

FITNESS SCHEDULE

IN EFFECT January to April, 2011
 Dates are subject to opening of new fitness studio.

CLASS	MON	TUE	WED	THU	FRI	SAT	SUN
2 B Fit (2)	7:15 PM Seniors Rm. 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 Rm. 101			
Boot Camp (2)	6:15 PM Wishart School			6:15 PM Seniors Rm. 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 Rm. 101	9:15 AM Fitness Studio 6:30 PM John Stubbs	6:15 AM Seniors Rm. 101	9:15 AM Fitness Studio		
Lunch Time Lift (1)		12:30 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)					5:00 PM Fitness Studio		
Spin Classes (2)	6:15 AM Fitness Studio	4:30 PM Fitness Studio	6:15 AM Fitness Studio	4:30 PM Fitness Studio		4:30 PM Fitness Studio	
Zumba (2)		7:15 PM Fitness Studio					
TRX Suspension (2)			8:15 PM Weight Room		10:00 AM 6:30 PM Weight Room	5:45 PM Weight Room	
X-FITT (2)			7:00 PM Fitness Studio				

Please check the guide Fitness and Weight Room sections for full descriptions and start dates.
 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).

WEIGHT ROOM HOURS

CLOSURE due to the Expansion the weight room will be closed
January 10 – 16, 2011 re-opening January 17.

MON to FRI	SAT	SUN
6 AM – 10 PM	7 AM – 8:30 PM	
ATTENDANT ON DUTY		
9 – 11 AM & 4 – 10 PM	10 AM – 12 PM	4:30 – 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

FEES & PASSES

DROP IN ADMISSION (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) <small>2 Adults & 3 Children/Students or 1 Adult & 4 Children/Students</small>	12.20	109.80	

PASSES (Includes HST)	
1 Month Pass	56.85
3 Month Pass	144.70
Annual Pass *	409.00
Family Annual Pass *	948.00
Regional Annual Pass * <small>For use at 12 Greater Victoria Recreation Centres.</small>	449.00

* Monthly & Quarterly payment plans available.

JANUARY to APRIL 2011

WINTER SCHEDULE

New Weight Room & Fitness Studio
 Opening January 17, 2011



250-478-8384

www.westshorerecreation.ca

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SWIMMING SCHEDULE

IN EFFECT January 3 to April 30
Please watch for our **Spring Break Schedule** March 21 – 27.

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 Monday & Wednesday 1-2:30 PM)</i>					Leisure & Lengths* 12 - 1:30 PM	Family Swim* 12 - 1:30 PM
					Public Swim* 1:30 - 4 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	Lengths & Lessons 4 – 6 PM <i>(Limited Lengths)</i>	
Leisure & Lengths* 5 - 6 PM		Leisure & Lengths* 5 - 6 PM		Leisure & Lengths* 5 - 6 PM		
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	Rental Block Call 474-8616	
	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 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.**

PUBLIC SWIM 240' slide, try it on your front, on your back, or on a tube. No lengths available.	LEISURE & LENGTHS Lengths and leisure available. Adventure pool, spray toys, toddler & big slide open.	LENGTHS, LESSONS & LITTLE ONES Drop-in time for you and preschoolers, lengths and registered lessons offered.
EARLY BIRD Lane & leisure swimming available. Lap Pool shared with swim clubs 6-7:30 AM, M/W/F. Water Fit offered M-F, see schedule.	LENGTHS & LESSONS Need flexibility? Some lane swimming will be available (# of lanes varies on lessons/rentals). Sauna, steam & swirl pool open.	FAMILY SWIM Join us Sunday afternoon and Friday night for family only swim time. Children must be accompanied by an adult.

SKATING SCHEDULE

IN EFFECT January 3 to March 20
Please watch for our **Spring Break Schedule** March 21 – 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Adult Skate 10:00 - 11:20 AM			Adult Skate 10:00 - 11:20 AM		
Toonie Skate 10:30 - 11:20 AM		Parent & Tot 10:00 - 11:20 AM	Adult Figure Skating 10:40 - 11:50 AM			
Duffer Hockey 11:30 - 12:50 PM	Adult Figure Skating 11:30 - 12:50 PM	Duffer Hockey 11:30 - 12:50 PM	Toonie Skate 12:00 - 12:50 PM	Duffer Hockey 11:30 - 12:50 PM		
				Toonie Skate 1:00 - 2:00 PM		Family Skate 1:15 - 2:45 PM
	Parent & Tot 2:00 - 3:20 PM	Everyone Welcome 2:30 - 3:50 PM			Everyone Welcome 2:15 - 3:45 PM	
		Family Skate 6:15 - 7:20 PM				

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

FAMILY SKATE Bring the family for some fun, music, on ice games, and toys. Our family rate covers up to 5 family members for \$12.20	ADULT DUFFER HOCKEY (18 Years & Up) Full ice recreational game, full gear required. Max 20 players/2 goalies; goalies play free. Call 478-8384, EXT 2209 to register.	PARENT AND TOT A special skate for parents and children 6 and under. Introduce them to skating. Children in strollers require a helmet.
ADULT SKATE A leisurely skate a way to stay in shape.	ADULT FIGURE SKATING Like to stage a comeback in a friendly environment? Freestyle skaters and ice dancers will find our music inspiring.	TOONIE SKATE Everyone welcome! \$2 admission, skate rentals are just a toonie too!
EVERYONE WELCOME Join your friends for a great time out!		

WATERFIT SCHEDULE

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	

COMBO Shallow or Deep? Why not try our combined class where you can get the benefits of both. Splash your way to overall health.	SHALLOW A diverse 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. This may be the perfect addition to enhance your athletic performance.	DEEP Max resistance, minimal impact. Tone & strengthen muscles without joint stress. A belt keeps you afloat, abs keep you upright.	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.
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