



## Weight Training for Teens

13 - 19yrs

Get in shape for your favourite sport or work on muscle development and definition! You will learn how to use the equipment in the weight room and receive a strength program designed specifically for you! Upon successful completion of this course, participants under 15 may visit the weight room at Panorama during supervised times or with a parent/guardian. In addition, participants will be permitted access to the following weight rooms: Esquimalt Recreation Centre, City of Victoria Recreation Centre, Saanich Recreation Centres and West Shore Recreation Centre. Participants will be given a credit towards the teen orientation program at Oak Bay Recreation Centre. Please note: Check rules, guidelines and rates of the weight room you plan on attending - specific centre rules may apply.

Location: Panorama Recreation Weight Room

W, F 3:30pm - 5pm	Sep 16 - Sep 25	4/\$45	95064
W, F 3:30pm - 5pm	Sep 30 - Oct 9	4/\$45	95065
W, F 3:30pm - 5pm	Oct 14 - Oct 23	4/\$45	95066
W, F 3:30pm - 5pm	Oct 28 - Nov 6	4/\$45	95067
W, F 3:30pm - 5pm	Nov 18 - Nov 27	4/\$45	95068
W, F 3:30pm - 5pm	Dec 2 - Dec 11	4/\$45	95069

## Home Alone

9 - 12yrs

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. Please bring a snack and a drink.

Location: Greenglade Community Centre Room #8

**Instructor: Kathleen Lee**

Sa 1pm - 4pm	Sep 19	\$32	95401
Sa 9am - 12pm	Oct 10	\$32	95402
Sa 9am - 12pm	Nov 7	\$32	95403

## Babysitting Training

11 - 15yrs

Designed by the Canada Safety Council, this course covers rights and responsibilities, child development, behavioral problems, nutrition, safety, handling emergencies or a sick child, games, and basic first aid. Participants will work from a child care manual; each course graduate is presented with a wall certificate and graduation wallet card. Please pick up the babysitting training course manual prior to the course date and bring a drink, lunch, pen and paper.

Location: Greenglade Community Centre Room #8

**Instructor: Sharryl Pearce**

Sa 9am - 5pm	Sep 26	\$60	95738
F 9am - 5pm	Oct 23	\$60	95739
F 9am - 5pm	Nov 13	\$60	95740
Sa 9am - 5pm	Dec 12	\$60	95742



**Wait... there's more! Check out our Fall Brochure for details on these programs for teens:**

After School Bridge	p. 42	<b>Aquatic Leadership</b>	
Cooking for Fun	p. 42	Bronze Star	p. 44
Family Golf	p. 42	Assistant Water Safety Instructor	p. 44
Aikido for Youth	p. 42	Water Safety Instructor	p. 44
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Power Unlimited Youth Power Skating	p. 43	Bronze Cross	p. 45
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**@Greenglade Community Centre**

**EVERY FRIDAY & SATURDAY NIGHT  
SEPTEMBER 11 TO DECEMBER 19**

**6 - 8pm  
Grades 6 - 10 (11 - 16yrs)**

The Teen Lounge at Greenglade features foosball, air hockey, pool table, XBOX 360, awesome music and movies! On Saturday nights teens will enjoy free Panago Pizza and our giant inflatable obstacle course. Free shuttle to Panorama Recreation Centre is available after Teen Lounge for those who would like to attend the Friday Night Extreme Skate\* or the Saturday Night Extreme Swim\*!

\*Youth rates apply for drop-in skating & swimming.

### Teen Sports Drop-in

Fridays Sept 11 - Dec 18  
5-6pm at Greenglade Gym  
FREE

Before Teen Lounge starts, join us for some fun, organized sport. Each evening we will play a different sport, including dodgeball, basketball, ultimate, badminton, capture the flag, and floor hockey.

### Teen Only Weightroom

Fridays, Sept 11 - Dec 18  
5 - 7pm at Greenglade Weightroom  
FREE

Come get your sweat on! Ages 13 - 18yrs welcome (no teen weight training card needed). A weightroom attendant will be in the weightroom at all times to teach you the techniques to become fit.

