

Panorama RECREATION

JULY &
AUGUST
2023



REGISTRATION OPENS 6:30AM



General
Programs



Swim
Lessons



Making a difference...together



panoramarecreation.ca



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Panorama
RECREATION

Live well. Have fun.

WELCOME!

Located on the beautiful Saanich Peninsula, Panorama Recreation offers innovative facilities and quality programs and services. From an updated aquatic complex, which boasts the tallest and longest indoor waterslide on southern Vancouver Island, to an award-winning racquet sports centre, a fully equipped weight room, a NEW Jumpstart Multi Sport Court and two skating arenas, there is something for everyone. Off-site facilities provide a variety of programs to accommodate the growing community.

PANORAMA RECREATION

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



GREENGLADE COMMUNITY CENTRE

2151 Lannon Way, Sidney, BC, V8L 3Z1



PROGRAM REGISTRATION DATES

ACTIVITY	REGISTRATION DATE
General Programs	Tuesday, April 18 @ 6:30am
Swim Lessons	Tuesday, June 6 @ 6:30am (Visible online Tuesday, May 30)

For more registration information, see p. 38 & 39

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✉ info@panoramarec.bc.ca

🌐 panoramarecreation.ca

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☎ 250 656 7271 / 250 656 7055

ADMISSION FEES

SINGLE ADMISSION FEES

Under 6 Years	FREE
6 - 18 Years	\$3.50
19 - 59 Years	\$6.75
60 Years+	\$5.50
Family 2 adults & up to 3 youth (max 18 years) or 1 adult & up to 4 youth (max 18 years)	\$13.50



ACTIVE PASSES (PER-VISIT)

	6 - 18 Years	19 - 59 Years	60 Years+
10 Visits	\$31.50	\$60.80	\$49.50
25 Visits	\$74.50	\$143.75	\$117.00
50 Visits	\$140.00	\$270.00	\$220.00

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

ACTIVE PASSES (MONTHLY)

	18 Years & Under	19 Years+	90 Years+
1 Month	n/a	\$57	Lifetime Pass for those 90 years+
3 Month	n/a	\$136	
6 Month	n/a	\$39 / month (\$234)	
Annual Pass	n/a	\$31 / month (\$372)	FREE
Annual Pass Plus*	\$69 or FREE with a 12 Month Pass+	\$35 / month (\$420)	\$35 / month (\$420)
Regional Annual Pass**	\$44/ month (\$528)	\$44/ month (\$528)	\$44/ month (\$528)

Active passes are non-transferable and non-refundable. Some restrictions apply. Visit us online for a complete list of our Active Pass policies. *Annual Pass Plus includes 1 adult and all dependent youth (up to 18 years) living at the same address. **Visit us online for Regional Annual Pass details.

COURT BOOKINGS

@ PANORAMA RECREATION CENTRE



Courts may be booked as a **recurring block booking** or **single session** booking. Book a **single session** up to 7 days in advance online or via Reception. Request a **recurring block booking** via the process outlined below.

TENNIS

Max 1.5 hour sessions during indoor prime time. Max 2 hour sessions during indoor non-prime and economy time. Max 2 hour sessions outdoors. View facility hours on our website. Hours differ on holidays.

Time	Indoor	Outdoor
Prime Mon - Fri, 9AM - 1 PM & 6 - 9 PM	\$14/hr	\$6/hr
Non-Prime All days before 9 AM	\$8/hr	
Economy Mon - Fri, 1 - 6 PM & Weekends, All Day	\$13/hr	

SQUASH, RACQUETBALL, WALLYBALL AND PING PONG

Max 1.5 hour sessions. View facility hours on our website. Hours differ on holidays.

Time	
Prime Mon - Fri, 5:15 PM - 9 PM	\$8/45 mins
Non-Prime Mon- Fri Before 5:15 PM & Weekends, All Day	\$6.40/45 mins

RECURRING BLOCK BOOKING - REQUEST PROCEDURE

- We will begin accepting block booking requests for September-December on July 18. Review of applications will begin July 25 and notification of awarded timeslots will be sent within that week. Applications received July 18-24 will be reviewed first. Applications received July 25 onward will be slotted into what time remains.
- To submit a request, complete the fillable 'Court Block Booking Request Form' on the Book a Court section of our website.
- Block booking seasons: January-April, May-August, September-December



REDUCED FEES

Summer rental rates in effect May - September!

PLAY IN THE PARK

UNPLUG, UNWIND
& COME PLAY!

Every Tuesday, Wednesday and Thursday evenings through July & August, join Panorama staff from 5:30-8pm for some **FREE** summer fun for the whole family that includes interactive play, group games, and of course, inflatable fun on our giant 50' obstacle course! Min 36" height requirement to use the obstacle course.



	JULY 4-27	AUGUST 1-31
Tuesday	KELSET Elementary 1800 Forest Park Drive	
Wednesday	Tulista Park 9565 Fifth Street	
Thursday	Centennial Park 7500 Block of Wallace Drive	

Play in the Park requires guardian supervision

PLAY IN THE PARK LAUNCH PARTY!

Join us Thursday, July 6th at Centennial Park from 5:30-8pm as we kick off the Play in the Park program for this summer!

Have dinner at the park. Kiwanis Club of Sidney and Saanich Peninsula are providing BBQ hot dogs by donation.

FREE! YOGA IN THE PARK

Wednesdays, 6-7pm

July 5 - August 30

Tulista Park

Children under 12 years require guardian supervision. Weather dependent



SPECIAL EVENTS

JULY



Saturday, 11:30am - 4pm
SIDNEY DAYS:
CANADA DAY CELEBRATION
Iroquois Park

Come on down and wave to Slider in the Canada Day Parade at 11:30am in downtown Sidney! Afterwards, join us to continue the Canada Day celebrations at Iroquois Park with some glitter tattoos and activity fun!



**Tuesdays, Wednesdays
& Thursdays**
5:30-8pm
PLAY IN THE PARK
Saanich Peninsula Locations

Every Tuesday, Wednesday and Thursday evening through July & August, join Panorama staff from 5:30-8pm for some FREE summer fun for the whole family that includes interactive play, group games, and of course, inflatable fun on our giant 50' obstacle course! See p. 5 for more details.



Thursday, 5:30 - 8pm
PLAY IN THE PARK
LAUNCH PARTY
Centennial Park

Join us at Centennial Park from 5:30-8pm as we kick off the Play in the Park program for this summer! Have dinner at the park! Sidney and Peninsula Kiwanis club are providing a BBQ by donation.



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

Join us for FREE Yoga in the Park. This outside Hatha Yoga class will bring awareness of breath in combination with traditional yoga poses. All levels welcome. Children under 12 years require guardian supervision. Weather dependant. Please bring your own mat.



Saturday, 7pm
FAMILY MOVIE NIGHT
Panorama Recreation Centre
Arena B

Join us and watch The Super Mario Bros. movie on our giant screen! We will transform our (dry) arena into the perfect place to kick back, munch some popcorn, and enjoy a film together! Feel free to come in your PJs! Don't forget to bring your lawn chair. Variety of refreshments available for purchase.

SPECIAL EVENTS

AUGUST



**Tuesdays, Wednesdays
& Thursdays**
5:30-8pm
PLAY IN THE PARK
Saanich Peninsula Locations

Every Tuesday, Wednesday and Thursday evening through July & August, join Panorama staff from 5:30-8pm for some FREE summer fun for the whole family that includes interactive play, group games, and of course, inflatable fun on our giant 50' obstacle course! See p. 5 for more details.



Wednesdays, 6-7
YOGA IN THE PARK
Tulista Park

Join us for FREE Yoga in the Park. This outside Hatha Yoga class will bring awareness of breath in combination with traditional yoga poses. All levels welcome. Children under 12 years require guardian supervision. Weather dependant. Please bring your own mat.



Sunday, 2 - 4pm
COMMUNITY WATER BATTLE
Panorama Recreation Centre

Grab your super soakers and beat the heat! Join us for an afternoon of water battle and games for all ages! Take a turn on our slip and slide, and cool down with some cold treats. Bring your buckets, water soaker, neighbors and friends! Sponsored by **SEASIDE**
MAGAZINE YOUR SAANICH PENINSULA VOICE



PARTIES

DIY PARTIES

7 yrs +

NEW

DO IT YOURSELF PARTY

\$100

Celebrate your next birthday this Summer with a DIY Party at Greenglade Community Centre! Each party includes 2 hours in our party room with in-room access to the outdoor field and play structures. DIY Parties are intended to provide a space to host your party without the hassle of running them from your home. As these events are not staffed or themed, we encourage you to bring anything and everything you may need to run your party. This includes decorations, toys, games, etc..

Greenglade Community Centre Room 8

SATURDAYS: 4-6pm Jul 8, 15, 22, Aug 5, 12, 19

NOTES:

- DIY parties have no age limit
- DIY parties include 2 hours in our party room with in-room access to the outside field and play structures.
- As these events are not staffed, please bring all items needed to host your party

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.

SATURDAYS 1-3pm

SUNDAYS 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
- All Pool Parties include 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.



SWIM LESSONS

PRIVATE SWIM LESSONS

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.

