

SWIMMING SCHEDULE

Spring IN EFFECT April 11 to July 3, 2011

HOLIDAY HOURS IN EFFECT April 22, 25 & May 23

Leisure & Lengths 11–1 PM • Public Swim 1–4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird 6 - 9 AM					CLOSED	Rental Block 474-8616
Lengths & Lessons 9 - 11:30 AM	Lengths, Lessons & Little Ones 9 - 11:30 AM	Lengths & Lessons 9 - 11:30 AM	Lengths, Lessons & Little Ones 9 - 11:30 AM	Lengths & Lessons 9 - 11:30 AM	Lengths & Lessons 9 - 12:00 PM <i>(Limited Lengths)</i>	
Leisure & Lengths 11:30 - 3 PM <i>(Shared with Lessons on Monday & Wednesday 1-2:30 PM)</i>					Leisure & Lengths* 12 - 1:30 PM	Family Swim* 12 - 1:30 PM
Public Swim* 3 - 5 PM	Lengths & Lessons 3 - 7:30 PM	Lengths & Lessons 3 - 5 PM	Lengths & Lessons 3 - 7:30 PM	Lengths & Lessons 3 - 5 PM	Public Swim* 1:30 - 4 PM	
Leisure & Lengths* 5 - 6 PM		Leisure & Lengths* 5 - 6 PM		Leisure & Lengths* 5 - 6 PM	Lengths & Lessons 4 - 6 PM <i>(Limited Lengths)</i>	
Lengths & Lessons 6 - 8 PM <i>(Limited Lengths)</i>		Lengths & Lessons 6 - 8 PM <i>(Limited Lengths)</i>		Family Swim & Lessons* 6 - 8 PM	Public Swim* 6 - 8:30 PM	
Leisure & Lengths 8 - 9:30 PM		Toonie Swim* 7:30 - 8:30 PM		Leisure & Lengths 8 - 9:30 PM	Toonie Swim* 7:30 - 8:30 PM	Public Swim* 8 - 9:30 PM
	Leisure & Lengths* 8:30 - 9:30 PM		Leisure & Lengths* 8:30 - 9:30 PM			

* Indicates Slide & Spray Toys are available during this session. Children under. **Schedule subject to change.**

DESCRIPTIONS

PUBLIC SWIM

240' slide, try it on your front, on your back, or on a tube. No length swimming available.

LEISURE & LENGTHS

Lengths and leisure available. Adventure pool, spray toys, toddler & big water slide are open.

LENGTHS, LESSONS & LITTLE ONES

Drop-in playtime for you and your preschooler, lengths and registered lessons offered.

EARLY BIRD

Lane & leisure swimming available. Lap Pool shared with swim clubs M/W/F 6-7:30 AM. Water Fit offered M-F, see schedule for times.

LENGTHS & LESSONS

Need flexibility? Some lane swimming will be available (# of lanes varies on lessons and rentals). Sauna, steam & swirl pool open.

FAMILY SWIM

Join us Friday night and Sunday afternoon for this family only swim time. Children must be accompanied by an adult.

Children under 7 years must be accompanied in the pool at all times by a person 16 years or older. Ratio: 1 adult for 4 children.

Waterslide Please be aware that the waterslide has a height requirement, and children must be 48" tall to slide.

Change Rooms Men's, Women's and a Family change room for those with little ones who require assistance are available.

Parents if your child has not "mastered" toilet training, we ask they wear a swim diaper while in the pool. Available at Reception.

