

# Saanich Recreation Health Services

Supporting the Health  
of Our Community.



**Saanich**

# Saanich Recreation Provides a Variety of Programs & Services

Note: SCP = Saanich Commonwealth Place

PROGRAM :	GENERAL INSTRUCTOR QUALIFICATIONS : *Please contact Centre Programmer for specific program verification	LOCATION & TIME :	SUITABLE FOR :
<b>Take Heart</b> In partnership with Island Health T. 250-475-7619	<b>Registered Nurse and ACSM Certified Exercise Specialist</b>	<b>SCP</b> Wed. & Fri. 12:30-3:30 pm	Heart attack/surgery or other cardiac illness, diabetes, hypertension, kidney failure, chronic respiratory disease.
<b>Osteofit</b>	<b>BCRPA Fitness Theory with specializations in Group Fitness, Third Age &amp; BC Women's Hospital Osteofit</b>	<b>SCP, Pearkes, Cedar Hill</b> See Active Living Guide for times	Osteoporosis/osteopenia, including those with fractures.
<b>Physiotherapy</b> Call facility to book	<b>BC Registered Physiotherapists</b>	<b>SCP, Gordon Head, Cedar Hill</b> Mon. – Sat	Various musculoskeletal issues.
<b>Massage Therapy</b> Call facility to book	<b>BC Registered Massage Therapists (RMT)</b>	<b>SCP, Gordon Head</b> Mon. – Sat.	Various musculoskeletal issues.
<b>Exercise Therapy</b> (Kinesiology) Land Based	<b>*Bachelor in Kinesiology BCRPA Fitness Theory with specializations in Weight Training &amp; Personal Training</b>	<b>SCP, Gordon Head, Cedar Hill</b> Various Times Group or Private Sessions	Musculoskeletal issues, post-surgical rehabilitation, as well as general conditioning for those with injuries/illness, head injury or stroke.
<b>Aquatic Therapy</b>	<b>BCRPA Fitness Theory, with specializations in Personal Training &amp; Aquatic Fitness</b>	<b>SCP, Gordon Head</b> <b>Various Times</b> Group or Private Session	Rehabilitation for those who need the extra support of the water – eg. Arthritis, joint replacements, stroke, musculoskeletal issues. Some assistance available for pool entry/exit.
<b>Registered Dietician</b>	<b>Registered BC Dietician</b>	<b>SCP</b>	Dietary issues.
<b>Gentle Fit 55+</b>	<b>BCRPA Fitness Theory with specializations in Group Fitness &amp; Third Age</b>	<b>Cedar Hill</b>	Seated exercise program suitable for those with chronic illness, frailty, or recovering from injury.
<b>Big Wellness</b>	<b>BCRPA Fitness Theory with specializations in Weight Training &amp; Personal Training</b>	<b>Pearkes</b>	Exercise for those who are very overweight, ie, BMI 40+.
<b>Minds in Motion</b> In partnership with BC Alzheimer Society	<b>Alzheimer Society Facilitator: B. SC. BCRPA Fitness Theory with specializations in Third Age &amp; Personal Training</b>	<b>Gordon Head - Mon Pearkes - Tue</b>	Fitness & social program for those with early stage memory loss (Alzheimers/dementia)
<b>Tai Chi &amp; Gentle Yoga</b>	<b>Certified Tai Chi &amp; Yoga Instructors</b>	<b>Cedar Hill, SCP, Pearkes, Gordon Head</b>	For anyone needing stress management and gentle mobilization.
<b>Balance &amp; Strength</b>	<b>BCRPA Fitness Theory with specializations in Group Fitness &amp; Third Age</b>	<b>Gordon Head</b>	Falls prevention program using chairs for support and balance.
<b>Water Walking</b>	<b>BCRPA Fitness Theory, with specializations in Personal Training &amp; Aquatic Fitness</b>	<b>SCP, Gordon Head</b>	Shallow water, mild fitness in a warm pool for those with joint and mobility issues. Must be able to get in and out of the pool without assistance.
<b>Functional Fitness</b>	<b>BCRPA Fitness Theory with specializations in Group Fitness &amp; Third Age</b>	<b>Cedar Hill</b>	For improving core strength related to daily activities. Must be able to balance unassisted.
<b>Personal Training</b> Accredited Instructors	<b>BCRPA Fitness Theory with specializations in Weight Training &amp; Personal Training</b>	<b>Cedar Hill, SCP, Pearkes, Gordon Head</b>	Personalized fitness assistance.

