challenge the communication properties of fascia as you learn efficient sequencing and patterns to produce a gentle on the joints and effective program.

When we consider the fascial lines when determining exercise movement patterns, and design a program 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 | 10:30am-11:30am | Sep 5-Oct 10  | \$60/6 | 120353 |
| Tu | 10:30am-11:30am | Oct 31-Dec 12 | \$70/7 | 121058 |
| Th | 10:30am-11:30am | Sep 7-Oct 12  | \$60/6 | 121057 |
| Th | 10:30am-11:30am | Nov 2-Dec 14  | \$70/7 | 121059 |

## FULL CIRCLE FITNESS

16 yrs+

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

### Panorama Recreation Centre Fitness Studio

*Instructor: Judy Brochez*

|    |            |               |        |        |
|----|------------|---------------|--------|--------|
| Tu | 4pm-5:15pm | Sep 5-Oct 10  | \$60/6 | 120320 |
| Tu | 4pm-5:15pm | Oct 31-Dec 12 | \$70/7 | 120321 |

## 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 | 6:30pm-7:30pm | Sep 7-Oct 12 | \$60/6 | 120322 |
| Th | 6:30pm-7:30pm | Nov 2-Dec 14 | \$70/7 | 120323 |

## PERSONAL TRAINING & ORIENTATION

We offer private and semi-private personal training sessions to customize your workout based on your needs so you can reach your specific goals! Visit us online for our Personal Training Client Application package and trainer bios.

|             | Private      | Semi-Private |
|-------------|--------------|--------------|
| 3 sessions  | \$142/person | \$94/person  |
| 6 sessions  | \$261/person | \$179/person |
| 12 sessions | \$483/person | \$314/person |



## ESSETRICS STRETCH AND TONE

18 yrs+

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

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

**Greenglade Community Centre Room 4**

*Instructor: Cathy Roberts*

|   |                |               |        |        |
|---|----------------|---------------|--------|--------|
| M | 9:15am-10:15am | Sep 11-Oct 30 | \$70/7 | 120734 |
| M | 9:15am-10:15am | Nov 6-Dec 18  | \$70/7 | 120735 |

## ESSETRICS AGING BACKWARDS

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

**Greenglade Community Center Room 4**

*Instructor: Phyllis Musseau*

|    |                 |               |        |        |
|----|-----------------|---------------|--------|--------|
| Th | 11:45am-12:35pm | Sep 7-Oct 26  | \$88/8 | 121479 |
| Th | 11:45am-12:35pm | Nov 2- Dec 21 | \$88/8 | 121480 |



## FASCIA FITNESS

16 yrs+

"Fascia is the biological fabric that holds us together. It is our connective tissue network, the 3-D spider web of fibrous, gluey, and wet proteins that binds (all of our trillions of cells) together in their proper placement. Understanding fascia is essential to the dance between stability and movement-crucial in high performance, central in recovery from injury and disability, and ever-present in our daily life from our embryological beginnings to the last breath we take" Tom Meyers ( author of Anatomy Trains)

Explore a regenerative class that allows you to discover your flexibility and mobility potential. You will be using foam rollers, trigger point balls and stretching sequences designed to release fascia and improve your mobility, function and performance.\*All equipment provided.

### Greenglade Community Centre Room 5

*Instructor: Judy Brochez*

|   |                 |               |        |        |
|---|-----------------|---------------|--------|--------|
| M | 10:30am-11:30am | Sep 11-Oct 2  | \$40/4 | 120347 |
| M | 10:30am-11:30am | Oct 30-Nov 20 | \$40/4 | 120349 |
| M | 10:30am-11:30am | Nov 27-Dec 18 | \$40/4 | 120350 |

## NORDIC POLE WALKING

15 yrs+

If walking is one of your only means of improving your fitness, why waste the opportunity to exercise 90% of your muscles than only 40%? Learn the correct Nordic Pole Walking technique and you will increase your cardiovascular workout, burn more calories, strengthen core muscles and improve your posture! Be curious and attend a free introductory lesson! Poles will be supplied. The free introductory class will be on Friday, September 8th at Greenglade Rec. Centre at 4pm.