SPECIAL SWIMS

Pro 'D' Day SWIM

Friday, April 15 1 – 3 PM

Coast Capital

FREE SWIM

Tuesday, May 17 7:30 – 8:30 PM

FUN in the SUN

A swim at Juan de Fuca Pool

Sunday May 29th 1:30-4 PM

Help us hunt for the little sun fish! Try the tropical ocean snorkel swim but watch out for sharks! Test your skills in a cannonball dive contest, who can make the biggest splash? Go for a relaxing ride on the big inner tube! Have loads of sunny fun at this Fun in the Sun swim! **REGULAR ADMISSION**

WATERFIT SCHEDULE

Spring IN EFFECT *May 2 to July 1, 2011*

HOLIDAY HOURS IN EFFECT April 22, 25 & May 23 NO WATER FIT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 8 – 9 AM	Aqua Jocks 6 – 7 AM	Combo 8 – 9 AM	Aqua Jocks 6 – 7 AM	Combo 8 – 9 AM
Shallow 11 AM -12 PM	Deep 11 AM -12 PM	Shallow 11 AM -12 PM	Deep 11 AM -12 PM	Shallow 11 AM -12 PM
Aqua Bootcamp 7:30 - 8:30 PM				
Deep 8:30 - 9:30 PM	Shallow 8:30 - 9:30 PM	Deep 8:30 - 9:30 PM	Shallow 8:30 - 9:30 PM	

DESCRIPTIONS

COMBO

Shallow or Deep? Why not try our combined class where you can get the benefits of both. A work out to splash your way to overall health.

SHALLOW

A diverse fitness class with great music to keep you moving and motivated, suitable for all levels. Swimming skills NOT required.

AQUA JOCKS

A high intensity, invigorating work-out. The perfect addition to enhance your athletic performance.

DEEP

Max resistance, minimal impact. Tone & strengthen muscles without joint stress. A belt keeps you afloat, ab muscles keep you upright.

AQUA BOOTCAMP

A high intensity, non-weight bearing class of cardio, core and strength training. This 'all wet' Boot Camp will get you hooked on water workouts.



SWIMMING SCHEDULE

Summer IN EFFECT July 4 to September 4, 2011

WE ARE CLOSED SUMMER STAT HOLIDAYS July 1, August 2 & September 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Bird 6 - 9 AM					CLOSED	Rental Block 474-8616
Lengths & Lessons 9 - 11:30 AM						
Leisure & Lengths* 11:30 - 1 PM					Family Swim* 11:30 AM - 1 PM	
Lengths & Lessons 1 - 2 PM					Public Swim* 1 - 4 PM	
Public Swim* 2 - 4 PM						
Leisure & Lengths* 4 - 6 PM	Lengths & Lessons 4 - 7:30 PM	Leisure & Lengths* 4 - 6 PM	Lengths & Lessons 4 - 7:30 PM	Leisure & Lengths* 4 - 6 PM	Leisure & Lengths* 4 - 6 PM	
Lengths & Lessons 6 - 8 PM <i>(Limited Lengths)</i>	Toonie Swim* 7:30 - 8:30 PM	Lengths & Lessons 6 - 8 PM <i>(Limited Lengths)</i>	Toonie Swim* 7:30 - 8:30 PM	Family Swim & Lessons* 6 - 8 PM	Public Swim* 6 - 8:30 PM	
Leisure & Lengths 8 - 9:30 PM	Leisure & Lengths 8:30 - 9:30 PM	Leisure & Lengths 8 - 9:30 PM	Leisure & Lengths 8:30 - 9:30 PM	Public Swim* 8 - 9:30 PM	Rental Block Call 474-8616	

* Indicates Slide & Spray Toys are available during this session. **Schedule subject to change.**

DESCRIPTIONS

PUBLIC SWIM

240' slide, try it on your front, on your back, or on a tube. No length swimming available.

LEISURE & LENGTHS

Lengths and leisure available. Adventure pool, spray toys, toddler & big water slide are open.

LENGTHS, LESSONS & LITTLE ONES

Drop-in playtime for you and your preschooler, lengths and registered lessons offered.

EARLY BIRD

Lane & leisure swimming available. Lap Pool shared with swim clubs M/W/F 6-7:30 AM. Water Fit offered M-F, see schedule for times.