**Swim Lesson
registration begins,
Tues, June 6 @ 6:30am**

Online viewing Tues, May 30,
For lesson descriptions,
dates and times, visit
us online @ [panorama
recreation.ca](http://panorama recreation.ca)



PUBLIC SWIM LESSONS

Join us for weekly swim lessons with one of our highly skilled instructors. Our public 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 also making new friends! Individual and group feedback is provided. Class sizes vary between 5-10 participants depending on level.

SWIM FOR LIFE LESSONS

Swim for Life® is a comprehensive swim instruction program that focuses on the acquisition and development of fundamental swim strokes and skills for learners of all ages and abilities. Participants must be within age range as of the last class in the course.

SWIM FOR LIFE PARENT AND TOT LEVELS 1-3

4 - 36 mos

These levels are for Parent/caregiver and their child and stress the importance of play in developing water-positive attitudes and skills during in-water interactions.

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

The next step after completing Level 6 of the Swim for Life Swimmer program is Canadian Swim Patrol. Canadian Swim Patrol provides enriched training for young swimmers who are ready to go beyond learn-to-swim with an introduction to water proficiency. It is comprised of three levels, Rookie, Ranger and Star. This program is an on-ramp to lifesaving and lifeguarding.



SUMMER CAMPS AT A GLANCE



Jul 4-7	AGE	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm	CP	13
Allegro Junior Dance	4-6	9am-12pm	Allegro	15
Sunseekers	6-7	8:30am-4:30pm	GG	14
Soccertron	6-9	9am-12pm/9am-4pm	KELSET	23
Adventure Seekers	6-10	8:30am-4pm	CP	14
H2O Adventure	6-12	8:30am-4:30pm	PRC	23
Allegro Dance, Craft & Adventure	6-12	9am-4pm	KELSET	15
Horseback Riding	6-12	9am-1pm/9am-4pm/1:30-4:30pm	WS	24
Multi Sport	7-12	9am-4pm	JSMSC	25
Outdoor Pursuits	8-11	8:30am-4:30pm	GG	14
Engineering for Kids: Amazing Race	8-12	9am-4pm	GG	20
Byte Camp - Claymation Movie	9-12	9am-4pm	CSCC	22
Film Making 101	9-14	9am-4pm	MAOA	16
Archery	9-14	9am-11:30am/12pm-2:30pm	Bayside	26
Build and Design Your Own Robot With Arduino	10-12	9am-4pm	MAOA	16

Jul 10-14	AGE	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm	CP	13
Allegro Junior Dance	4-6	9am-12pm	Allegro	15
Sunseekers	6-7	8:30am-4:30pm	GG	14
Hogwarts & The Forbidden Forest	6-10	8:30am-4pm	CP	26
Engineering for Kids: Design Future	6-10	9am-4pm	GG	20
H2O Adventure	6-12	8:30am-4:30pm	PRC	23
Horseback Riding	6-12	9am-1pm/9am-4pm/1:30-4:30pm	WS	24
Mini Clay	6-12	9am-12pm	GG	15
Allegro Dance, Craft & Adventure	6-12	9am-4pm	Allegro	15
Jr Coding & Robotics Climate Solutions	7-9	9am-4pm	MAOA	18
Tennis	7-10	8:30am-12pm	CP	25
Multi Sport	7-12	9am-4pm	JSMSC	25
Outdoor Pursuits	8-11	8:30am-4:30pm	GG	14
Sr Claymation and Lego Animation	8-13	9am-4pm	NSMS	18
Byte Camp - 3D Animation	11-14	9am-4pm	CSCC	22
Youth Leadership Bootcamp	14-18	8:30am-4:30pm	GG	30

LOCATION

Allegro	Allegro Performing Arts Centre
Bayside	Bayside Middle School
CSCC	Central Saanich Cultural Centre
CP	Centennial Park
GG	Greenglade Community Centre
JSMSC	Jumpstart Multi Sport Court
KELSET	Kelset Elementary School
MAOA	McTavish Academy of Arts
NSMS	North Saanich Middle School
PRC	Panorama Recreation Centre
Sandown	Sandown Centre
WS	Westside Stables

CANCELLATIONS

7 days notice is required to cancel a registration in one of our camps. Fees will not be reimbursed for absences, including those due to seasonal illness or inclement weather, providing the facility and service remains available to the public. See p. 38 for details.



SUMMER CAMPS AT A GLANCE

Jul 17-21	AGE	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm	CP	13
Yogaplay Adventures	3-6	9am-12pm/1pm-4pm	CSCC	26
Sunseekers	6-7	8:30am-4:30pm	GG	14
Adventure-Seekers	6-10	8:30am-4:30pm	CP	14
H2O Adventure	6-12	8:30am-4:30pm	PRC	23
LEGO Robotics & Science - Battlebots Edition	6-9	9am-4pm	GG	17
Tennis	7-10	8:30am-12pm	CP	25
Multi Sport	7-12	9am-4pm	JSMSC	25
Outdoor Pursuits	8-11	8:30am-4:30pm	GG	14
Archery	8-14	9am-11:30am / 12pm-2:30pm	NSMS	26
Music Video Production	9-14	9am-4pm	MAOA	16
Space Engineering: Colonizing Mars	10-12	9am-4pm	MAOA	18
Teen Clay	10-15	9am-12pm	GG	15

Jul 24-28	AGE	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm / 1pm-4pm	CP	13
Sunseekers	6-7	8:30am-4:30pm	GG	14
Lego Robotics & Science - Beyblades	6-9	9am-4pm	GG	17
Superhero Academy & Adventure	6-10	8:40am-4pm	CP	27
H2O Adventure	6-12	8:30am-4:30pm	PRC	23
Everyday Engineering: Green City	7-9	9am-4pm	MAOA	18
Multi Sport	7-12	9am-4pm	JSMSC	25
Tennis	7-12	8:30am-12pm	CP	25
Outdoor Pursuits	8-11	8:30am-4:30pm	GG	14
Pasquale Basketball	8-12	9am-12pm/9am-4pm	KELSET	25
Kids in the Kitchen	8-12	9am-1pm	NSMS	27
Archery	8-14	9am-11:30am / 12pm-2:30pm	NSMS	26
Byte Camp - Intro to Coding	9-12	9am-4pm	CSCC	22
Dungeons, Dragons, Black Magic	11-16	9am-4pm	GG	26

Jul 31-Aug 4	AGE	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm	CP	13
Sunseekers	6-7	8:30am-4:30pm	GG	14
Soccertron	6-9	9am-12pm/9am-4pm	KELSET	23
Adventure Seekers	6-10	8:30am-4pm	CP	14
Engineering for Kids: Space	6-10	9am-4pm	GG	21
H2O Adventure	6-12	8:30am-4:30pm	PRC	23
Tennis	7-10	8:30am-12pm	PRC	25
Multi Sport	7-12	9am-4pm	JSMSC	25
Outdoor Pursuits	8-11	8:30am-4:30pm	GG	14
Sr Claymation & Lego Animation	8-13	9am-4pm	NSMS	18
Archery	9-14	9am-11:30am / 12pm-2:30pm	NSMS	26
Byte Camp - 2D Video Game Design	11-14	9am-4pm	CSCC	22
Biomimicry Engineering: Build a Walking robot	13-16	9am-4pm	MAOA	20

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 may be limited 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

Families with Private Support Workers

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



SUMMER CAMPS AT A GLANCE



Aug 8-11	AGE	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm	CP	13
Yogaplay Adventures	3-6	9am-12pm/1pm-4pm		26
Sunseekers	6-7	8:30am-4:30pm	GG	14
Adventure Seekers	6-10	8:30am-4pm	CP	14
H2O Adventure	6-12	8:30am-4:30pm	PRC	23
Multi Sport	7-12	9am-4pm	JSMSC	25
Power Unlimited Skating	7-14	Varies	PRC	24
Engineering for Kids: Star Wars	7-10	9am-4pm	GG	21
Outdoor Pursuits	8-11	8:30am-4:30pm	GG	14

Aug 14-18	AGE	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm / 1pm-4pm	CP	13
Sunseekers	6-7	8:30am-4:30pm	GG	14
Hogwarts & The Forbidden Forest	6-10	8:30am-4pm	CP	26
H2O Adventure	6-12	8:30am-4:30pm	PRC	23
Horseback Riding	6-12	9am-1pm/9am-4pm/1:30-4:30pm	WS	24
Mini Clay	6-12	9am-12pm	GG	15
Creative Makers: AI	7-9	9am-4pm	MAOA	16
Tennis	7-10	8:30am-12pm	PRC	25
Multi Sport	7-12	9am-4pm	JSMSC	25
Power Unlimited Skating	7-14	Varies	PRC	24
Outdoor Pursuits	8-11	8:30am-4:30pm	GG	14
Kids in the Kitchen	8-12	9am-1pm	NSMS	27
Engineering for Kids: Quest of Philomath	8-12	9am-4pm	GG	21
SPABA Youth Skills (Basketball)	8-12	9am-12pm	NSMS	25
Byte Camp - Build an App	11-14	9am-4pm	CSCC	22