### Greenglade Community Centre Room 1

*Instructor: Glenice Barber*

|       |         |               |        |        |
|-------|---------|---------------|--------|--------|
| M,W,F | 5pm-6pm | Sep 11-Sep 15 | \$45/3 | 120311 |
|-------|---------|---------------|--------|--------|

## POUND ROCKOUT WORKOUT

14 yrs+

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

### North Saanich Middle School Multipurpose Room

*Instructor: Chelsea Stanley*

|   |               |               |        |        |
|---|---------------|---------------|--------|--------|
| M | 5:30pm-6:30pm | Sep 11-Oct 30 | \$84/7 | 119291 |
| M | 5:30pm-6:30pm | Nov 6-Dec 18  | \$84/7 | 119292 |

## BODY CAMP

18 yrs+

Experience full-body workouts that are designed to build strength, improve cardiovascular endurance, and increase flexibility. Each class is created using a variety of formats to keep you motivated and challenged while improving your overall fitness levels. From circuit-style routines, to creative muscle-toning exercises, to TABATA-inspired cardio; all classes are fun, safe, and adaptable.

### Central Saanich Cultural Centre Room B

*Instructor: Sherry Leblanc*

|    |               |               |         |        |
|----|---------------|---------------|---------|--------|
| Tu | 5:30pm-6:30pm | Sep 12-Oct 31 | \$120/8 | 121053 |
| Tu | 5:30pm-6:30pm | Nov 7-Dec 19  | \$105/7 | 121093 |

## WOMEN'S KICKBOXING

15 yrs+

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

### Central Saanich Cultural Centre Room A

*Instructor: Jodi Hensel*

|       |         |               |          |        |
|-------|---------|---------------|----------|--------|
| Tu,Th | 6pm-7pm | Sep 12-Oct 19 | \$114/12 | 120654 |
| Tu,Th | 6pm-7pm | Nov 7-Dec 14  | \$114/12 | 120655 |



## ZUMBA

16 - 75 yrs

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

### Panorama Recreation Centre Fitness Studio

*Instructor: Sandra Perez De Lamplugh*

|    |                 |              |        |        |
|----|-----------------|--------------|--------|--------|
| Tu | 6:30pm-7:30pm   | Sep 5-Oct 31 | \$99/9 | 120952 |
| Tu | 6:30pm-7:30pm   | Nov 7-Dec 19 | \$77/7 | 120958 |
| W  | 10:45am-11:45am | Sep 6-Oct 25 | \$96/8 | 120961 |
| W  | 10:45am-11:45am | Nov 1-Dec 20 | \$96/8 | 120966 |
| F  | 10:45am-11:45am | Nov 3-Dec 15 | \$84/7 | 120976 |

## ZUMBA TONING

16 - 75 yrs

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

### Greenglade Community Centre Room 4

*Instructor: Sandra Perez De Lamplugh*

|    |               |              |        |        |
|----|---------------|--------------|--------|--------|
| Th | 6:30pm-7:30pm | Sep 7-Oct 26 | \$88/8 | 120968 |
| Th | 6:30pm-7:30pm | Nov 2-Dec 14 | \$77/7 | 120972 |

### Panorama Recreation Centre Fitness Studio

*Instructor: Sandra Perez De Lamplugh*

|   |                 |               |        |        |
|---|-----------------|---------------|--------|--------|
| M | 10:45am-11:45am | Sep 11-Oct 30 | \$77/7 | 120872 |
| M | 10:45am-11:45am | Nov 6-Dec 18  | \$77/7 | 120947 |



## YOGA & PILATES

### HATHA FLOW AND GO

15 yrs+

Hatha Flow is a class composed of creative sequences to create continuous movement, based on the poses that are practiced in a more traditional Hatha class. Join us for this efficient, 50 min all levels class.