# Recreation centres fill a vital need – as a social hub, a place to receive health and wellness support, and a place to foster community connections.

## We provide:

- Increased levels of safety over exercising alone or at non-accredited facilities.
- Support for lifestyle change by qualified, caring staff.
- Staff are familiar with exercise prescription for many conditions and situations, tailoring programs to the individual.

## Although the level of assistance varies with each program, our staff are often able to:

- Provide personalized exercise prescription.
- Monitor heart rate and blood pressure.
- Monitor oxygen saturation during exercise.
- Work with health care providers to manage chronic illness.
- Work with health care providers to resume activity after acute illness or surgery.
- Encourage clients to become proactive in managing their health.
- Provide progress reports to health professionals.
- Work with a caregiver or family member to assist a client's recovery.

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Our staff cannot assist with the following activities for clients: Transport to and from the facility; assist with toileting/dressing/ changing; manage programs during acute illness; give medications; provide in-home exercise assistance.

Our instructors are certified and experienced. Certifying organizations include:

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- British Columbia Recreation and Parks Association (BCRPA)
  - American College of Sports Medicine (ACSM)
  - College of Registered Nurses of BC
  - Canadian Society for Exercise Physiology (CSEP)
  - American Association of Health and Rehab Professionals (AAHRP)
  - BC Women's Hospital Osteofit Program
  - BSc. Kinesiology
  - BSc. Athletic Therapy

Each recreation centre is equipped with an AED, oxygen, and trained first aid staff!

# Saanich Recreation Centres are conveniently located close to transit routes and have a variety of accessibility features.

## All our centres have:

- Automatic front doors
- Disabled parking spaces/designated HandyDART loading zones
- Accessible washrooms/change rooms
- Accessible weight rooms with adapted equipment including: arm ergometer, selection of bands and balls, NuSteps, recumbent bikes treadmills and cable crossover machine.

## Cedar Hill Recreation Centre

A. 3220 Cedar Hill Road T. 250-595-2823

### Specialized features:

- Monthly blood pressure clinics
- Physiotherapy
- Land based rehab
- Food services

## Gordon Head Recreation Centre

A. 4100 Lambrick Way T. 250-475-7100

### Specialized Features:

- 2 wheelchair accessible family change rooms with lifts
- Aquatic wheelchairs on deck
- Hand crank chair into main pool
- Scooter charging station
- Warm water lap pool for people with circulation issues or arthritis
- WHIPSA lift into tot and main pools
- Physiotherapy
- Massage therapy
- Land based rehab
- Wheelchair accessible Kenesis

## G.R. Pearkes Recreation Centre

A. 3100 Tillicum Road T. 250-475-5400

### Specialized Features:

- Accessible ice rinks and field house
- Public library

## Saanich Commonwealth Place

A. 4636 Elk Lake Drive T. 250-475-7600

### Specialized Features:

- Weekly blood pressure clinics
- 4 station wheelchair accessible Kenesis & arms only rope trainer
- 3 wheelchair accessible family change rooms with lifts
- Aquatic wheelchairs/walkers on deck – 'zero entry' pool for wheelchair entry
- Overhead lift with sling providing access to tot pool and hot tub
- Chair lifts into all pools
- Physiotherapy
- Massage therapy
- Land based rehab
- Registered Dietician
- Food services
- Public library
- WHIPSA lift into tot and main pools