Aug 21-25	AGE	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm	CP	13
Sunseekers	6-7	8:30am-4:30pm	GG	14
Adventure Seekers	6-10	8:30am-4pm	CP	14
H2O Adventures	6-12	8:30am-4:30pm	PRC	23
Horseback Riding	6-12	9am-1pm/9am-4pm/1:30-4:30pm	WS	24
Tennis	7-10	8:30am-12pm	PRC	25
Outdoor Pursuits	8-11	8:30am-4:30pm	GG	14
Pasquale Basketball	8-12	9am-12pm/9am-4pm	KELSET	25
Engineering for Kids: Minecraft	8-12	9am-4pm	GG	21
Film Making 101	9-14	9am-4pm	MAOA	16
AI & Electronics: Electric Piano	10-12	9am-4pm	MAOA	19
Teen Clay	10-15	9am-12pm	GG	15

Aug 28-Sep 1	AGE	TIME	LOCATION	P#
Tiny Timbers	3-5	9am-12pm / 1pm-4pm	CP	13
Sunseekers	6-7	8:30am-4:30pm	GG	14
Star Wars Galaxy Adventure	6-10	8:30am-4pm	CP	26
Engineering for Kids: Jr Minecraft	6-10	9am-4pm	GG	21
Outdoor Pursuits	8-11	8:30am-4:30pm	GG	14
Futures in Science: Women in STEM	10-12	9:30am-12pm, 1-3:30pm	MAOA	19

CAMP INFO

Thank you for registering your children in one of our camp programs! Please take a moment to read through our Welcome to Camp FAQs & camp activity schedules online. Activity schedules will be posted by June 15

Medical & Emergency Contact Information

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

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

THINGS TO BRING TO CAMP

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

THINGS TO LEAVE HOME

- Toys from home
- Electronics
- Phones (unless necessary)

CAMPS

TINY TIMBERS

3 - 5 yrs

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

Centennial Park - Shelter

Plant Pals

Tu-F 9am-12pm Jul 4-Jul 7 \$100/4 116421

Space Rangers

M-F 9am-12pm Jul 10-Jul 14 \$125/5 116423

Enchanted Forest

M-F 9am-12pm Jul 17-Jul 21 \$125/5 116424

Tiny Trekkers

M-F 9am-12pm Jul 24-Jul 28 \$125/5 116426

Crafty Critters

M-F 9am-12pm Jul 31-Aug 4 \$125/5 116427

Sun & Shade Safari

Tu-F 9am-12pm Aug 8-Aug 11 \$100/4 116432

Dino Diggers

M-F 9am-12pm Aug 14-Aug 18 \$125/5 116433

Mystical Creatures & Creations

M-F 9am-12pm Aug 21-Aug 25 \$125/5 116436

Treasure Seekers

M-F 9am-12pm Aug 28-Sep 01 \$125/5 116437



SUNSEEKERS

6 - 7 yrs

Join us for a fantastic summer of fun in the sun with Sunseekers! Each week of this dynamic camp includes themed activities, colourful crafts and outrageous games. Have a blast and make some new friends while diving into adventures that go beyond the imagination! Child must have completed kindergarten to register.

Greenglade Community Centre Room 7

Tu-F	8:30am-4:30pm	Jul 4-Jul 7	\$184/4	116374
M-F	8:30am-4:30pm	Jul 10-Jul 14	\$230/5	116375
M-F	8:30am-4:30pm	Jul 17-Jul 21	\$230/5	116376
M-F	8:30am-4:30pm	Jul 24-Jul 28	\$230/5	116378
M-F	8:30am-4:30pm	Jul 31-Aug 4	\$230/5	116379
Tu-F	8:30am-4:30pm	Aug 8-Aug 11	\$184/4	116380
M-F	8:30am-4:30pm	Aug 14-Aug 18	\$230/5	116382
M-F	8:30am-4:30pm	Aug 21-Aug 25	\$230/5	116383
M-F	8:30am-4:30pm	Aug 28-Sep 01	\$230/5	116384

ADVENTURE SEEKERS

6 - 10 yrs

Join us at our Centennial park location for a camp experience designed to get the most out of nature. Imagination, creativity and a sense of adventure are a must for weeks filled with themed activities, simple arts and crafts, forest exploration, and plenty of outrageous group games! Child must have completed kindergarten to register.

Centennial Park - Fieldhouse

Tu-F	8:30am-4pm	Jul 4-Jul 7	\$176/4	116477
M-F	8:30am-4pm	Jul 17-Jul 21	\$220/5	116483
M-F	8:30am-4pm	Jul 31-Aug 4	\$220/5	116485
Tu-F	8:30am-4pm	Aug 8-Aug 11	\$176/4	116486
M-F	8:30am-4pm	Aug 21-Aug 25	\$220/5	116487

OUTDOOR PURSUITS

8 - 11 yrs

Get active & adventurous this summer with Outdoor Pursuits! Each week will include interactive games, activities & exciting out-trips. With activities like paddle-boarding, hiking, bowling, mini golfing & swimming, we'll be sure to make the most out of your summer!

Greenglade Community Centre Room 9

Tu-F	8:30am-4:30pm	Jul 4-Jul 7	\$184/4	116386	Tu-F	8:30am-4:30pm	Aug 8-Aug 11	\$184/4	116391
M-F	8:30am-4:30pm	Jul 10-Jul 14	\$230/5	116387	M-F	8:30am-4:30pm	Aug 14-Aug 18	\$230/5	116392
M-F	8:30am-4:30pm	Jul 17-Jul 21	\$230/5	116388	M-F	8:30am-4:30pm	Aug 21-Aug 25	\$230/5	116393
M-F	8:30am-4:30pm	Jul 24-Jul 28	\$230/5	116389	M-F	8:30am-4:30pm	Aug 28-Sep 1	\$230/5	116395
M-F	8:30am-4:30pm	Jul 31-Aug 4	\$230/5	116390					



ARTS & CULTURE

MINI CLAY CAMP

6 - 12 yrs

Come and have fun exploring the tactile qualities of clay! We will explore the properties of clay by working with coils, slabs and pinch pot methods to create our art works. Wear clothes you can get muddy and bring a nut-free snack each day. Half way through the class we will head outside for a snack and some games. No session Thursday while pieces are in the kiln then, the final day, we will decorate and glaze our projects! Final pieces will be ready for pick up 2 weeks post course.

Greenglade Community Centre Pottery Studio

Instructor: Monika Burrell

M,Tu,W,F	9am-12pm	Jul 10-Jul 14	\$160/4	116416
M,Tu,W,F	9am-12pm	Aug 14-Aug 18	\$160/4	116417

TEEN CLAY CAMP

10 - 15 yrs

Participants in this class will throw on the potter's wheel as well as make hand built projects such as sculpture and functional pottery. The final day is our decorating and glazing day of the pieces we created during the previous classes. Come and have some muddy fun and prepare to create projects from your imagination. All supplies included, no class Thursday while projects are in the kiln.

Greenglade Community Centre Pottery Studio

Instructor: Monika Burrell

M,Tu,W,F	9am-12pm	Jul 17-Jul 21	\$160/4	116418
M,Tu,W,F	9am-12pm	Aug 21-Aug 25	\$160/4	116420

MUSIC, DANCE & THEATRE

ALLEGRO CAMPS

Allegro Performing Arts Centre

Instructor: Allegro Performing Arts Centre

Junior Dance Camp

4 - 6 yrs

Come join us for some dancing, creative crafting, and even a story during snack time! Your child will be dancing to some really fun tunes, working on neat crafts and is sure to make new friends this week. Come join the party! This camp is great for all levels of young dancers.

Allegro Performing Arts Centre

Instructor: Allegro Performing Arts Centre

Tu-F	9am-12pm	Jul 4-Jul 7	\$120/4	116459
M-F	9am-12pm	Jul 10-Jul 14	\$150/5	116461

Dance, Craft and Adventure Camp

6 - 12 yrs

This Camp is designed to give a taste of different dance styles in a fun and encouraging atmosphere! We will also do some crafts, play games and go for a walk and explore some of our nearby parks, play some games and have some outdoor fun each afternoon! Great for beginners who want to try out some dance classes, as well as dancers with some experience who are just looking for some Summer Fun!

Tu-F	9am-4pm	Jul 4-Jul 7	\$240/4	116447
M-F	9am-4pm	Jul 10-Jul 14	\$300/5	116460

FINANCIAL ASSISTANCE

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FILM MAKING 101

9 - 14 yrs

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

North Saanich Middle School Food/Textiles Room

Instructor: Film Camp In A Box

Tu-F	9am-4pm	Jul 4-Jul 7	\$260/4	116052
M-F	9am-4pm	Aug 21-Aug 25	\$325/5	116053

MUSIC VIDEO PRODUCTION CAMP

9 - 14 yrs

Rock and Roll all night and every day at our Music Video Production in a Box workshop. Mentored by master filmmakers, campers will engage in hands on exploration of the music video production process, including pre production, production and post production. Working collaboratively in small crews, they will learn about cinematography specific to music videos and advanced editing techniques. Using an existing pop culture song, campers will listen to the lyrics, learn them and create a story, encapsulating the theme of the lyrics. They will then act in and edit their full music video. Each film crew will use a Mac Book, Final Cut Pro an HD camera, tripod, and green screen under the guidance of their own filmmaker. Family and friends will join us at the Film Camp in a Box Red Carpet Film Festival at the end of the week to enjoy blockbusters and, of course some popcorn. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theater.