LENGTHS & LESSONS

Need flexibility? Some lane swimming will be available (# of lanes varies on lessons and rentals). Sauna, steam & swirl pool open.

FAMILY SWIM

Join us Friday night and Sunday afternoon for this family only swim time. Children must be accompanied by an adult.

Children under 7 years must be accompanied in the pool at all times by a person 16 years or older. Ratio: 1 adult for 4 children.

Waterslide Please be aware that the waterslide has a height requirement, and children must be 48" tall to slide.

Change Rooms Men's, Women's and a Family change room for those with little ones who require assistance are available.

Parents if your child has not "mastered" toilet training, we ask they wear a swim diaper while in the pool. Available at Reception.

WATERFIT SCHEDULE

Summer IN EFFECT July 4 to September 4, 2011

WE ARE CLOSED SUMMER STAT HOLIDAYS July 1, August 2 & September 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Combo 8 – 9 AM	Aqua Jocks 6 – 7 AM	Combo 8 – 9 AM	Aqua Jocks 6 – 7 AM	Combo 8 – 9 AM
Shallow 11 AM -12 PM	Deep 11 AM -12 PM	Shallow 11 AM -12 PM	Deep 11 AM -12 PM	Shallow 11 AM -12 PM
Aqua Bootcamp 7:30 - 8:30 PM				
Deep 8:30 - 9:30 PM	Shallow 8:30 - 9:30 PM	Deep 8:30 - 9:30 PM	Shallow 8:30 - 9:30 PM	

DESCRIPTIONS

AQUA JOCKS

A high intensity, invigorating work-out. This may be the perfect addition to enhance your athletic performance.

COMBO

Shallow or Deep? Why not try our combined class where you can get the benefits of both. A work out to splash your way to overall health.

DEEP

Max resistance, minimal impact. Tone & strengthen muscles without joint stress. A belt keeps you afloat, ab muscles keep you upright.

SHALLOW

A diverse fitness class with great music to keep you moving and motivated, suitable for all levels. Swimming skills NOT required.

AQUA BOOTCAMP

A high intensity, non-weight bearing class combining cardio, core and strength training. This 'all wet' Boot Camp will get you hooked & hyped on water workouts. You don't want to miss this class.



SKATING SCHEDULE

CHECK IT OUT Summer Skating! IN EFFECT July 6 to August 20, 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		July 6-Aug 3 Everyone Welcome 7:30-8:50 PM			July 9-Aug 20 Everyone Welcome 7:30-8:50 PM	

Skating may be cancelled for special events. Call 478-8384 to confirm schedule.

WEIGHT ROOM

Spring & Summer

IN EFFECT *May – August 2011*

HOLIDAY HOURS

April 22, 25, May 23

Weight Room Hours
11 – 5 PM

Attendant on Duty
11 – 1 PM & 3 – 5 PM

July 1, Aug 2, Sept 5

CLOSED

	MONDAY to FRIDAY	SATURDAY	SUNDAY
WEIGHT ROOM HOURS	6 AM – 10 PM	7 AM – 8:30 PM	
ATTENDANT ON DUTY May & June	9 – 11 AM and 4 – 10 PM	10 AM – 12 PM & 4:30 – 8:30 PM	
ATTENDANT ON DUTY July & August	9 – 11 AM and 5 – 10 PM	10 AM – 12 PM	5:30 – 8:30 PM

For the safety, comfort and enjoyment of all:

- Patrons 16 YRS & UP welcome at all times.
- Ages 13-15 years require a Weight Room orientation and are welcome on their own during supervised hours, but must be accompanied by a parent during non-supervised hours.
- Running or walking shoes required (no sandals, flip flops, boots, etc.).
- T-shirts required.

YOGA SCHEDULE

Drop in's are welcome for these registered classes if space is available \$12/person per class.

