

# DROP-IN SCHEDULES

## Spring & Summer

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## ADMISSIONS

Single drop-in admission includes applicable taxes. Passes and multiple visits will have taxes added at time of purchase.

### DROP IN FEES\*

Drop fees are for swimming, skating, weight room, drop-in sports and some fitness classes.

	SINGLE	10'S	20'S
<b>Adult</b> (19 – 54 YRS)	6.15	49.42 <sup>+TAX</sup>	87.86 <sup>+TAX</sup>
<b>Senior</b> (55+ YRS)	4.50	36.16 <sup>+TAX</sup>	64.29 <sup>+TAX</sup>
<b>Student</b> (13 – 18 YRS)	4.50	36.16 <sup>+TAX</sup>	64.29 <sup>+TAX</sup>
<b>Child</b> (6 – 12 YRS)	3.20	25.71 <sup>+TAX</sup>	45.71 <sup>+TAX</sup>
<b>Child Minding</b> (Per 75 Minutes)	2.50	25.00 <sup>+TAX</sup>	
<b>Family</b> (To a max of 5 People) 2 Adults & 3 Children/Students or 1 Adult & 4 Children/Students	12.20	98.04 <sup>+TAX</sup>	

### PASSES (+ TAX)

Passes are for drop in admission to the pool, skating, weight room, drop-in spin, some fitness classes and drop in sports.

<b>1 Month Pass</b>	51.29 <sup>+TAX</sup>
<b>3 Month Pass</b>	130.49 <sup>+TAX</sup>
<b>Summer Pass</b> (See Below)	99.00 <sup>+TAX</sup>
<b>Annual Pass *</b>	365.18 <sup>+TAX</sup>
<b>Family Annual Pass *</b>	803.57 <sup>+TAX</sup>
<b>Regional Annual Pass *</b> For use at 12 Victoria Rec Centres	425.00 <sup>+TAX</sup>

*\*Monthly & Quarterly payment plans available. Visa/MasterCard/AMEX are accepted.*

*Note: a \$25 admin fee will be charged upon registration of all payment plans.*

*NSF Cheques, Electronic Fund Transfers, Pre-Authorized Debit or Credit Card Transactions, and dishonoured payments are subject to a \$25 service charge that will be added to your recreation account and may prevent future transactions until paid.*

## Summer PASS

**Over \$35 in savings!**

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

**Pass valid from June 1 – August 31**

Passes purchased after June 1, 2012 will NOT be pro-rated.  
Some drop-in restrictions and/or extra fees may apply.

**\$99<sup>+TAX</sup>**

# POOL SCHEDULE SPRING EFFECTIVE April 2 to June 30, 2012

**STAT HOLIDAYS** Victoria Day, May 21 – Lengths & Leisure 11 AM – 1 PM and Public Swim 1 – 4:30 PM

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

\* Indicates Slide & Spray Toys are available during this session. Children under 7 years must be accompanied by a person 16 years or older at all times in the pool. Ratio of 1 adult for 4 children. 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.

### FAMILY SWIM

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

### 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.

### LENGTHS, LESSONS & LITTLE ONES

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

### LENGTHS & LESSONS

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

### LEISURE & LENGTHS

Some lengths available. Adventure pool, spray toys, toddler and big water slide are open. Pool may be shared with lessons M/W/F.

## Stat Holidays

Good Friday	April 6
Easter Monday	April 9
Victoria Day	May 21
Leisure & Lengths	11 - 1 PM
Public Swim	1 - 4:30 PM

## Special Swims

Pro-D Day Swim	
Friday, April 20	1 - 3 PM
Coast Capital FREE Swim	
Tuesday, May 15	7:30 - 8:30 PM