North Saanich Middle School Food/Textiles Room

Instructor: Film Camp In A Box

M-F	9am-4pm	Jul 17-Jul 21	\$325/5	116051
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SCIENCE, TECHNOLOGY & NATURE

NEW BUILD AND DESIGN YOUR OWN ROBOT WITH ARDUINO

10 - 12 yrs

As you read this robot factories are building robot drones to deliver robot vacuums to homes around the world. Robotics isn't just the future, it's the here and now. In this hands-on camp, students will learn the perfect combination of electrical engineering, 3D fabrication and computer coding to be on the cutting edge of robotics. By building their own Arduino-powered robot, designing and fabricating parts, and writing code to complete challenges, students won't just assemble a robot, they'll develop the skills needed to customize and create their own future robotic projects.

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

Tu-F	9am-4pm	Jul 4-Jul 7	\$396/4	116462
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NEW CREATIVE MAKERS: AI CHARACTERS & ILLUSTRATION

7 - 9 yrs

Artificial intelligence is in the process of revolutionizing every industry: computer science, medicine, engineering, journalism, art and many more. In this course, students will learn the basics of what an AI is, what makes it so powerful, and - importantly - how they can use it as an asset to their creativity, not a replacement. Students will use cutting edge artificial intelligence tools to brainstorm their own characters. Then they build on these characters to explore the fundamentals of illustration, storytelling and bookmaking to experience using digital technology and their own hands to make a physical project.

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

M-F	9am-4pm	Aug 14-Aug 18	\$495/5	116472
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LEGO ROBOTICS (WEDO 2.0) & SCIENCE - BEYBLADE EDITION!

6 - 9 yrs

3,2,1, GO! Come and join our LITTLUNIVERSE for an exciting 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 Beyblades 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 activities! We will have game consoles, air hockey, foosball, arts and crafts, board games, and MORE! Participants will also get their own LITTLUNIVERSE camp t-shirt!

Greenglade Community Centre Room 6

Instructor: Littluniverse

M-F 9am-4pm Jul 24-Jul 28 \$380/5 116007

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 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 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

M-F 9am-4pm Jul 17-Jul 21 \$380/5 116006



NEW

JUNIOR CODING & ROBOTICS: CLIMATE SOLUTIONS

7 - 9 yrs

For future tech stars. Using puzzles, games and fun we introduce coding concepts such as sequencing, loops, events, functions, and conditionals. Students then master these skills with hands-on coding challenges featuring our delightful Dash robots. Each day they'll take Dash on a new themed mission requiring engineering design thinking and computer coding to solve climate problems and make a positive change in our global environment. The goal of this camp is to encourage critical thinking, imagination, perseverance, and to empower young children with the confidence to say "Yes" to computer science.

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

M-F 9am-4pm Jul 10-Jul 14 \$495/5 116463

NEW

EVERYDAY ENGINEERING: BUILD A GREEN CITY

7 - 9 yrs

Calling all Engineers of the Future: Let's build the city of the future! A hands-on engineering, designing, and building camp where we explore the different types of engineering required to first make a city work, and then make it climate-positive. We will dive into how our cities work using the applied science of Power, Environmental, Mechanical, Structural and Civil Engineering. Then we will add the lens of ClimateTech, and design our cities to include renewable energies, cleaner transportation, energy-efficient buildings, greener communities, and emerging climate technologies. We won't just talk, we'll also build these cities as we go with hands-on design and build projects culminating in our own green city.

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

M-F 9am-4pm Jul 24-Jul 28 \$495/5 116466

SENIOR CLAYMATION AND LEGO ANIMATION

8 - 13 yrs

Fill your week with action, adventure and a lot of comedy with Film Camp in A Box Senior Claymation and Lego animation camp. Mentored by master filmmakers, campers will engage in hands-on exploration of the stop motion animation process, including pre-production, production and post production. Working in small crews, they will learn about stop motion animation, set design, script writing and editing. Campers will then create their own stop motion animation and edit a short film and movie trailer, complete with sound effects, music, voice, sound effects and special effects. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theater.

North Saanich Middle School Food/Textiles Room

Instructor: Film Camp In A Box

M-F 9am-4pm Jul 10-Jul 14 \$325/5 116054

M-F 9am-4pm Jul 31-Aug 4 \$325/5 116055

NEW

SPACE ENGINEERING: COLONIZING MARS

10 - 12 yrs

Colonizing Mars may have once been the realm of science fiction, but today it feels closer to a reality, and perhaps, an inevitability. That doesn't mean it will be easy! We have to travel at least 55 million km just to get there. Then, we have to safely land, overcome Martian dust storms, survive a lack of liquid water and oxygen, and brave an icy climate to establish our colony. In this camp, students will develop their engineering skills to solve challenges related to travelling to, surviving on, and eventually thriving on Mars.

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

M-F 9am-4pm Jul 17-Jul 21 \$495/5 116465

NEW **AI & ELECTRONICS:
ELECTRIC PIANO**

10 - 12 yrs

From Taylor Swift to Drake and from Bad Bunny to BTS, all of our favourite musical artists are exploring the ways technology can expand and improve their signature sounds. Whether you're an aspiring musician, an amateur DJ or just love building things that make noise, this camp is for you. Students will learn about electrical engineering while building their own electronic pianos using integrated circuits, resistors, capacitors and more. Then they'll learn how to use code, online tools and even AI to create their own musical compositions.

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

M-F 9am-4pm Aug 21-Aug 25 \$495/5 116473

NEW **FUTURES IN SCIENCE:
WOMEN IN STEM**

10 - 12 yrs

Science, technology, engineering and mathematics (STEM) wouldn't be where it is today without the contributions of countless trailblazing women throughout history and in this camp we will be learning all about them! Each day, students will learn about the life and contributions of a historical female character in the development of the modern world, and then work through hands-on activities to explore their field in more detail and gain an appreciation for their work. They will also learn the importance of making science an inclusive and welcoming community. In that spirit, this camp is open to everyone!

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

M-F	9:30am-12pm	Aug 28-Sep 1	\$248/5	116474
M-F	1pm-3:30pm	Aug 28-Sep 1	\$248/5	117391



NEW **BIOMIMICRY ENGINEERING:
BUILD A WALKING ROBOT**

13 - 16 yrs

What's faster than a cheetah, stronger than a rhinoceros and can jump higher than a kangaroo? Someday - through the wonders of biomimicry engineering - you might be! By looking to nature for inspiration, engineers are revolutionizing healthcare, fighting climate change and improving the world around us. In this class, students will first build their own four legged walking robot. Then, they will research and observe history's greatest engineer and inventor: Mother Nature. They will use these skills to design, fabricate and test modifications to their robot, challenging themselves to improve not just their robot, but their understanding of the natural world.

McTavish Academy of Art - Art Studio

Instructor: Mctavish Academy Of Art

M-F 9am-4pm Jul 31-Aug 4 \$495/5 116471

ENGINEERING FOR KIDS

Instructor: Engineering For Kids Vancouver Island

Amazing Race

8 - 12 yrs

Pack your bags engineers and get ready for an adventure! Team up with others for a wild ride across the globe in our Amazing Race. During this program, students carefully engineer designs to traverse the most treacherous terrain, brave the stormiest seas, and soar above the clouds. Can your team make it all the way around the world in just a few days? Grab your passports and catch a flight straight to Engineering For Kids for a truly unbelievable journey!

Greenglade Community Centre Room 6

Tu-F 9am-4pm Jul 4-Jul 7 \$272/4 115995

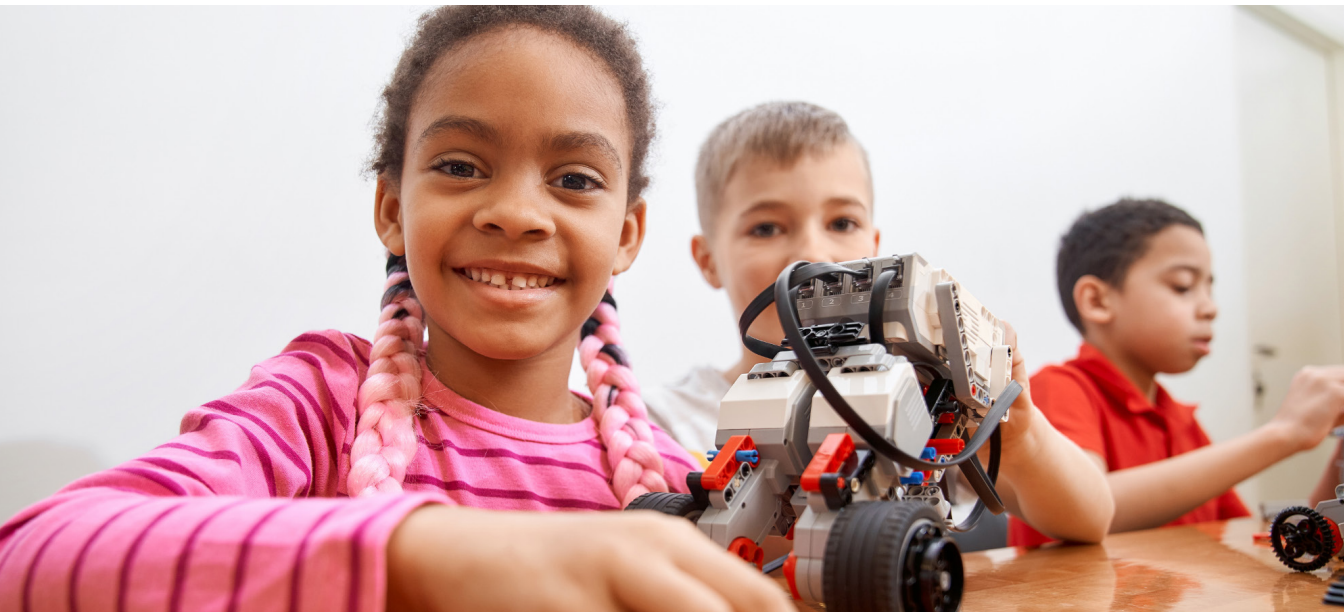
Design the Future

6 - 10 yrs

What does the future look like? Join us as we embark on an odyssey to explore the future of transportation, housing, and energy by taking a look at the innovations of today to create the designs of tomorrow. As we explore ways to harness clean energy and house a growing human population, team up and become an engineer to help Design the Future.