Please see page 50-51 for more information about Yoga and Wellness classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Iyengar Yoga 9:00 AM Upper Clubhouse	Gentle Yoga 9:30 AM Fitness Studio		Hatha Yoga 5:30 AM Upper Clubhouse	Easy Yoga 9:15 AM Upper Clubhouse	Hatha Flow 9:30 AM Fitness Studio
50 Plus Yoga 10:30 AM Upper Clubhouse					
	Iyengar Yoga 5:30 PM Fitness Studio	Gentle Yoga 6:00 PM Upper Clubhouse	Prenatal Yoga 5:30 PM Fitness Studio		
		Hatha Yoga 7:15 PM Upper Clubhouse	Hatha Yoga 7:15 PM Fitness Studio		

Please wear comfortable clothing and bring a yoga mat to class (some mats may be available).

MOVE FOR HEALTH DAY CHALLENGE

MAY 10



On May 10th all Greater Victoria Recreation Centres will be offering drop-in admission for just \$2.
Join us at Juan de Fuca Recreation Centre and participate by tracking your activities and logging them on our Move for Health Meter.

FITNESS SCHEDULE

Spring

IN EFFECT

May – June 2011

For full descriptions and program start dates please see our Fitness Section on pages 44 and 45.

Are you looking for Summer Fitness Classes?

Check out the Summer Drop In Counter Schedule for July & August Available online and at reception in late June.

HOLIDAY HOURS

July 1, Aug 2, Sept 5

CLOSED

Schedule subject to change and Drop in may be limited.

1. Guarantee your spot by registering or Drop-in using your West Shore Parks & Recreation Admission pass.
2. Guarantee your spot by registering or Drop-in using your West Shore Parks & Recreation Admission pass plus \$4 specialty fee (payable at reception).
3. Jazzercise fees apply (payable at the class).
4. Guarantee your spot by registering or Drop-in using your West Shore Admission pass plus \$11 specialty class fee (payable at reception).

CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
2 B Fit (2)	7:15 PM Room 101						
50+ Strength Stretch (2)	11:30 AM Fitness Studio		11:30 AM Fitness Studio		11:30 AM Fitness Studio		
Ab Attack (2)				7:30 PM Seniors Room 101			
Boot Camp (2)	6:15 PM Wishart School	6:15 PM Seniors Room 101		6:15 PM Seniors Room 101			
Fusion Fitness (2)	7:15 PM Fitness Studio		10:15 AM Fitness Studio				
Jazzercise (3)	9:15 AM Fitness Studio 6:30 PM John Stubbs	6:15 AM Seniors Room 101	9:15 AM Fitness Studio 6:30 PM John Stubbs	6:15 AM Seniors Room 101	9:15 AM Fitness Studio		
Total Body Conditioning (1)		12:30 PM Fitness Studio	8:15 PM Fitness Studio	12:30 PM Fitness Studio			
Power Circuit (1)	6:00 PM Fitness Studio	6:15 AM Fitness Studio	6:00 PM Fitness Studio	6:15 AM Fitness Studio			
Power Walk & Weights (1)	10:15 AM Fitness Studio						
Step it Up (1)							10:00 AM Fitness Studio
Stroller Fit (1)					10:15 AM Fitness Studio		
Spynga (4)					5:30 PM Fitness Studio		
Spin Classes (2)	6:15 AM Fitness Studio	9:15 AM Fitness Studio 4:30 PM Fitness Studio 7:15 PM Fitness Studio	6:15 AM Fitness Studio 7:15 PM Fitness Studio	9:15 AM Fitness Studio 4:30 PM Fitness Studio	6:15 AM Fitness Studio 5:30 PM Fitness Studio	9:30 AM Fitness Studio 4:30 PM Fitness Studio	11:00 AM Fitness Studio
Intro to Spin (2)						3:30 PM Fitness Studio	
Teen Spin (2)		3:30 PM Fitness Studio		3:30 PM Fitness Studio			
Zumba (2)		8:15 PM Fitness Studio					
Active Kids (1)			3:30 PM Fitness Studio				