**Central Saanich Cultural Centre Room B**

*Instructor: Blaire Johnson*

|   |              |               |        |        |
|---|--------------|---------------|--------|--------|
| W | 12pm-12:50pm | Sep 6-Oct 11  | \$60/6 | 120259 |
| W | 12pm-12:50pm | Oct 18-Nov 22 | \$60/6 | 120261 |

### GENTLE YOGA FOR ALL BODIES

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, size, or level of mobility. Class will consist of gentle stretches, slower flows, and supported postures designed to refresh, rejuvenate, and improve both flexibility and mobility. A variety of props will be used to promote comfort and safety. Please try to arrive at least 5 minutes before the class start time.

**Central Saanich Cultural Centre Room B**

*Instructor: Blaire Johnson*

|   |               |               |        |        |
|---|---------------|---------------|--------|--------|
| W | 1:10pm-2:10pm | Sep 6-Oct 11  | \$60/6 | 120260 |
| W | 1:10pm-2:10pm | Oct 18-Nov 22 | \$60/6 | 120262 |

## STRETCH & STRENGTH YOGA

14 yrs+

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

**Greenglade Community Centre Room 4**

*Instructor: Audrey Macdougall*

|   |               |              |        |        |
|---|---------------|--------------|--------|--------|
| W | 5:15pm-6:15pm | Sep 6-Oct 25 | \$96/8 | 119283 |
| W | 5:15pm-6:15pm | Nov 1-Dec 20 | \$96/8 | 119284 |

|   |               |              |        |        |
|---|---------------|--------------|--------|--------|
| F | 4:15pm-5:15pm | Sep 8-Oct 27 | \$96/8 | 119285 |
| F | 4:15pm-5:15pm | Nov 3-Dec 22 | \$96/8 | 119286 |

## YOGA FOR WELLNESS

15 yrs+

Each class in this series will provide a full body workout with an emphasis on one of six key areas: spinal mobility, core strength, hip mobility, lower body flexibility, heart opening, and the cardiorespiratory system. Class will start with a gentle warmup including breath work, build to a peak pose or posture fitting the theme of the day, and finish with a cooldown and Savasana, or final resting pose. All levels welcome.

**Central Saanich Cultural Centre Room B**

*Instructor: Blaire Johnson*

|    |               |              |        |        |
|----|---------------|--------------|--------|--------|
| Th | 5:10pm-6:10pm | Sep 7-Oct 26 | \$80/8 | 119695 |
| Th | 5:10pm-6:10pm | Nov 2-Dec 14 | \$70/7 | 119696 |

## YOGA TONE

15 yrs+

This unique all-in-one mobility, flexibility, and strength workout will tone your body while calming your mind. Participants will learn a progressive series of yoga postures blended with Pilates principles. There is also an option to add light weights to enhance the workout.

### Central Saanich Cultural Centre Room B

*Instructor: Sherry Leblanc*

|   |               |               |         |        |
|---|---------------|---------------|---------|--------|
| M | 5:30pm-6:30pm | Sep 11-Oct 30 | \$105/7 | 121048 |
| M | 5:30pm-6:30pm | Nov 6-Dec 18  | \$105/7 | 121090 |

|   |               |               |         |        |
|---|---------------|---------------|---------|--------|
| M | 6:45pm-7:45pm | Sep 11-Oct 30 | \$105/7 | 121051 |
| M | 6:45pm-7:45pm | Nov 6-Dec 18  | \$105/7 | 121092 |

|   |               |              |         |        |
|---|---------------|--------------|---------|--------|
| W | 5:30pm-6:30pm | Sep 13-Nov 1 | \$120/8 | 121052 |
| W | 5:30pm-6:30pm | Nov 8-Dec 20 | \$105/7 | 121095 |

## DOWNDAWG YOGA

14 yrs+

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

### Greenglade Community Centre Room 4

*Instructor: Kirsten Dibblee*

|   |               |               |          |        |
|---|---------------|---------------|----------|--------|
| M | 5:45pm-6:45pm | Sep 11-Oct 2  | \$44/4   | 119314 |
| M | 5:45pm-6:45pm | Oct 16-Dec 18 | \$110/10 | 119316 |