**@Bayside Middle School**

**EVERY FRIDAY NIGHT  
SEPTEMBER 11 TO DECEMBER 18  
NO LOUNGE OCT 23 & NOV 13**

**5:30 - 7:30pm  
Grades 6 - 10 (11 - 16yrs)**

In partnership with the Boys and Girls Club, the Teen Lounge at Bayside features a pool table, foosball, air hockey, XBOX 360, and cool games. Free shuttle to Panorama Recreation Centre is available after Teen Lounge for those who would like to attend the Friday Night Extreme Skate\* or Everyone Welcome Swim\*. Free shuttle back to Bayside Middle School after the Teen Skate and EW Swim is also available. Please see the teen section of our website for further details.

\*Youth rates apply for drop-in skating & swimming.

Teen Lounges at Greenglade Community and



Bayside Middle School are a supervised, safe and welcoming environment for pre-teens and teens to socialize. Check out the Teen Lounge and you will be issued a VIP pass, which will provide you with FREE access to Panorama's drop-

in activities. One (1) FREE drop-in credit will be issued each time you attend the Teen Lounge at Greenglade or Bayside Middle School. \*Youth rates apply for drop-in skating & swimming.



Boys & Girls Club  
Services of Greater Victoria  
A good place to be



250.656.7271  
1885 Forest Park Drive  
North Saanich BC V8L 4A3

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

# EXTREME EVENTS

@ Greenglade Community Centre, 2151 Lannon Way

**Grades 6 - 10, FREE ADMISSION!**

## WELCOME BACK BBQ!

Friday, September 11  
6pm - 8pm

Join us for our welcome back BBQ, to re-open Greenglade's Teen Lounge in style!

## BUMPER BALLS SOCCER

Saturday, October 17  
6pm - 8pm

Join us for one ultimate game of soccer! Bumper Ball Soccer will be set up at Teen Lounge tonight courtesy of **Games 2U Victoria**.

## LASER TAG

Saturday, November 21  
6pm - 8pm

Provided by **Games 2U Victoria**, join us for a game of tag that's out of this world! Competing in teams, players duck and dodge around obstacles while trying to tag their opponents using high-tech invisible lasers.

## EXTREME MOVIE NIGHT

Saturday, December 12  
6pm - 8pm

Grab a seat and kick your feet up, our giant inflatable movie screen will be set up at Teen Lounge tonight! With popcorn included, what could be better? Keep your eyes open on our Facebook page & website - chosen movie will be announced December 5th.

# EXTREME EVENTS

@ Bayside Middle School Teen Lounge, 1101 Newton Pl

**Grades 6 - 10, FREE ADMISSION!**

## HAMSTER BALLS

Friday, September 11  
5:30 - 7:30pm

Have a ball kicking-off this season of Bayside Teen Lounge by running around inside one of **Games 2U Victoria's** giant inflatable hamster balls!

## FEAR FACTOR

Friday, October 30  
5:30 - 7:30pm

Don't think you're squeamish or easily scared? Test yourself and join us for this evening of totally gross challenges, tricky stunts, and crazy contents!

## EXTREME MOVIE NIGHT

Friday, November 20  
5:30 - 7:30pm

Grab a seat and kick your feet up, our giant inflatable movie screen will be set up at Teen Lounge tonight! With popcorn included, what could be better? Keep your eyes open on our Facebook page & website - chosen movie will be announced November 14th.

## EXTREME GINGERBREAD HOUSES

Friday, December 11  
5:30 - 7:30pm

Get into the holiday spirit and join us for a sweet evening of gingerbread house creation!