Greenglade Community Centre Room 6

M-F 9am-4pm Jul 10-Jul 14 \$340/5 115996



Space Camp

6 - 10 yrs

Ready for some galactic adventures?! From satellites to rockets and landers, come build your own version of the machines that make space exploration possible! This week of camp is all about understanding the science, technology, and engineering we use to further our knowledge of our universe. We'll also spend part of the day doing art, science and engineering projects, and playing fun outdoor games!

Greenglade Community Centre Room 6

M-F 9am-4pm Jul 31-Aug 4 \$340/5 116008

NEW

Star Wars Camp

6 - 10 yrs

Report to Star Wars training camp and learn about the science and engineering that go on behind the scene. In this camp, we will build light sabers, explore space travel, program robotic droids, and so much more. We'll also spend part of the day doing art, science and engineering projects, and playing fun outdoor games and using the Force in games like Death Star Dodge Ball and Light Saber Tag. Arrive as Padawans and leave as Masters!

Greenglade Community Centre Room 6

Tu-F 9am-4pm Aug 8-Aug 11 \$272/4 116010

NEW

The Quest of Philomath - D&D & Engineering Camp

8 - 12 yrs

Who is ready to go on a quest for knowledge? Join us as our party ventures through Philomath in search of adventures and learning. Your curiosity and sharp wits will be your best weapons in this quest to save Philomath from losing its magic and water. With your new engineering friends, travel through deserts and mountains to reach the last livable place in Philomath, The Ethereal Isle! In a learning environment inspired by fantasy, children will learn the value of teamwork as well as develop their problem-solving skills through engineering challenges presented via our story line. Costumes encouraged, but not required.

NOTE: No previous knowledge of Dungeons & Dragons mechanics required.

Greenglade Community Centre Room 6

M-F 9am-4pm Aug 14-Aug 18 \$340/5 115997

Minecraft - Traveling into the Future

8 - 12 yrs

Test your ingenuity and problem-solving skills as you navigate through our unique virtual Minecraft worlds using our laptops. With your team, learn how to manage your resources like real-life engineers as you build a colony on the moon and try to survive in drought-like conditions. Even if you've been to this camp before, you'll still find the daily missions fun and challenging! We'll also spend part of the day doing art, science and engineering projects, and playing fun outdoor games!

NOTE: We will be playing using our secure local server and won't have access to external ones.

Greenglade Community Centre Room 6

Instructor: Engineering For Kids Vancouver Island

M-F 9am-4pm Aug 21-Aug 25 \$340/5 115998

Jr Minecraft

6 - 8 yrs

A special camp for our youngest Minecrafters. No experience necessary; some keyboard and mouse skills are ideal. Using our laptops, you'll first learn the basics of Minecraft and will then work together to solve engineering-related challenges in our unique worlds. We'll also spend part of the day doing art, science, and engineering projects and playing fun outdoor games!

Greenglade Community Centre Room 6

M-F 9am-4pm Aug 28-Sep 1 \$340/5 115999

BYTE CAMP

Instructor: Byte Camp Education Society

Claymation Movie Production

9 - 12 yrs

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

Central Saanich Cultural Centre Room A

Tu-F 9am-4pm Jul 4-Jul 7 \$315/4 116012

3D Animation

11 - 14 yrs

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a wonderful (& free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing your own animated short film. Final projects are usually group projects with each student contributing a character and a scene.

Central Saanich Cultural Centre Room A

M-F 9am-4pm Jul 10-Jul 14 \$365/5 116013

FINANCIAL ASSISTANCE

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Introduction to Coding

9 - 12 yrs

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

Central Saanich Cultural Centre Room A

M-F 9am-4pm Jul 24-Jul 28 \$365/5 116011

2D Video Game Design

11 - 14 yrs

Learn how to build a 2D game from the ground up using Godot, an awesome free software that uses a coding language similar to python. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. Some coding experience or Byte Camp's - Intro to Coding is a recommended as a prerequisite.

Central Saanich Cultural Centre Room A

M-F 9am-4pm Jul 31-Aug 4 \$365/5 116014

Build an App

11 - 14 yrs

Learn how to design, code, test and deploy your very own app! Use the gyroscope, tapping, and dragging or anything else you can think of to build your app from scratch. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Each day a new project is introduced and students are taken through the steps of understanding and working with the new code ideas. Students will get to work on their own project ideas on the final two days. No previous experience is required however Byte Camp's 2D Video Game Design is recommended.

Central Saanich Cultural Centre Room A

M-F 9am-4pm Aug 14-Aug 18 \$365/5 116017

AQUATICS

H2O ADVENTURE

This full-day camp is packed with adventures. Games outside, and swimming everyday! There will be lots of activities, crafts and out trips to local parks and beaches. Join us for an action packed week in the pool and fun in the sun!

Panorama Recreation Centre Playground

6 - 7 yrs - Penguins

Tu-F	8:30am-4:30pm	Jul 4-Jul 7	\$192/4	116469
M-F	8:30am-4:30pm	Jul 10-Jul 14	\$240/5	116532
M-F	8:30am-4:30pm	Jul 17-Jul 21	\$240/5	116534
M-F	8:30am-4:30pm	Jul 24-Jul 28	\$240/5	116535
M-F	8:30am-4:30pm	Jul 31-Aug 4	\$240/5	116536
Tu-F	8:30am-4:30pm	Aug 8-Aug 11	\$192/4	116537
M-F	8:30am-4:30pm	Aug 14-Aug 18	\$240/5	116539
M-F	8:30am-4:30pm	Aug 21-Aug 25	\$240/5	116541

8 - 12 yrs - Sharks

Tu-F	8:30am-4:30pm	Jul 4-Jul 7	\$192/4	116470
M-F	8:30am-4:30pm	Jul 10-Jul 14	\$240/5	116606
M-F	8:30am-4:30pm	Jul 17-Jul 21	\$240/5	116607
M-F	8:30am-4:30pm	Jul 24-Jul 28	\$240/5	116608
M-F	8:30am-4:30pm	Jul 31-Aug 4	\$240/5	116609
Tu-F	8:30am-4:30pm	Aug 8-Aug 11	\$192/4	116610
M-F	8:30am-4:30pm	Aug 14-Aug 18	\$240/5	116611
M-F	8:30am-4:30pm	Aug 21-Aug 25	\$240/5	116612

SPORTS

SOCCKERTRON CAMP

6 - 12 yrs

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

Kelset Elementary School

Instructor: Elisco Enterprises Inc. Db a Soccertron

6-12 yrs

Tu-F	9am-12pm	Jul 4-Jul 7	\$124/4	116555
M-F	9am-12pm	Jul 31-Aug 4	\$155/5	116561

8-12 yrs

Tu-F	9am-4pm	Jul 4-Jul 7	\$220/4	116502
M-F	9am-4pm	Jul 31-Aug 4	\$275/5	116562



POWER UNLIMITED

7 - 14 yrs

Instructor: Dennise Bowles

Panorama Recreation Centre Arena

POWER SKATING CAMPS

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 this challenging and rewarding program. Power Unlimited offers high quality instruction with a dedication to the improvement of each student. Full hockey gear is required.

U8 - U9 (7 - 8 yrs)

M-F 8:30am-9:50am Aug 14-Aug 18 \$160/5 117190

U9 - U11 (8 - 10yrs)

M-F 8am-10:20am Aug 21-Aug 25 \$260/5 117191

U11 - U13 (10 - 12 yrs) - Rep Pre Camp

M-F 8am-10:50am Aug 7-Aug 11 \$320/5 116932

U13 - U15 (12 - 14 yrs) - Rep Pre Camp

M-F 1pm-3:50pm Aug 7-Aug 11 \$350/5 117189

HORSE'N AROUND HORSEBACK RIDING CAMP

6 - 12 yrs

We have over 30 years' experience in running horseback riding camps. Our patient and trusty school horses make learning to ride pleasurable and safe. Through fun games and activities your child will also learn about important safety precautions, tacking up, grooming, health care and stable management.

No experience is necessary! We welcome beginner and novice riders.

Westside Stables

Instructor: Westside Equestrian Services Ltd.

