

July - August 2010



BEST *for* LESS

newsletter

\$3 DROP-IN

PEARKES WEIGHT ROOM

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

PEARKES SKATE

July 6 – July 29

Tue & Thu 3:00pm – 4:20pm

COMMONWEALTH PLACE SWIM

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

13 years+: Fri 9:00-10:00pm

Family Swim: Sat 4:30-6:00pm

Senior's: Thursday All Day (*must show BC Gold Card or Driver's Licence*)

GORDON HEAD SWIM

Adult Swim: Tue & Thu 9:30-10:30pm

Everyone Welcome: Mon & Wed & Fri 2:30-3:30 and Tue & Thu 7:30-8:30pm

Family Swim: Sat 11:00am-noon & Sun 10:00am-noon

COAST CAPITAL FREE SWIM

Gordon Head

Friday Sept 17 7:00-8:30pm

COAST CAPITAL FREE SKATE

Pearkes

Saturday Sept 18 12:25-1:35pm

SENIORS SOCIAL DROP-IN - FREE

A great chance to make some friends, enjoy some music and cookies, play ping pong, billiards, cards or try out the Wii.

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

Commonwealth Place: Tue 1:00-3:00pm

Gordon Head: Wed 9:00-11:30am

PROGRAMS

SPEAKWELL CONVERSATION CLUB

Wednesdays 7-8:30pm FREE

Practice your English in small and informal group discussions with Canadian volunteers. An ideal program for immigrants, refugees and international students to meet new people and learn about other cultures. Call 250-475-5407 for details.

Gordon Head Lawn Bowling Club

AQUATIC ASSISTANCE PROGRAM

Are you between the ages of 13 and 19 and interested in becoming a lifeguard and/or swim instructor? If you would like to register for these courses and require financial assistance this program is available to you. Pick up an application package at your local pool today or call the Aquatic Programmer at Commonwealth Place at 250-475-7608 or Gordon Head at 250-475-7110.

ABC FAMILY CAMPING

Have you ever wanted to take your kids camping but lacked the equipment or know-how? Designed to offer that first family-camping experience, this weekend will give you basic camping skills and enhance your family bond. Most food and equipment is provided. All you need to bring are your personal items, sleeping bag, dishes and cutlery. You will be provided with a List of Supplies, Itinerary and Medical Forms when your family is registered. Cost is \$25 per family.

Mt. Douglas Park

Sat – Sun July 24-25 #367254

Sat – Sun Aug 14-15 #367255

For more information, contact Gaileen at 250 475-5407 or gaileen.flaman@saanich.ca

SAANICH RECREATION COMMUNITY SERVICES

770 Vernon Ave, Victoria, BC V8X 2W7

Tel. 250.475.5494 | www.recreation.saanich.ca



PARK PROGRAMS - FREE

PRESCHOOLERS IN THE PARK

Fridays 5:30-7:00pm **FREE**

Play on our adventure playgrounds, enjoy organized circle time, and partake in a nature/urban walk through surrounding neighbourhoods.

Bring a stroller or child carrier. Registration is not required. Parent participation is required.

If raining at 5:00pm program is cancelled. For park locations see <http://www.saanich.ca/resident/parks/parktours.html> or call 250-475-5424.

July 2 Horner Park

Palo Alto off of Cedar Hill X Rd.

July 9 Layritz Park

Wilkinson, to Glyn Rd to Layritz Ave.

July 16 Rosedale Park

4108 Santa Anita & Santa Rosa Ave

July 23 Craigflower park

Gorge Rd and 2755 Admirals

July 30 Rutledge Park

Inverness off of Cloverdale.

Aug 6 Gorge Waterway

Gorge Rd & Tillicum

Aug 13 Rudd Park

Harriet, off Irma St.

Aug 20 Braefoot Park

Braefoot, off McKenzie

Aug 27 Playfair Park

Rock St., off Quadra

MUSIC IN THE PARK 2010

Community Concerts

Tuesdays, 6:00-8:00pm.

Bring your picnic dinner and blanket and enjoy an evening of Music In The Park. Face painting & crafts for kids, food available for purchase.

July 6 Dixie Dudes (Dixieland Jazz)

Goward House, 2495 Arbutus Rd.

July 13 Paul Wainwright (Jazz, Funk)

Majestic Park, 4380 Majestic Dr.

July 20 M'Toni Malaika Marimba (African Marimba)

Brydon Park, end of Viewmont Ave.

July 27 Kuba Oms (Original soul, funk, rock)

Rudd Park, 3259 Irma, off Harriet

Aug 24 Tom Morrissey (East Coast Rock)

Meadow Park, 3050 Dysart at Ker Rd.

WALKS & HIKES - FREE

SUNDAY HIKES

1:00 - 3:30pm - Karen Reid & Penny Stevens

Guided hikes are open to adults of all ages. No registration necessary, just drop in at the appropriate time and meeting place. Carry adequate drinking water and wear sturdy footwear. Although these hikes follow mainly chip trails and pavement there may be some rough or steep sections so please wear sturdy and supportive footwear. Call 250-475-5408.

July 11 Konukson Park to Phyllis Park

Meet at Cadboro Gyro park main parking lot beside washroom building

CAPITAL CITY DISCOVERY WALKS

Wednesdays - 9:00 - 11:00am

Meet at designated location at 9:00am and we will carpool to site.

Guided hikes are open to adults of all ages. No registration necessary, just drop in at the appropriate time and meeting place. Carry adequate drinking water and wear sturdy footwear. Call 250-475-5408.

July 28 Saxe Point Park – Highrock Cairn Park

Meet at Saxe Point at the end of Fraser St. in Esquimalt

GENTLE WALK & TALK

Thursdays 9:30 - 11:00am

Gentle, guided hikes are open to adults of all ages. No registration necessary, just drop in at the appropriate time and meeting place. Carry adequate drinking water and wear sturdy footwear. Call 250-475-5408.

July 8 Bowker Creek

Meet at Oak Bay Rec Centre, 1975 Bee St. in front of lobby

July 15 Mt.Douglas Park

Meet near the washrooms in main parking lot off Cordova Bay Rd at Ash St.

July 22 Gorge Waterway

Meet at the Gorge Waterway Park, near Canoe Club, at end of Tillicum Rd.

July 29 Lambrick Park to Sierra Tyndall Park

Meet at Gordon Head Rec Ctr. Main parking lot, 4100 Lambrick Way off Feltham

Senior's Centre Membership Coupon for LIFE

If you are 55+ years old, be sure to ask for your Senior's Centre Membership Coupon when applying for LIFE. If you did not receive your coupon upon application, please call Gaileen at 250-475-5407.

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