## SLOW FLOW YOGA

14 yrs+

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

### Greenglade Community Centre Room 4

*Instructor: Kirsten Dibblee*

|   |         |               |          |        |
|---|---------|---------------|----------|--------|
| M | 7pm-8pm | Sep 11-Oct 2  | \$44/4   | 119315 |
| M | 7pm-8pm | Oct 16-Dec 18 | \$110/10 | 119317 |

## 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 | Sep 19-Oct 24 | \$72/6 | 119289 |
| Tu | 6:45pm-8pm | Nov 21-Dec 19 | \$60/5 | 119290 |



# ISLAND FITNESS CONFERENCE

**October 29, 2023**

at Esquimalt Gorge Park Pavilion

Accredited by: BCRPA; NSCA

A world class conference right here at home! [www.IslandFitnessConference.com](http://www.IslandFitnessConference.com)

## PILATES

14 yrs+

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

### Greenglade Community Center Room 4

*Instructor: Phyllis Musseau*

|    |                 |               |         |        |
|----|-----------------|---------------|---------|--------|
| Tu | 5:15pm – 6:15pm | Sep 5–Oct 24  | \$120/8 | 121260 |
| Tu | 5:15pm – 6:15pm | Oct 31–Dec 19 | \$120/8 | 121269 |

## GENTLE PILATES

14 yrs+

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.

### Greenglade Community Center Room 4

*Instructor: Phyllis Musseau*

|    |           |               |         |        |
|----|-----------|---------------|---------|--------|
| Tu | 4pm – 5pm | Sep 5–Oct 24  | \$120/8 | 121257 |
| Tu | 4pm – 5pm | Oct 31–Dec 19 | \$120/8 | 121259 |

## MIND AND BODY

## TAI CHI

18 yrs+

*Instructor: Wendy Riggs*

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.

### Greenglade Community Center Room 6

#### Beginners Part 1

|      |               |               |         |        |
|------|---------------|---------------|---------|--------|
| M,Th | 6:15pm-7:15pm | Sep 11-Oct 26 | \$98/13 | 121331 |
|------|---------------|---------------|---------|--------|

#### Beginners Part 2

|      |               |               |         |        |
|------|---------------|---------------|---------|--------|
| M,Th | 6:15pm-7:15pm | Oct 30-Dec 11 | \$98/13 | 121333 |
|------|---------------|---------------|---------|--------|

#### 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 | Sep 9-Dec 23 | \$105/14 | 120292 |
|----|-------------|--------------|----------|--------|

### Greenglade Community Centre Room 4

|   |            |               |          |        |
|---|------------|---------------|----------|--------|
| W | 6:30pm-8pm | Sep 13-Dec 20 | \$113/15 | 120293 |
|---|------------|---------------|----------|--------|



## NIA - FUNCTIONAL FITNESS

16 yrs+

Dance has been proven to help cognitive function, as well as, condition the bodies heart, lungs, bones and muscles while just having fun moving to music. Nia is choreographed and Free dance combined with Martial Arts and Healing. Nia improves circulation and helps maintain a healthy weight. Nia is great for any age, fitness level, or body type.

Fun, exciting fitness challenge for those who want it, and gentle for those who want that. Learn balance, strength, coordination, agility and just feel good. Please bring a yoga mat.

### Panorama Recreation Centre Lookout Room

|   |               |               |        |        |
|---|---------------|---------------|--------|--------|
| M | 5:15pm-6:15pm | Sep 18-Oct 30 | \$72/6 | 119714 |
| M | 5:15pm-6:15pm | Nov 6-Dec 18  | \$84/7 | 124848 |

## HEALING MEDITATION

18 yrs+

Meditation and mindfulness practice calms the body and mind so you can de-stress, find a sense of peace and improve your level of happiness. These yoga practices are powerful tools used in preventative medicine to avoid or manage health conditions such as anxiety, depression, high blood pressure, heart problems, adrenal fatigue, insomnia, immunity and gastrointestinal disorders. In this program you will learn self-regulated techniques to balance your body with gentle stretches, breath and intention.

Everybody is welcome! What do you need? Previous yoga experience beneficial but not required. Participants will be expected to go down and up from their yoga mat independently.

BONUS: You will get post class highlights w/ 15 mins. self-care home practice to follow. (Mandatory practice for the best outcome.)