M-F	9am-4pm	Jul 3-Jul 7	\$700/5	115981
M-F	9am-4pm	Jul 10-Jul 14	\$700/5	115984
M-F	9am-4pm	Aug 14-Aug 18	\$700/5	115987
M-F	9am-4pm	Aug 21-Aug 25	\$700/5	115990

AM

M-F	9am-1pm	Jul 3-Jul 7	\$450/5	115982
M-F	9am-1pm	Jul 10-Jul 14	\$450/5	115985
M-F	9am-1pm	Aug 14-Aug 18	\$450/5	115988
M-F	9am-1pm	Aug 21-Aug 25	\$450/5	115991

PM

M-F	1:30pm-4pm	Jul 3-Jul 7	\$350/5	115983
M-F	1:30pm-4pm	Jul 10-Jul 14	\$350/5	115986
M-F	1:30pm-4pm	Aug 14-Aug 18	\$350/5	115989
M-F	1:30pm-4pm	Aug 21-Aug 25	\$350/5	115992



PASQUALE BASKETBALL

6 - 12 yrs

Eli Pasquale has been bringing basketball to our community since 1984. In our classic co-ed half day programs and full day camps, you will learn Eli's Guard Series and Miracle Circuit. Improve on 1 on 1 skills and develop offensive and defensive skills for 2 on 2 and 3 on 3 and 5 on 5 team play. Full day camps play a variety of other camp games and afternoon water activities.

Kelset Elementary School

Instructor: Eli Pasquale Group Inc.

6-12 yrs

M-F	9am-12pm	Jul 24-Jul 28	\$155/5	116557
Tu-F	9am-12pm	Aug 21-Aug 25	\$155/5	116564

8-12 yrs

M-F	9am-4pm	Jul 24-Jul 28	\$275/5	116503
Tu-F	9am-4pm	Aug 21-Aug 25	\$275/5	116563

TENNIS CAMP

7 - 10 yrs

Join Panorama coaches and camp leaders for a fun week of tennis and more! Aimed at racquet sport beginners, participants will be introduced to the fundamentals of tennis, following the progressive tennis model that uses modified courts and balls, scaled to maximize learning and fun! Each day will include time on-court, plus a sprinkle of general camp activities such as cooperative group games, crafts and outdoor play.

Centennial Park - Tennis Courts

M-F	8:30am-12pm	Jul 10-Jul 14	\$140/5	116495
M-F	8:30am-12pm	Jul 17-Jul 21	\$140/5	116497
M-F	8:30am-12pm	Jul 24-Jul 28	\$140/5	116498

Panorama Recreation Centre Indoor Tennis Court 1

M-F	8:30am-12pm	Jul 31-Aug 4	\$140/5	116499
M-F	8:30am-12pm	Aug 14-Aug 18	\$140/5	116500
M-F	8:30am-12pm	Aug 21-Aug 25	\$140/5	116501

MULTI-SPORT CAMP

Throughout the week, campers will participate in a wide range of sports and activities which may include, but is not limited to, tennis, basketball, track and field, skating and swimming. Campers will follow a new activity schedule each week to allow those who attend multiple weeks, the opportunity to participate in different activities and sports. Each week, campers will partake in excursions.

7 - 12 yrs

Panorama Recreation Centre Jumpstart Multi Sport Court

Tu-F	9am-4pm	Jul 4-Jul 7	\$188/4	116576
M-F	9am-4pm	Jul 10-Jul 14	\$235/5	116577
M-F	9am-4pm	Jul 17-Jul 21	\$235/5	116578
M-F	9am-4pm	Jul 24-Jul 28	\$235/5	116581
M-F	9am-4pm	Jul 31-Aug 4	\$235/5	116582
Tu-F	9am-4pm	Aug 8-Aug 11	\$188/4	116583
M-F	9am-4pm	Aug 14-Aug 18	\$235/5	116584

NEW

SPABA YOUTH SKILLS CAMP

8 - 12 yrs

This program is aimed at young basketball players looking to improve their game and follows the Little Dribblers II program. It also includes players who have just started or are looking to start playing SPABA Night League. Sessions will be high energy and aimed at skills development and basic team strategy with a focus on having fun while learning. Participants will all receive a T-shirt and basketball.

North Saanich Middle School Gymnasium

Instructor: Saanich Peninsula Amateur Basketball Association

M-F	9am-12pm	Aug 14-Aug 18	\$130/5	116345
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YOUTH ARCHERY CAMP

9 - 14 yrs

If you're 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. These week long camps welcome all levels and equipment is provided!

Instructor: Pacific Archery Academy

Bayside Middle School

Tu-F	9am-11:30am	Jul 4-Jul 7	\$140/4	116357
Tu-F	12pm-2:30pm	Jul 4-Jul 7	\$140/4	116358

North Saanich Middle School Gymnasium

M-F	9am-11:30am	Jul 24-Jul 28	\$175/5	116352
M-F	9am-11:30am	Jul 31-Aug 4	\$175/5	116353
M-F	12pm-2:30pm	Jul 24-Jul 28	\$175/5	116354
M-F	12pm-2:30pm	Jul 31-Aug 4	\$175/5	116355

GENERAL INTEREST

NEW YOGAPLAY ADVENTURES CAMP

3 - 6 yrs

Join early childhood educator and children's yoga teacher Jennifer Medak for an early years camp that infuses yoga and mindfulness, storytelling , sensory play, and art . Each day of the week will take us on a different adventure while we explore a new theme: under the sea, on the farm, in the jungle and more! We will weave this theme into our daily explorations and activities. We will begin the session with sensory/imaginary play, followed by storytelling, yoga and creative movement, snack time, and then a craft.

Central Saanich Cultural Centre Room A

M-F	9am-12pm	Jul 17-Jul 21	\$120/5	116020
Tu-Th	9am-12pm	Aug 8-Aug 10	\$75/3	116022
M-F	1pm-4pm	Jul 17-Jul 21	\$120/5	116021
Tu-Th	1pm-4pm	Aug 8-Aug 10	\$75/3	116023

NEW HOGWARTS & THE FORBIDDEN FOREST

6 - 10 yrs

Join us for a week of magical fun complete with spell and potions classes, daily duels, house competitions and spectacular adventures through the Forbidden Forest. Get creative with mystical activities like crafting your own wand, making delicious Butterbeer, be amazed by a real life magician, and enjoying all of the magic of being a real witch and wizard!

Centennial Park - Fieldhouse

M-F	8:30am-4pm	Jul 10-Jul 14	\$235/5	116488
M-F	8:30am-4pm	Aug 14-Aug 18	\$235/5	116489

NEW STAR WARS GALAXY ADVENTURE

6 - 10 yrs

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

Centennial Park - Fieldhouse

M-F	8:30am-4pm	Aug 28-Sep 01	\$235/5	116491
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NEW **DUNGEONS, DRAGONS,
BLACK MAGIC AND BEYOND**

11 - 16 yrs

Welcome to the mythical world of fantasy and role playing for an exciting week of adventure! We will delve into a Dungeons and Dragons Campaign, creating our characters, costumes, and magical tools along the journey. We will venture into the forest for some live action role playing and partake in an exciting quest! Harness all of your magical powers for a week of imagination and excitement with new friends!

Greenglade Community Centre Room 8

M-F 9am-4pm Jul 24-Jul 28 \$215/5 116637

NEW **SUPERHERO ACADEMY
AND ADVENTURE**

6 - 10 yrs

Join us for a week of exciting Superhero Adventure! Save the world as your own superhero as we make costumes and masks of your favourite heroes and characters! Learn fantastic super hero skills as we train and practice our super skills through out the training grounds. Become a hero that saves the world, or become the evil villain determined to take it over! And put your new superhero skills to the test with fun inflatable activities during the week!

Centennial Park - Fieldhouse

M-F 8:30am-4pm Jul 24-Jul 28 \$235/5 116490

NEW **KIDS IN THE KITCHEN**

8 - 12 yrs

North Saanich Middle School Food/Textiles Room

Global Cuisine

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

M-F 9am-1pm Jul 24-Jul 28 \$190/5 116629

Just Desserts

Time to get on your aprons and have a sweet time! All abilities are welcome as we enjoy a week of just desserts! Each day we will focus on a new genre or dessert. Then take those skills and new recipes home to treat all your friends and family! All ingredients & supplies will be provided. Be sure to bring a container to take home any leftovers!

8 - 12 yrs

M-F 9am-1pm Aug 14-Aug 18 \$190/5 116630



EARLY YEARS

CAMPS

See p. 10

SWIM LESSONS

See p. 9

NEW

GYMNASTICS

1 - 5 yrs

Have you been wanting to learn how to cartwheel, balance, or tumble? Join this intro to gymnastics program! Throughout the program, children will have the opportunity to learn the fundamentals of gymnastics including: flexibility, strength, coordination, and of course, gymnastics skills! Kids will have the experience of using our variety of gymnastics apparatus. No experience needed, please come in athletic clothing and socks.

McTavish Academy of Art - Dance Studio

Instructor: Mctavish Academy Of Art

1 - 3 yrs

Tu	9am-9:45am	Jul 4-Jul 25	\$60/4	116475
Th	9am-9:45am	Jul 6-Jul 27	\$60/4	116478
Tu	9am-9:45am	Aug 1-Aug 22	\$60/4	116476
Th	9am-9:45am	Aug 3-Aug 24	\$60/4	116479

3-5 yrs

Tu	10am-10:45am	Jul 4-Jul 25	\$60/4	116480
Th	10am-10:45am	Jul 6-Jul 27	\$60/4	116482
Tu	10am-10:45am	Aug 1-Aug 22	\$60/4	116481
Th	10am-10:45am	Aug 3-Aug 24	\$60/4	116484

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



SCHOOL AGE

BIRTHDAY PARTIES

Choose from DIY parties available this summer.