# POOL SCHEDULE SUMMER EFFECTIVE July 2 to September 2, 2012

**STAT HOLIDAYS** Canada Day, July 1 – Lengths & Leisure 11 AM – 1 PM and Public Swim 1 – 4:30 PM

BC Day, August 6 and Labour Day, September 3 – CLOSED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
<b>Early Bird</b> 6 - 9 AM					<b>Rental Block</b> Call 474-8616						
<b>Lengths &amp; Lessons</b> 9 - 11:30 AM											
<b>Leisure &amp; Lengths*</b> 11:30 - 1 PM					<b>Family Swim*</b> 11:30 AM - 1 PM						
<div style="border: 2px dotted blue; padding: 10px; text-align: center;"> <p><b>Bring your friends and have some action packed afternoons at the Pool.</b> Join our 'Fun Leader' for lots of organized games, activities and prizes. <b>Monday • Wednesday • Friday</b> <b>2 – 4 PM</b></p> </div>					<b>Public Swim*</b> 1 - 4 PM						
					<b>Lengths &amp; Lessons</b> 1 - 2 PM					<b>Public Swim*</b> 1 - 4 PM	
					<b>Public Swim*</b> 2 - 4 PM						
<b>Leisure &amp; Lengths*</b> 4 - 6 PM	<b>Lengths &amp; Lessons</b> 4 - 7:30 PM	<b>Leisure &amp; Lengths*</b> 4 - 6 PM	<b>Lengths &amp; Lessons</b> 4 - 7:30 PM	<b>Leisure &amp; Lengths</b> 4 - 6 PM	<b>Leisure &amp; Lengths*</b> 4 - 6 PM						
<b>Lessons</b> 6 - 8 PM	<b>Toonie Swim*</b> 7:30 - 8:30 PM	<b>Lessons</b> 6 - 8 PM	<b>Toonie Swim*</b> 7:30 - 8:30 PM	<b>Family Swim &amp; Lessons*</b> 6 - 8 PM	<b>Public Swim*</b> 6 - 8:30 PM						
<b>Leisure &amp; Lengths</b> 8 - 9:30 PM		<b>16 &amp; Over*</b> 8:30 - 9:30 PM		<b>Leisure &amp; Lengths</b> 8 - 9:30 PM	<b>16 &amp; Over*</b> 8:30 - 9:30 PM	<b>Public Swim*</b> 8 - 9:30 PM	<b>Rental Block</b> Call 474-8616				

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

## DESCRIPTIONS

### EARLY BIRD

Lane & leisure swimming available. Lap Pool shared with swim clubs M/W/F 6-8 AM & Water Fit M-F

### LENGTHS & LESSONS

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

### PUBLIC SWIM

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

### FAMILY SWIM

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

### LEISURE & LENGTHS

Lengths and leisure available. Adventure pool, spray toys, toddler & big water slide are open. Pool shared with lessons M/W/F.

## Stat Holidays

### Canada Day - Sunday, July 1

Leisure & Lengths 11– 1:00 PM  
Public Swim 1– 4:30 PM

### BC Day - Monday, August 6

CLOSED

### Labour Day - Monday, Sept 3

CLOSED

# WATER FIT SPRING & SUMMER EFFECTIVE April 2 to September 2, 2012

**STAT HOLIDAYS** Canada Day, July 1 – NO WATER FIT

BC Day, August 6 and Labour Day, September 3 – CLOSED

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

## DESCRIPTIONS

### SHALLOW

The ever-popular workout! This class, catering to all levels, has great music to keep you moving and motivated! Swimming skills not required.

### DEEP

Maximize resistance, minimize impact! Tone and strengthen all major muscle groups without joint stress. The waterfit belt keeps you afloat, abdominal muscles work to keep you upright. A full body workout.

### COMBO

Change up your workout! This class will have you moving from the shallow to the deep and back again! Realize the benefits of exercising in all depths of water. Waterfit belts and bars are used in this class.

### AQUA JOCKS

Increase cardio-vascular fitness, work your core and tone your muscles. Push, pull and move through the water, you set the pace. Get wet & fit!

### AQUA Bootcamp

A high intensity, non-weight bearing class combining cardio, core and strength - guaranteed to charge you up and get you hooked on water workouts!



I started coming to the Juan de Fuca Recreation Centre over ten years ago and I am now an Early Bird swimmer.

I get greeted with a “good morning” from everyone I meet when I come in. If you aren’t in a good mood, you can’t help getting perked up with the friendly staff and people. You will meet many new friends!

The water is always a perfect temperature for your swim, then after, you can lounge in the swirl pool, steam room or sauna ...

I am sixty four now and am in perfect health thanks to swimming. I enjoy golf with my husband with no aches and pains and now I go to the gym as well. Things are great, thanks to this Recreation Centre!

– Karen Taggart

# SKATING SUMMER (JDF ARENA) EFFECTIVE July 4 to August 29, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		July 4 – Aug 29 <b>Everyone Welcome</b> 7:30-8:50 PM (Excluding July 11)			July 7 – Aug 25 <b>Everyone Welcome</b> 7:30 – 8:50 PM	

Skating may be cancelled for special events. Call 250-478-8384 to confirm schedule.

# FITNESS SPRING EFFECTIVE April 30 to June 30, 2012

**STAT HOLIDAYS** Victoria Day, May 21 Visit [www.westshorerecreation.ca](http://www.westshorerecreation.ca) for up to date info and holiday classes.

All classes in the fitness studio unless otherwise noted. Schedule Subject to Change.

