

AQUAFIT SCHEDULE				December 21 - January 3	
	Dec 22	Dec 23	Dec 24	Dec 25	Dec 26
	MON	TUE	WED	THU	FRI
Shallow Aquafit	9-10am <i>Lily</i>	9-10am <i>Jenna</i>	9-10am <i>*Self Directed</i>	Happy Holidays! Facility Closed	Happy Holidays! No Classes
Deep Aquafit	8-8:50am <i>Jenna</i> 10:15-11:15am <i>Jenna</i>	8-8:50am <i>Jenna</i> 10:15-11:15am <i>*Self Directed</i>	10:15-11:15am <i>*Self Directed</i>		
Gentle Aquafit	11:30am-12:30pm <i>Elaine</i>				
	Dec 29	Dec 30	Dec 31	Jan 1	Jan 2
	MON	TUE	WED	THU	FRI
Shallow Aquafit	9-10am <i>Lily</i>	9-10am <i>Lily</i>	9-10am <i>Lily</i>	Happy New Year! No Classes	8-8:50am <i>Jenna</i> 9-10am <i>Angella</i>
Deep Aquafit	8-8:50am <i>Lily</i> 10:15-11:15am <i>*Self Directed</i>	10:15-11:15am <i>*Self Directed</i>	10:15-11:15am <i>*Self Directed</i>		10:15-11:15am <i>Angella</i>
Gentle Aquafit	11:30am-12:30pm <i>Elaine</i>				11:30am-12:30pm <i>Harrison</i>

RDI FITNESS SCHEDULE					December 21 - January 3		
	Dec 21	Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27
PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Body Sculpt ❤❤		9-10am	7:10-8:05pm	9-10am	Happy Holidays! Facility Closed	Happy Holidays! No Classes	
Hi Lo ❤❤		9-10am		9-10am			
Beginner Step ❤ Intermediate Step ❤❤	8:15-9:15am 9:20-10:30am						
Low Impact ❤		10:15-11:15am	10:15-11:15 am	10:15-11:15 am			
Partyfit ❤❤			6-6:55pm				
Pure Stretch ❤	10:30-11:30am	11:30am-12:30pm					
Cycle Fit ❤❤	9:30-10:20am	10:30-11:20am		8-8:50am			
Cycle and Strength ❤❤			6:25-7:15pm				
Cycle and Core ❤❤			9:10-10am				
	Dec 28 / Jan 4	Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3
PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Body Sculpt ❤❤		9-10am	7:10-8:05pm	9-10am	Happy New Year! No Classes	9-10am	
Hi Lo ❤❤		9-10am		9-10am		9-10am	
Beginner Step ❤ Intermediate Step ❤❤	8:15-9:15am 9:20-10:30am					10:15-11:15am	
Low Impact ❤		10:15-11:15am	10:15-11:15 am	10:15-11:15 am		6:15-7:10pm	
Partyfit ❤❤			6-6:55pm				
Pure Stretch		11:30am-12:30pm					
Cycle Fit ❤❤	9:30-10:20am	10:30-11:20am		8-8:50am			
Cycle and Strength ❤❤			6:25-7:15pm				
Cycle and Core ❤❤			9:10-10am				

PICKLEBALL SCHEDULE				December 21 - January 3		
Dec 21	Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27
SUN	MON	TUE	WED	THU	FRI	SAT
	6-8:30am DROP-IN 1:45-4pm RDI	6-8:30am DROP-IN	6-8:30am DROP-IN	Happy Holidays! Facility Closed	Happy Holidays! No Drop-Ins	6-8am DROP-IN
Dec 28	Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3
	6-8:30am DROP-IN 1:45-4pm RDI	6-8:30am DROP-IN	6-8:30am DROP-IN	Happy New Year! No Drop-Ins	6-8:30am DROP-IN 1:45-4pm RDI	6-8am DROP-IN