ADMISSION PRICES

DROP IN ADMISSION FEES (Includes HST)			
	SINGLE	10's	20's
Adult (19 – 54 YRS)	6.10	54.90	97.60
Senior (55+ YRS)	4.45	40.05	71.20
Student (13 – 18 YRS)	4.45	40.05	71.20
Child (6 – 12 YRS)	3.20	28.80	51.20
Child Minding	2.20	22.00	
Family (Max 5) <i>2 Adults & 3 Children/ Students or 1 Adult & 4 Children/Students</i>	12.20	109.80	

PASSES (Includes HST)	
1 Month Pass	56.85
99 Days of Summer Pass <i>See below for details.</i>	\$99
3 Month Pass	144.70
Annual Pass *	409.00
Family Annual Pass *	948.00
Regional Annual Pass * <i>For use at 12 Victoria Rec Centres</i>	449.00

* **Monthly & Quarterly payment plans available.** Visa/MasterCard/AMEX accepted. Note: a \$25 admin fee will be charged upon registration of all payment plans.

NEW 99 DAYS of summer A 99 Day Pass For \$99

Over \$45 in savings!

Drop in all summer long to the pool, weight room, skating and some fitness or sports for just \$99 including tax.

Pass valid for 99 days from May 27 – September 4

Includes 3 extra days due to stat closures.

Passes purchased after June 1 will NOT be pro-rated.

Some drop in restrictions or extra fees may apply.

FACILITY BOOKINGS

West Shore Parks & Recreation

has a variety of facilities that can be rented by the public.

Whether you are planning a meeting, wedding, or a workshop we have a venue and catering for you.

FACILITIES FOR RENT

Bear Mountain or JDF Arena Ice and Dry Floor, Curling Ice (Seasonal), Banquet/Meeting Rooms, Lacrosse Box, Soccer Fields and Baseball Diamonds, Picnic Shelter, Beach Volleyball, Pool, Golf Tournaments and SD#62 schools.

HOW TO BOOK ...

Arenas

To book the Juan de Fuca Arena or Bear Mountain Arena please submit a "Request for Use" form to:

Kyle Laberge

klaberge@westshorerecreation.ca

PH: 250-474-8637 FAX: 250-474-8685

Facilities

For WSP&R rooms, fields, facilities and evening/weekend use of School District #62 (Sooke) gyms, classrooms, and fields fill out the appropriate "Request for Use" form and submit to:

Joan Awalt

bookings@westshorerecreation.ca

PH: 250-474-8611 FAX: 250-474-8650

REQUEST FOR USE FORM

This form is available at Juan de Fuca Reception, or online at www.westshorerecreation.ca. The completed forms may be returned in person, by mail, fax, or e-mail.

Upon receipt of the completed "Request for Use Form", our Bookings Department will process the request, and contact you when Rental Contract/Permit has been prepared. It is not a confirmed booking until signed and paid.

CANCELLATION POLICY

To be eligible for a full refund, cancellation of a facility booking must be received in writing two weeks in advance of the booked time. If notice is not received in writing two weeks prior to booked time, a full refund will ONLY be issued if the rental booking is filled by another party.

FOR MORE INFORMATION:

Arena Coordinator 250-474-8604

Catering 250-474-8609

Pool Bookings 250-474-8616

Golf Course Coordinator 250-474-8606

CHILD MINDING

Child minding for your little one!

Monday to Friday 9 AM – 12:30 PM

In partnership with Peninsula Co-Op! For just over \$2 per 75 min, let our staff take care of your children while you workout or take time for yourself on site.

Available for ages 6 months to 6 years

This service not available Weekends or Stat Holidays.



Book of 10 tickets for \$22 including tax

Purchase your tickets at reception and then find us at JDF Rec Centre at the end of the main hallway.