## DROP-IN CLASSES *Register to secure a spot! Drop in when space permits! All \$6.15 a class or FREE for Pass Holders*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	Spin ①		Spin ①		Spin ①		
7:05 AM	Core on Bosu ①						
9:15 AM		Spin ①		Spin ①			
10:15 AM					Stroller Fit ①		Step It Up ①
12:00 PM						Spin ①	
4:45 PM		Tri-Cycle ①		Tri-Cycle ①			
5:00 PM	Spin ①		Spin ①				
6:00 PM	Power Circuit ①	Step It Up ①	Power Circuit ①				
7:15 PM	Spin ①	Spin ①	Spin ①				
8:15 PM	Spin ①		Spin ①				

## REGISTERED CLASSES *Drop-in only if class is running and space permits. Call ahead to see if there are spots 250-478-8384*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM		Jazzercise ③ <i>Seniors Room 101</i>		Jazzercise ③ <i>Seniors Room 101</i>			
8:45 AM						Super Spin ②	
9:00 AM							Jazzercise ③
9:15 AM	Jazzercise ③		Jazzercise ③		Jazzercise ③		
10:00 AM						Zumba ②	
10:15 AM		Zumba ②		Zumba ②			
11:30 AM	50+ Strength & Stretch ②		50+ Strength & Stretch ②		50+ Strength & Stretch ②		
5:30 PM					Spynga ④		
6:00 PM		Fighting Fit ② <i>Seniors Room 101</i>					
6:15 PM	Boot Camp ② <i>Seniors Room 101</i>			Boot Camp ②			
6:30 PM	Jazzercise ③ <i>John Stubbs School</i>		Jazzercise ③ <i>John Stubbs School</i>				
7:15 PM		Zumba ② <i>Seniors Room 101</i>					
7:30 PM				Zumba ② Ab Attack ② <i>In Weight Room</i>			

**Secure your Spot!**  
Drop-in available if space permits, priority will be given to registered patrons. Secure a spot in your favorite classes by registering in advance. See pages 55-56

All classes are held in the fitness studio unless otherwise noted. Schedule Subject to Change.

## FITNESS FEES *Guarantee your spot by registering for full sessions of any fitness classes, see page 55-56*

<b>① Drop In</b> WSPR Passholder <b>FREE</b> Non Passholders <b>Reg. Admission</b>	<b>② Specialty Class</b> WSPR Passholder <b>\$5</b> Non Passholders <b>\$10</b>	<b>③ Jazzercise</b> Fees payable at the class.	<b>④ Spynga Classes 90 Min.</b> All Classes <b>\$15</b>
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# FITNESS SUMMER EFFECTIVE July 2 to September 2, 2012

**STAT HOLIDAYS** Canada Day - July 1, BC Day Visit [www.westshorerecreation.ca](http://www.westshorerecreation.ca) for up to date info and holiday classes.  
BC Day, August 6 and Labour Day, September 3 CLOSED

**DROP-IN CLASSES** Register to secure a spot! Drop in when space permits! All \$6.15 a class or FREE for Pass Holders

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	Spin ❶		Spin ❶		Spin ❶		
7:05 AM	Core on Bosu ❶						
9:15 AM		Spin ❶		Spin ❶			
4:45 PM		Tri-Cycle ❶		Tri-Cycle ❶			
5:00 PM	Spin ❶		Spin ❶				
6:00 PM	Power Circuit ❶	Spin ❶	Power Circuit ❶				
7:15 PM	Spin ❶		Spin ❶				

**REGISTERED CLASSES** Drop-in only if class is running and space permits Call ahead to see if there are spots 250-478-8384

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM		Jazzercise ❸ <i>Seniors Room 101</i>		Jazzercise ❸ <i>Seniors Room 101</i>			
8:45 AM						Super Spin ❷	
9:00 AM							Jazzercise ❸
9:15 AM	Jazzercise ❸		Jazzercise ❸		Jazzercise ❸		
10:00 AM						Zumba ❷	
10:15 AM		Zumba ❷		Zumba ❷			
11:30 AM	50+ Strength & Stretch ❷		50+ Strength & Stretch ❷		50+ Strength & Stretch ❷		
5:30 PM					Spynga ❹		
6:00 PM		Fighting Fit ❷ <i>Seniors Room 101</i>					
6:15 PM				Boot Camp ❷			
6:30 PM	Jazzercise ❸ <i>John Stubbs School</i>		Jazzercise ❸ <i>John Stubbs School</i>				
7:00 PM		Spynga ❹					
7:15 PM		Zumba ❷ <i>Seniors Room 101</i>					
7:30 PM				Zumba ❷ Ab Attack ❷ <i>In Weight Room</i>			

All classes are held in the fitness studio unless otherwise noted. Schedule Subject to Change.

