



BEST *for* LESS

newsletter

Spring 2011

Drop-In Programs **\$3.00**

Pearkes Weight Room

Mon-Fri 6:00am-7:30am & 1:00pm-3:30pm

Pearkes Skating

Mon & Wed 3:15pm-4:15pm

(until April 20)

Mon May 2 - June 27 3:10-4:00pm

(canc May 23)

Tue May 3 - June 28 2:30-3:30pm

Wed May 4 - June 29 3:00-4:00pm

Saanich Commonwealth Place Swim

Adult Mon-Fri 5:30-7:30pm & 9:00-10:00pm

13+ Fri 9:00-10:00pm

Family Sat 4:30-6:00pm May & June only

Gordon Head Swim

Adult Tues & Thur 9:30-10:30pm

Everyone Welcome Mon, Wed, Fri 2:30-3:30pm

Tue & Thur 7:30-8:30pm

Family Sat 11:00am-noon

Sun 10:00am-noon

Aquatic Assistance Program

Financial Assistance Available.

Ages 13-19 interested in becoming a lifeguard or swim instructor. Pick up an application package or call for details:

Commonwealth Place 250-475-7608

Gordon Head 250-475-7108.

Registered Programs **FREE**

Speakwell Conversation Program

Wed 7:00pm-8:30pm

Practice your English in small informal group discussions with Canadian volunteers.

Details: 250-475-5427

Gordon Head Lawn Bowling Club

Living Actively in Your Community

Steps to Connect

Weds 10:00am-12:00pm Registration Required

Learn how to get involved and plan for action.

Educational Sessions, centre tours & activities.

Hillside Health & Saanich Recreation Centres

Coast Capital Programs **FREE**

Swim at Gordon Head Recreation Centre

Friday May 13 7:00pm-8:30pm

Skate at Pearkes Recreation Centre

Saturday May 14 12:10pm- 1:20pm

L.I.F.E.

Leisure Involvement For Everyone

A program designed to assist those living on a limited income.



For more information and to apply visit any Saanich Recreation Centre or call 250-475-5407.

SAANICH RECREATION COMMUNITY SERVICES

770 Vernon Ave, Victoria, BC V8X 2W7

Tel. 250.475.5494 | www.recreation.saanich.ca



Seniors Programs

FREE

Seniors Social Drop-in

Make some friends, enjoy some music and cookies, play ping pong, billiards, cards or try out Wii.

Starts second week of Jan.

Pearkes Recreation Centre

Tue 9:00- 11:00am Thur 1:00-3:00pm

Saanich Commonwealth Place

Tue 1:00pm-3:00pm

Gordon Head Recreation Centre

Wed 10:00am-11:30am

Seniors Conversation Cafes

Join a group and get together to discuss current issues faced by today's seniors. Coffee & tea included.

For mor information contact:

Liz McCarter 250-370-5688 (ext 4682) or

Julie Wallace 250-475-5408

Seniors Gardening Program

The Saanich Seniors Gardening Group is planning for the 2011 summer season.

Great social interaction, flexible schedule and a healthy food source!

Details: 250-475-5412

Seniors Day at Commonwealth Place

Thursdays all day

(must show a BC Gold Card or Driver's Licence)

Last Thursday of every month cake is served in the Aqua Terra Café at 11:00!

Drop-In Programs

FREE

Gentle Walk & Talk

Thur 9:30am-11:00am

Guided hikes open to adults of all ages.

Sunday Hikes

1:00pm-3:30pm

Guided hikes open to adults of all ages.

Preschoolers in the Park

Fri 10:00am-11:30am

Playground, circle time and walks.

For complete program information including dates, times and details please access your Saanich Active Living Guide page 7 or call 250-475-5424.

Teen Activity Lounges

FREE

Come hang out! Play games, do crafts, get active or just chill with your friends! Our lounges are a safe, welcoming, drug & alcohol-free space for pre-teens and teens to socialize.

Backdoor:

Gordon Head Recreation Centre

Lunch: Mon-Fri 12:00-12:45pm

After school: Mon-Fri 3:00-5:00pm

Evening: Fri 7:00-10:00pm

Flipside:

Pearkes Recreation Centre

Wed 2:00-5:00pm

Thur & Fri 3:00-5:00pm

Fri 7:30-10:30pm

Upside:

Saanich Commonwealth Place

Mon & Wed 3:30-5:30pm

Fri 3:30-5:00pm & 7:30-10:30pm

Royal Oak Middle School

Tues & Thur 3:00-5:00pm