See p. 8

CAMPS

See p. 10

SWIM LESSONS

See p. 9

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! Open to children from KĒLSET, Sidney and Deep Cove Brentwood and Keating Elementary schools.

Out of School Care is currently full for the 2023/2024 school year. For more information and to join our waitlist visit panoramarecreation.ca

YOUTH & TEEN

CAMPS

See p. 10

SPORTS

SWIM LESSONS

See p. 9

PICKLEBALL - FAMILY PLAY

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

BADMINTON DROP-IN

12 yrs+

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

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 to view availability and complete a booking.

FITNESS

FITNESS PROGRAMS

Many of our adult fitness programs have a minimum age of 12 yrs. See p. 35

REGIONAL YOUTH WEIGHT ROOM ORIENTATION

13 yrs+

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

Panorama Recreation Centre Weight Room

Instructor: Liam Mctavish

Sa	9am-11am	Jul 15	\$15	116542
Sa	9am-11am	Aug 12	\$15	116544

Instructor: Jace Francis and Ethan Ewer

Su	9am-11am	Jul 23	\$15	116543
Su	9am-11am	Aug 27	\$15	116545



LEADERSHIP & TRAINING

SELF-DEFENCE AND BOUNDARIES

10 - 18 yrs

Instructor: Sixth Sense Self Defence

3-Day Series

Provide your child with the essential training and awareness to develop personal boundaries and basic self-defence skills. Students will cycle through exercises based on the six main ways to stay safe as they discover their personal boundaries. Practice striking key target areas for physical self-defence, while standing up or on the ground; as well as simple ways to keep safe through situational awareness. This workshop addresses prevention and protection from assault, sexual assault, harassment, sex trafficking and more. We create a safe space to work through challenging topics with trauma informed instructors with age appropriate content. For more information: sixthsenseselfdefence.com

North Saanich Middle School Multipurpose Room

10 - 13 yrs

Tu-Th 9:30am-11:30am Jul 11-Jul 13 \$155/3 116385

14 - 18 yrs

Tu-Th 12:30pm-2:30pm Jul 11-Jul 13 \$155/3 116381

Single Day Workshop

We believe this workshop is essential for teens as they navigate their expanding social circles and social media. Discover personal boundaries from family to strangers and the various responses to uphold them. 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

10 - 13 yrs

Sa 12:30pm-2:30pm Jul 8 \$75 116443

14 - 18 yrs

Sa 3pm-5pm Jul 8 \$75 116442

YOUTH LEADERSHIP BOOTCAMP

14 - 18 yrs

Interested in a job in recreation? Want to have fun and make new friends? Come for 4 days of our Leadership Bootcamp! We will spend the week working on team building, goal setting, learning games and crafts, leading larger groups, and more to develop all the skills needed to have the confidence and abilities to work in recreation environments with children! You will also earn your Emergency First Aid and CPR C Certificate and receive your High Five Training Certification from BCRPA. We will also have a workshop in resume building to help you use your new certifications and experience to start applying for jobs right away! We will finish the week with a fun out trip to WildPlay Victoria for some exciting adventure to celebrate!

Greenglade Community Centre Room 8

M-Th 8:30am-4:30pm Jul 10-Jul 13 \$280/4 116626

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 8

Instructor: Panorama Staff

W	9am-5pm	Jul 19	\$70	116493
Tu	9am-5pm	Aug 22	\$70	116494

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

Instructor: Panorama Staff

Sa-Su 9am-5:30pm Jul 22-Jul 23 \$160/2 116617

BRONZE MEDALLION

13 yrs+

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

Panorama Recreation Centre Lookout Room

Instructor: Panorama Staff

Tu-Th 9am-4:30pm Jul 11-Jul 13 \$135/3 116613

BRONZE CROSS (ASSISTANT LIFEGUARD)

13 yrs+ and Bronze Medallion

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision.

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Prerequisite: Bronze Medallion.

Panorama Recreation Centre Lookout Room

Instructor: Panorama Staff

Tu-Th 9am-4:30pm Jul 18-Jul 20 \$135/3 116614



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

15 yrs+ and Bronze Cross

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. Swim and Lifesaving Instructors are trained to teach Swim for Life, Junior Lifeguard Club, Swim to Survive, Canadian Swim Patrol (Rookie, Ranger, Star), Bronze Star, Bronze Medallion, and Bronze Cross Candidates are trained in and must demonstrate skills, knowledge, and attitudes at Competency Level 1 (Lifesaving Instructor) to include all aspects of learning as well as various approaches required to teach water rescue, First Aid, and related aquatic skills in the Canadian Lifesaving Program.

Prerequisites: Standard First Aid, 15 years old (by the last day of the course), Bronze Cross

Panorama Recreation Centre Lookout Room

M-F 9am-5:30pm Jul 24-Jul 28 \$336/5 116615

NATIONAL LIFEGUARD

15 yrs+

The NL program develops a sound understanding of lifeguarding principles, good judgment, communication skills, and a mature responsible attitude toward the role. Candidates will develop physical fitness, theoretical and practical knowledge. Fee includes whistle and pocket masks. Prerequisites: 15 years of age, Bronze Cross, and Standard First Aid. 100% attendance is mandatory.

Panorama Recreation Centre Lookout Room

M-F 9am-5:30pm Aug 14-Aug 18
Aug 21 \$360/6 116616

ADULT

MUSIC & DANCE

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.

Th	1:30pm-2:45pm	Jul 6-Jul 27	\$36/4	116350
Th	1:30pm-2:45pm	Aug 3-Aug 31	\$45/5	116351

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-2:45pm	Jul 3-Jul 31	\$45/5	116347
M	1:30pm-2:45pm	Aug 14-Aug 28	\$27/3	116349

FINANCIAL ASSISTANCE

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POTTERY STUDIO

@ GREENGLADE COMMUNITY CENTRE

16 yrs+

The Pottery Studio at Greenglade Community Centre is a fully-functioning studio that includes everything needed to see projects from start to finish - including wheels, work tables, a slab roller, handbuilding tools, glazes and a kiln! Services include clay purchase, project and supply storage, glazing, firing, classes and workshops. Learn more about our studio 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*	8:30-11:30AM*	8:30-11:30AM*	BLOCK BOOKINGS	8:30-11:30AM*	9AM-12PM	9AM-12PM
11:30AM-2:30PM*		11:30AM-2:30PM*		11:30AM-2:30PM*		
5:30-8:30PM		5:30-8:30PM				

*No 8:30am or 11:30am reservable drop ins the weeks of: July 10-14, July 17-21, Aug 14-18, Aug 21-25.

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.

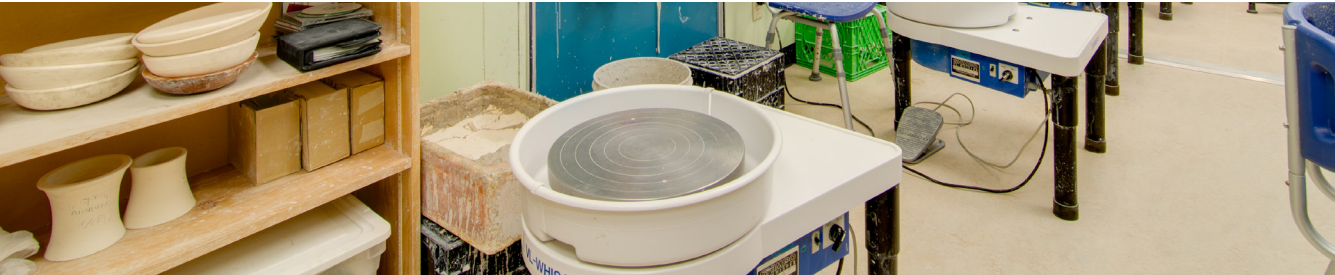
Drop-In	\$8.50
10 Punch Pass (13-18 yrs)	\$69
10 Punch Pass (19 yrs+)	\$76
25 Punch Pass (13-18 yrs)	\$164
25 Punch Pass (19 yrs+)	\$185
Clay \$37+gst /bag	

BLOCK BOOKINGS RESERVED DROP-IN

16 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. Studio orientations are required for those who have not taken a course through Panorama. Email info@panoramarec.bc.ca to set-up your orientation.

M	2:30pm-5:30pm	Jul 10-Aug 28	\$60/10	116435
Tu	1pm-4pm	Jul 4-Aug 29	\$77/9	116431
Tu	5:30pm-8:30pm	Jul 4-Aug 29	\$77/9	116438
W	2:30pm-5:30pm	Jul 05-Aug 30	\$77/9	116434
Th	8:30am-11:30am	Jul 06-Aug 31	\$77/9	116428
Th	11:30am-2:30pm	Jul 06-Aug 31	\$77/9	116429
Th	2:30pm-5:30pm	Jul 06-Aug 31	\$77/9	116430
Th	5:30pm-8:30pm	Jul 06-Aug 31	\$77/9	116439
Sa	9am-12pm	Jul 8-Sep 2	\$77/9	117746
Su	9am-12pm	Jul 9-Sep 3	\$77/9	117747



WORKSHOPS & EDUCATION

FRENCH

16 yrs+

Greenglade Community Centre Room 1

Instructor: Alliance Française De Victoria

Beginner A1.2

This class is a continuation of our total beginners class for those who have never been in contact with French. In this class, students will focus on basic communication around the topics of describing your city and giving directions and recommendations and talking about friends and family.