### Greenglade Community Centre Room 5

*Instructor: Veronika Prielozna*

|   |              |               |         |        |
|---|--------------|---------------|---------|--------|
| F | 10am-11:30am | Oct 20-Nov 24 | \$150/6 | 120541 |
|---|--------------|---------------|---------|--------|





## REHABILITATION

### CHAIR AND BALANCE

50 yrs+

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

**Panorama Recreation Centre Fitness Studio**

*Instructor: Rachel Schmidt*

|       |                 |               |         |        |
|-------|-----------------|---------------|---------|--------|
| Tu,Th | 10:15am-11:15am | Sep 5-Sep 28  | \$72/8  | 119661 |
| Tu,Th | 10:15am-11:15am | Oct 3-Oct 26  | \$72/8  | 119664 |
| Tu,Th | 10:15am-11:15am | Oct 31-Nov 30 | \$90/10 | 119680 |
| Tu,Th | 10:15am-11:15am | Dec 5-Dec 21  | \$54/6  | 119682 |

### 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: Rachel Schmidt*

|       |                 |               |         |        |
|-------|-----------------|---------------|---------|--------|
| Tu,Th | 11:30am-12:30pm | Sep 5-Sep 28  | \$72/8  | 119662 |
| Tu,Th | 11:30am-12:30pm | Oct 3-Oct 26  | \$72/8  | 119665 |
| Tu,Th | 11:30am-12:30pm | Oct 31-Nov 30 | \$90/10 | 119681 |
| Tu,Th | 11:30am-12:30pm | Dec 5-Dec 21  | \$54/6  | 119683 |

## OSTEOFIT

15 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 | Sep 6-Sep 27 | \$63/7 | 120264 |
| M,W | 10:30am-11:30am | Oct 2-Nov 1  | \$81/9 | 120864 |
| M,W | 10:30am-11:30am | Nov 6-Nov 29 | \$72/8 | 120865 |
| M-W | 10:30am-11:30am | Dec 4-Dec 20 | \$54/6 | 120866 |
| W   | 9:15am-10:15am  | Sep 6-Oct 25 | \$72/8 | 120265 |
| W   | 9:15am-10:15am  | Nov 1-Dec 20 | \$72/8 | 120851 |

*Instructor: Judy Brochez*

|   |                 |              |        |        |
|---|-----------------|--------------|--------|--------|
| F | 10:30am-11:30am | Sep 8-Sep 29 | \$36/4 | 119640 |
| F | 10:30am-11:30am | Oct 6-Oct 27 | \$36/4 | 119641 |
| F | 10:30am-11:30am | Nov 3-Nov 24 | \$36/4 | 119642 |
| F | 10:30am-11:30am | Dec 1-Dec 22 | \$36/4 | 119643 |

## 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)



# 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 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 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

When phoning, 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 and cardholder name.

| ACTIVITY         | REGISTRATION DATE   |
|------------------|---|
| General Programs | Tuesday, July 25 @ 6:30am   |
| Swim Lessons     | Tuesday, August 15 @ 6:30am<br>(Visible online Tuesday, August 8) |

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. 15 yrs+ or 13 yrs+ With the completion of the regional youth weight room orientation program.

#### ARENA

Drop-in to one of our Everyone Welcome, Shiny, or Parent & Child Hockey sessions. View schedules online. Skate rentals are available.

#### COURT BOOKINGS

Indoor tennis, outdoor tennis, squash and racquetball courts are available. See page 6 for more 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

Visit us online at [www.panoramarecreation.ca](http://www.panoramarecreation.ca) for our current schedules.

#### 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. 15 yrs+ or 13 yrs+ With the completion of the regional youth weight room 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 and can be done online.

#### PICKLEBALL

Reservations for Pickleball at Greenglade open online at 7:30am every second Friday for sessions within the upcoming 2 calendar weeks. Opportunities for all levels and intermediate play available. 16yrs+

### NORTH SAANICH MIDDLE SCHOOL

#### BADMINTON

Drop-in to badminton (12 yrs+) at North Saanich Middle School. View schedules online.