SWIM SCHEDULE					December 21 - 27		
	Dec 21	Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27
	SUN	MON	TUE	WED	THU	FRI	SAT
Leisure Swim	8am-1pm 4-6pm	5:30am-1pm 4-7pm 9-10pm	5:30am-1pm 4-7pm 9-10pm	5:30am-12pm	Happy Holidays Facility Closed	10am-1pm	8am-1pm 4-6pm
Fun Swims	1-4pm	1-4pm	1-4pm	12-3pm		1-4pm	1-4pm
Open Swim	6-8:30pm	7-9pm	7-9pm				6-8:30pm
Water Slide	1-8pm	1-4pm 6-10pm	1-4pm 6-10pm	12-3pm		1-4pm	1-4pm 6-8:30pm
Hot Tub, Sauna & Steam Room	8am-8pm	5:30am-10pm	5:30am-10pm	5:30am-3pm		10am-4pm	8am-8:30pm
Lengths	Lane set-up for lengths varies daily. Weekly Aquatic Schedule available online at saanich.ca/swim or at Reception and the Cashier desk.						

SWIM SCHEDULE					December 28 - January 3		
	Dec 28 / Jan 4	Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3
	SUN	MON	TUE	WED	THU	FRI	SAT
Leisure Swim	8am-1pm 4-6pm	5:30am-1pm 4-7pm 9-10pm	5:30am-1pm 4-7pm 9-10pm	5:30am-12pm	10am-1pm	5:30am-1pm 4-7pm	8am-1pm 4-6pm
Fun Swims	1-4pm	1-4pm	1-4pm	12-3pm	1-4pm	1-4pm 7-10pm	1-4pm
Open Swim	6-8:30pm	7-9pm	7-9pm				6-8:30pm
Water Slide	1-4pm 6-8:30pm	1-4pm 6-10pm	1-4pm	12-3pm	1-4pm	1-4pm 7-10pm	1-4pm 6-8:30pm
Hot Tub, Sauna & Steam Room	8am-8:30pm	5:30am-10pm	5:30am-10pm	5:30am-3pm	10am-4pm	5:30am-10pm	8am-8pm
Lengths	Lane set-up for lengths varies daily. Weekly Aquatic Schedule available online at saanich.ca/swim or at Reception and the Cashier desk.						

WEIGHT ROOM HOURS						
Dec 21	Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27
Sun	Mon	Tue	Wed	Thu	Fri	Sat
6am-8:30pm	5:30am-10pm	5:30am-10pm	5:30am-3pm	Happy Holidays! Facility Closed	10am-4pm	6am-8:30pm
Dec 28	Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3/Jan 4
Sun	Mon	Tue	Wed	Thu	Fri	Sat/Sun
6am-8:30pm	5:30am-10pm	5:30am-10pm	5:30am-3pm	10am-4pm	5:30am-10pm	6am-8:30pm 6am-8:30pm

CHILDMINDING	
Childminding Ends	Childminding Returns
Tuesday December 16 8:45-11:30am Wednesday December 17 8:45-11:30am Thursday December 18 8:45-11:30am	Tuesday January 6 8:45-11:30am Wednesday January 7 8:45-11:30am Thursday January 8 8:45-11:30am

The Saanich Access Pass

Valid at all four Saanich Recreation Centres!

What's Included:

- Drop-In Weight Room Access
- Drop-In Fitness and Basic Yoga Classes
- Drop-In Indoor Cycling Classes
- Drop-In Aquafit Classes
- Drop-In Swimming, Hot Tub, Sauna and Steam Room
- Drop-In Skating
- Drop-In Adult Sports

We have the healthiest gift cards in town!

Give the gift of active living with gift cards that are redeemable for programs, passes and pro-shop purchases!





Pickleball Drop-in

Leisure, Fun Swims, & Water Slide!



Weight Room



RDI Fitness



Aquafit



4636 Elk Lake Drive 250-475-7600 saanich.ca/recreation

SCP Holiday Schedule

December 21, 2025 to January 4, 2026