Tu 4pm-5:30pm Jul 4-Aug 29 \$225/9 116343

Beginner A1.4

This class is for false beginners, or student who have been exposed to French in the past. In this class, students will learn basics in French around the topics of world cuisine, and recounting travels and describing the weather

Tu 6pm-8pm Jul 4-Aug 29 \$270/9 116342

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 note pad/pen or digital device for writing.

Greenglade Community Centre Room 1

Instructor: Monika Davies

Sa 11am-12:30pm Jul 22 \$25 116370

DETAILED DEPTH

16 yrs+

Learn how to notice and add meaningful details to your stories in this 90-minute workshop. You'll walk away with practical strategies for writing detail-driven narratives, prompts to inspire your writing practice, and a creative spring in your step! This single workshop is ideal for beginner writers. Please bring a note pad/pen or digital device for writing.

Greenglade Community Centre Room 1

Instructor: Monika Davies

Sa 11am-12:30pm Aug 19 \$25 116371

LEADERSHIP & TRAINING

STANDARD FIRST AID WITH CPR C

12 yrs+

See p. 30

WOOFERS' PUP ESSENTIALS CLASSES

16 yrs+

Woofers'™ Pup Essentials class is aimed at teaching your pup starting at 10 weeks, basic manners which will help your pup become a well- behaved member of your family. If you adopt an older dog from a rescue with no prior training, these classes will help get your dog off to a good start. Got a young dog going through the teenage "I can't hear you" stage? These classes can help to re-establish the basic training that your pup may have been taught previously in order to get him listening and responding to you again. Training helps in creating a bond with your puppy or your dog which will also promote in your dog feelings of comfort and security. Training can also help to instill confidence into puppies and shy dogs!

Woofers always uses force free training methods.

The classes cover: Focus, targeting, wait, down, loose leash walking, leave it, go to place, recall, cooperative care.

Central Saanich Cultural Centre Room B

Instructor: Bren Axon

Th 6:30pm-7:30pm Jul 27-Aug 24 \$175/5 116467

Su 4pm-5pm Jul 30-Aug 27 \$175/5 116468

INTRODUCTION TO PERSONAL BOUNDARIES AND SELF DEFENCE FOR WOMEN

18 yrs+
Instructor: Sixth Sense Self Defence

Workshop

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 assault, sexual assault and harassment.

Greenglade Community Centre Room 5

Sa 10am-12pm Jul 8 \$85 116368

NEW Path to Power Level 2

This exhilarating, interactive series includes an outline of personal boundaries and how to defend them, with emphasis on strangers and acquaintances. This series offers advanced self-defence training. If you have previously trained martial arts or taken our Path to Power series or Self-defence workshops you are qualified for this program. 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.

North Saanich Middle School Multipurpose Room

Tu-Th 7pm-8:15pm Jul 11-Jul 27 \$210/6 116369

FITNESS

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 8:15am-9:15am

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 Jul 4-Aug 29 \$108/9 116586
W 10:45am-11:45am Jul 5-Aug 30 \$108/9 116587
F 10:45am-11:45am Jul 7-Aug 25 \$96/8 116588



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!

Panorama Recreation Centre Fitness Studio

Instructor: Sandra Perez De Lamplugh

M 10:45am-11:45am Jul 3-Aug 28 \$96/8 116585

YOGA & PILATES

CANDLELIGHT YOGA

14 yrs+

This sublime practice will draw on multiple disciplines of body movement principles to create an early evening practice designed to gently open the subtle body, and foster a sense of well-being while calming the central nervous system for a relaxed and soothing yogic experience. The class will include elements from Hatha yoga, Somatics (unlocking hidden tensions within the body), Tensegrity (the balancing of tension and compression in the body), and Restorative yoga.

Greenglade Community Centre Room 4

Instructor: Linda Shore

Tu 6:45pm-8pm Jul 25-Aug 22 \$60/5 116569

GENTLE SOMATIC YOGA FOR PAIN RELIEF

18 yrs+

Are you struggling with chronic muscle tightness and pain? Do you have poor posture and can't seem to change it?

In this class we will be exploring gentle yet effective Somatic movements that offer a unique brain to muscle re-education which helps dissolve tension-based patterns in the body, stiffness and chronic pain by allowing the tight muscles to relax. The more you practice, the more results you will see and begin to get control back of your body. Most of these movements are performed on the floor but the majority of them can be modified for in a chair.

Instructor: Phyllis Musseau

Series

Greenglade Community Centre Room 4

Tu 3pm-3:50pm Jul 4-Jul 25 \$60/4 116593

Workshop

Greenglade Community Centre Room 5

Sa 10am-11:30am Jul 15 \$20 116594

SUNRISE YOGA

Join Blaire as she guides you through a gentle warmup followed by creative sequences that build in intensity as the class progresses. Finish with a deep stretching session that will leave you feeling relaxed, rejuvenated, and ready to face whatever the day may hold. All levels welcome.

Central Saanich Cultural Center Room B

Instructor : Blaire Johnson

Tu,Th 7am-8am Jul 4-Jul 20 \$66/6 118068
Tu,Th 7am-8am Aug 1-Aug 17 \$66/6 118072

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.

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



THE SCIENCE OF HEALTH
STRETCHING YOGA WORKSHOP

35 yrs+

This workshop includes both educational and hands-on "try it yourself" time. Through the perspective of Hatha Yoga, you will learn how to stretch in a healthy way to build flexibility, muscular strength and improve mobility. Most physical changes become apparent gradually after the age of 40. Therefore, having a specific stretch/strength practice can help you maintain your independent lifestyle, functional mobility, and look young. It will be a relaxed, interactive time, jam packed with yoga stretch information, demonstrations and practice time "try it for yourself".

Greenglade Community Center Room 5

Instructor : *Veronika Prielozna*

Sa 11am -1pm Aug 5 \$30 116905

GENTLE PILATES

14 yrs+

A slower paced class suitable for beginners and those with minimal 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 Centre Room 4

Instructor: *Phyllis Musseau*

Tu 4pm-5pm Jul 4-Jul 25 \$60/4 116591

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 Centre Room 4

Instructor: *Phyllis Musseau*

Tu 5:15pm-6:15pm Jul 4-Jul 25 \$60/4 116592

REHABILITATION

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. 90% of the class consists of standing exercises.

Panorama Recreation Centre Fitness Studio

Instructor: *Rachel Schmidt*

Tu,Th 11:30am-12:30pm Jul 11-Jul 27 \$54/6 116596
Tu,Th 11:30am-12:30pm Aug 8-Aug 31 \$72/8 116598

CHAIR AND BALANCE

50 yrs+

In a supportive environment, this class will cover group exercise designed for people with arthritis, osteoporosis, joint replacement, and other chronic conditions who want to get moving and feel better. Must be able to get in and out of a chair without assistance. 30% of exercises will be standing.

Panorama Recreation Centre Fitness Studio

Instructor: *Rachel Schmidt*

Tu,Th 10:15am-11:15am Jul 11-Jul 27 \$54/6 116595
Tu,Th 10:15am-11:15am Aug 8-Aug 31 \$72/8 116597

OSTEOFIT

15 yrs+

Developed by BC Women's Hospital, this is a fall-prevention program consisting of strength, balance and stretching exercises that are safe for those with osteoporosis. You will also improve your posture by strengthening and stretching specific muscle groups, which can reduce pain and other consequences of poor body alignment.

Greenglade Community Centre Room 4

Instructor: *Cathy Roberts*

M,W 10:30am-11:30am Jul 3-Jul 26 \$72/8 116602
W 9:15am-10:15am Jul 5-Aug 23 \$72/8 116604
M,W 10:30am-11:30am Jul 31-Aug 30 \$81/9 116603

REGISTRATION & PROGRAM INFORMATION

COMMITMENT TO SATISFACTION

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

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

PROGRAM FEEDBACK

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

HOLIDAYS/LONG WEEKENDS

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

WAITLISTS

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

OOPS!

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

INFANT AND TODDLER POOL PROGRAMS

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

CANCELLATION OF PROGRAMS & ACTIVITIES

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

Fees will not be reimbursed for absences, including those due to seasonal illness or inclement weather, providing the facility and service remains available to the public. Pro-rated credits may be issued for medical reasons or relocation at the discretion of the program coordinator, with documentation provided. Sufficient notice is required to receive a credit or refund. For full Program Registration, Cancellation, & Payment Policies, visit panoramarecreation.ca

Activity	Required Notice of Cancellation
Reserved drop-in (pickleball, fitness, kindergym, toys & 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, April 18 @ 6:30am
Swim Lessons	Tuesday, June 6 @ 6:30am (Visible online Tuesday, May 30)

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 up to 2 weeks prior to class start time. 12 yrs+

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. 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 4 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

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 up to 2 weeks prior to class start time. 12 yrs+

WEIGHT ROOM

The weight room has a selection of strength training, stability and cardiovascular equipment. View schedules online. 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.

JUMPSTART MULTI SPORT COURT

Drop-in and use the court for **FREE**.

Visit us online for public use times



Visit us online at www.panoramarecreation.ca for our current schedules.