# EXTREME EVENTS

@ Panorama Recreation Centre, 1885 Forest Park Drive

## EXTREME TEEN SWIMS

11 - 16yrs  
Saturdays, September 12 - December 19  
8 - 10pm

## EXTREME TEEN SKATES

11 - 16yrs  
Fridays, September 8 - December 18  
8:15 - 9:35pm

New

## Graffiti – Approved!

14 – 18 yrs

It's all about the letters, no trouble. We'll teach you how to build, stretch, distort, bend and twist each letter - then we will play with the power of colours, creating your own name in the form of graffiti.

Location: Greenglade Community Centre Room #6

Instructor: Ella Szomborg

Tu 5pm – 6:30pm Oct 20 – Nov 24 6/\$80 95862

New

## Halloween Costume Workshop

13 – 15 yrs

Use your extreme creativity to design and create your own Halloween costume with household materials!

Location: Greenglade Community Centre Room #6

Instructor: Ella Szomborg

F 4pm – 7pm Oct 30 1/\$40 95861

New

## Acting Up

9 - 12yrs

Bit by the acting bug? Interested in learning more about a career in the theatre? This is your chance to create characters, explore scenes and monologues and continue the development of improvisation skills. Learn vocal and physical techniques designed to help you develop a range of emotions and characters. This course gives you the chance to grow your acting skills through dramatic exercises, improvisation, and character exploration. Program concludes with a final performance!

Location: Greenglade Community Centre Room #5

Instructor: Kaleidoscope Theatre Staff

Tu 4:30pm - 5:30pm Sep 29 - Dec 15 12/\$200 95614

## AquaSport

8 - 16yrs

Join us for some major Aqua-Sports fun! Aquasports is a great course for kids who want to try a variety of fun water-based sports! Every week will consist of 45 minutes of a new sport and 30 minutes of supervised free time in the pool. Cool sports to try out include waterpolo, underwater hockey, water-volleyball, boating, diving, synchronized swimming, water-basketball, and much more. All children must be able to swim 25m without assistance and tread water for minimum 30 seconds.

Location: Panorama Recreation

W 5:15pm - 6:30pm Sep 16 - Dec 9 13/\$97.50 95651

F 5:15pm - 6:30pm Sep 18 - Dec 18 14/\$105 95652



## Be A Tennis Player

8 - 16yrs

This program is for juniors wanting to improve their skills. One on one instruction to work on technique for forehands, backhands and serve to improve their game skills. We are able to organize extra classes depending on coach and court availability. Contact the Racquet Sports Coordinator at 250.655.2177. Terrific value as private lessons are usually \$40 per hour.

Location: Panorama Recreation Indoor Court 1

M	4pm - 5pm	Sep 14 - Nov 23	10/\$300	95792
M	4pm - 5pm	Sep 14 - Nov 23	10/\$300	95793
M	4pm - 5pm	Sep 14 - Nov 23	10/\$300	95794
M	5pm - 6pm	Sep 14 - Nov 23	10/\$300	95795
Tu	4pm - 5pm	Sep 15 - Nov 24	10/\$300	95806
Tu	5pm - 6pm	Sep 15 - Nov 24	10/\$300	95807
W	4pm - 5pm	Sep 16 - Nov 25	10/\$300	95796
W	4pm - 5pm	Sep 16 - Nov 25	10/\$300	95808
W	5pm - 6pm	Sep 16 - Nov 25	10/\$300	95805
W	5pm - 6pm	Sep 16 - Nov 25	10/\$300	95823
Th	4pm - 5pm	Sep 17 - Nov 26	10/\$300	95799
Th	4pm - 5pm	Sep 17 - Nov 26	10/\$300	95797
Th	5pm - 6pm	Sep 17 - Nov 26	10/\$300	95798
Th	5pm - 6pm	Sep 17 - Nov 26	10/\$300	95800
F	4pm - 5pm	Sep 18 - Nov 27	10/\$300	95801
F	4pm - 5pm	Sep 18 - Nov 27	10/\$300	95802
F	5pm - 6pm	Sep 18 - Nov 27	10/\$300	95803
F	5pm - 6pm	Sep 18 - Nov 27	10/\$300	95804