**FITNESS FEES** Guarantee your spot by registering for full sessions of any fitness classes, see page 55-56

<b>❶ Drop In</b> WSPR Passholder <b>FREE</b> Non Passholders <b>Reg. Admission</b>	<b>❷ Specialty Class</b> WSPR Passholder <b>\$5</b> Non Passholders <b>\$10</b>	<b>❸ Jazzercise</b> Fees payable at the class.	<b>❹ Spynga Classes 90 Min.</b> All Classes <b>\$15</b>
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# WEIGHT ROOM SPRING & SUMMER HOURS

**STAT HOLIDAYS** Victoria Day – May 21 and Canada Day - July 1 **HOURS** 11 AM – 5 PM **Attendant** 11 AM - 1 PM & 3 – 5 PM  
 BC Day – August 6 and Labour Day – September 3 **CLOSED**

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

## New to the weight room?

Sign up for an introduction to the weight room to get the basics of using the equipment and tips on working out safely and effectively. See page 58 for information on weight room orientations or call to book an individual or family orientation 250-474-8617.



## WEIGHT ROOM RULES

### SHOES

Indoor running or walking shoes required (no sandals, flip flops, boots, or outdoor footwear etc.)

### CLOTHES

T-shirts required.

### AGE

Patrons 16 years and up are 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. See page 59.

West Shore Parks & Recreation Child Minding Service is sponsored by Peninsula Co-op is designed for children 6 Months to 6 Years of age. We provide a safe and caring environment for your children while you participate in any of our on-site activities at Juan de Fuca Recreation Centre.

# CHILD MINDING

**Monday to Friday**

**9 AM – 12:30 PM**

Not available Weekends or Stat Holidays.

**\$2.50 per 75 min**

**Book of 10 tickets for \$25 including tax**

*Tickets and punch cards can be purchased at JDF Reception.*

Proudly Sponsored By



Our childcare providers are certified in Emergency First Aid with Level C CPR and have undergone a Criminal Record Check!

# YOGA SPRING SCHEDULE EFFECTIVE May 2 to June 30, 2012

**STAT HOLIDAYS** Victoria Day - May 21 – Check [www.westshorerecreation.ca](http://www.westshorerecreation.ca) for up to date info and holiday classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Iyengar Yoga</b> 9 – 10:30 AM <i>Upper Clubhouse</i>	<b>Gentle Yoga</b> 9:30 – 11 AM <i>Upper Clubhouse</i>		<b>Hatha Yoga</b> 9:30 – 11 AM <i>Upper Clubhouse</i>	<b>Easy Yoga</b> 9:15 – 10:15 AM <i>Upper Clubhouse</i>	
<b>50 Plus Yoga</b> 10:30 – 12 PM <i>Upper Clubhouse</i>	<b>Pilates 1.5</b> 9:30 – 10:30 AM <i>Feel Good Yoga</i>		<b>Yogi Lates 1</b> 5:30 – 6:45 PM <i>Seniors Room 101</i>		
<b>Hatha Home School</b> 1 – 2 PM <i>Upper Clubhouse</i>			<b>Prenatal Yoga</b> 5:30 – 7 PM <i>Upper Clubhouse</i>		
<b>Yogi Lates 1.5</b> 5:30 – 6:45 PM <i>Feel Good Yoga</i>		<b>Gentle Yoga</b> 5:45 – 7:10 PM <i>Upper Clubhouse</i>	<b>Pilates</b> 7 – 8 PM <i>Senior Room 101</i>	<b>Yin Yoga</b> 6:15 – 7:30 PM <i>Upper Clubhouse</i>	<b>Yoga for Athletes</b> 6 – 7:30 PM <i>Fitness Studio</i>
		<b>Hatha Yoga</b> 7:30 – 8:30 PM <i>Upper Clubhouse</i>	<b>Hatha Yoga</b> 7:15 – 8:30 PM <i>Upper Clubhouse</i>		

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

# YOGA SUMMER SCHEDULE EFFECTIVE July 2 to August 30, 2012

**STAT HOLIDAYS** **Canada Day**, July 1 – Check [www.westshorerecreation.ca](http://www.westshorerecreation.ca) for up to date info and holiday classes.  
**BC Day**, August 6 and **Labour Day**, September 3 – CLOSED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Pilates 1.5</b> 9:30 – 10:30 AM <i>Feel Good Yoga</i>		<b>Yogi Lates 1</b> 5:30 – 6:45 PM <i>Seniors Room 101</i>	
<b>Yogi Lates 1.5</b> 5:30 – 6:45 PM <i>Feel Good Yoga</i>		<b>Gentle Yoga</b> 5:45 – 7:10 PM <i>Upper Clubhouse</i>	<b>Pilates</b> 7 – 8 PM <i>Senior Room 101</i>	
		<b>Hatha Yoga</b> 7:30 – 8:30 PM <i>Upper Clubhouse</i>	<b>Hatha Yoga</b> 7:15 – 8:30 PM <i>Upper Clubhouse</i>	

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

## YOGA Drop-In FEE \$12

Guarantee your spot by registering for full sessions of any fitness classes, see pg 60.

Yoga Classes 60-90 Min.

