

DROP IN SCHEDULES

SPECIAL SKATES

Activities include games, refreshments, & prizes.

Winter

Wonderland

DECEMBER 19

2:15 – 3:45 PM

DECEMBER 20

1:15 – 2:45 PM

Special Admission Rates

Valentine's Day

FEBRUARY 14

1:15 – 3:45 PM

2 for 1 Admission

St. Patrick's Day

MARCH 17

6:15 – 7:20 PM

Regular Admission

FREE SKATES

Christmas Eve

DECEMBER 24

10:30 – 12 PM

FREE with Foodbank Donation
Skate Rentals \$2.75

New Years Skate

DECEMBER 31

10:30 – 12 PM

FREE with Foodbank Donation
Skate Rentals \$2.75

PRO-D DAY SKATES

Toonie Admission

FEBRUARY 19

1–2 PM

MARCH 04

12 – 12:50 PM

PACIFIC CUP

Public Skating Sessions will be cancelled January 15, 16, 17 due to the Pacific Cup Hockey Tournament.

PUBLIC SKATING Effective January 4 – March 28

Spring Break Schedule in effect March 8 – 14

DESCRIPTION	MON	TUES	WED	THURS	FRI	SAT	SUN
Adult Skate A leisurely skate - a great way to stay in shape.		10:00 to 11:20 AM			10:00 to 11:20 AM		
Adult Figure Skating Like to stage a comeback in a friendly environment? Freestyle skaters and ice dancers will find our wide selection of music inspiring.		11:30 to 12:50 PM		10:40 to 11:50 AM			
Adult Duffer Hockey 18 YEARS & UP Fit in a recreational game - full gear required. Max 20 players & 2 goalies per session. Goalies at no charge. Call to register 478-8384, EXT 2209	11:30 to 12:50 PM		11:30 to 12:50 PM		11:30 to 12:50 PM		
Everyone Welcome Join your friends for a great time out!			2:30 to 3:50 PM			2:15 to 3:45 PM	
Family Skate Bring the family for some fun, enjoy music, on ice games, and toys. Our special family rate covers up to 5 family members for only \$11.25			6:15 to 7:20 PM				1:15 to 2:45 PM
Parent and Tot A special skate for parents and children 6 yrs and under. Introduce them to skating. Children in strollers welcome but require a helmet.		2:00 to 3:20 PM	10:00 to 11:20 AM				
Toonie Skate Everyone welcome! \$2 admission, skate rentals a toonie too!	10:30 to 11:30 AM			12:00 to 12:50 PM	1:00 to 2:00 PM		

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

Safety

Figure skating and hockey playing are not permitted during public skating sessions (unless specified). All patrons **MUST** wear skates while on the ice. Helmets are recommended for skaters.

Skate Rentals

For lessons and or public sessions.

Lesson Rental \$1.25

Skate Rental \$2.75

Skate Sharpening \$5.00

Use of Interac

To use interac to pay for admission and/or skate rentals, visit the front Reception desk and bring receipt to the skate shop.

POOL SCHEDULE Effective January 4 – June 27, 2010

Spring Break Schedule in effect March 8 – 14

ANNUAL MAINTENANCE CLOSURE December 7 to December 20

MON	TUES	WED	THURS	FRI	SAT	SUN
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 PM (Limited Lengths)	
Leisure & Lengths 11:30 - 3 PM (Shared with Lessons Monday & Wednesday 1-2:30 PM)					*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, and Lessons 5 - 6 PM		Leisure & Lengths, and Lessons 5 - 6 PM	Lengths & Lessons 4 - 6 PM (Limited Lengths)	
Lengths & Lessons 6 - 8 PM (Single Lane Available)	*Toonie Swim 7:30-8:30 PM	Lengths & Lessons 6 - 8 PM (Single Lane Available)	*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 - 9:30 PM		*16 & Over 8:30-9:30 PM	*Public Swim 8 - 9:30 PM	Rental Block 474-8616

* Indicates slide & spray toys are available during this session. Schedule subject to change.

Lengths, Lessons & Little Ones
A bit of everything! Drop-in playtime for you & your preschooler, registered lessons and length swimming offered.

16 & Over
A great time to swim lengths, join a waterfit program or meet friends to revive & relax! Slide & spray toys open.

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

Lengths & Lessons
Need flexibility? Some lane swimming will always be available (# of lanes varies as lessons and rentals are also offered during this time). Sauna, steam & swirl open.

Leisure & Lengths
Lengths and leisure available. Adventure pool, toddlers' water slide, spray toys, and the big water slide are open M-F, 12 - 1 PM

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.

Family Swim
FAMILY ONLY play! 'Tarzan Yell' contests, races down the slide, and scavenger hunts in the river are part of the experience. Children must be accompanied by an adult.

STATUTORY HOLIDAYS

FRI April 2
MON April 5
MON May 24

Leisure & Lengths
11 - 1 PM
Public Swim
1 - 4:30 PM

FOR YOUR SAFETY:

Children under 7 years of age must be accompanied by a person 16 years or older at all times in the pool. Minimum 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: Along with Men's and Women's change rooms, a Family change room is available for parents with little ones or for those who may require assistance.

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

Coast Capital FREE SWIM

TUESDAYS
7:30-8:30 PM
January 19
March 23
May 11



PRO-D DAY SWIMS

1-3 PM
February 19
March 04
April 15

WATER FIT DROP IN Effective January 4 – June 27, 2010

Spring Break Schedule in effect March 8 – 14

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	

SHALLOW

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

DEEP

Max resistance, minimal impact! Tone & strengthen muscle groups without joint stress. A belt keeps you afloat, ab muscles keep you upright, a full body workout!

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.

AQUA JOCKS

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

AQUA BOOTCAMP

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

WEIGHT ROOM SCHEDULE Effective January 2 – April 20, 2010

	MONDAY to FRIDAY	SATURDAY	SUNDAY
Facility Hours	6 AM – 10 PM	7 AM – 8:30 PM	
Attendant On Duty	9 AM – 11 AM & 4 – 10 PM	10 AM – 1 PM	4:30 – 8:30 PM

WELCOME TO THE WEIGHT ROOM

For the safety, comfort & 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
- Put weights & equipment away after use
- Use of collars on bars is required
- Standing on exercise balls is prohibited
- Glass containers and/or food prohibited
- Bring a towel for personal use
- Lockers available for valuables
West Shore Parks & Recreation Society is not responsible for lost or stolen items

Thank you for your cooperation!

Weight Room Orientations

An introduction to the weight room that will give you the basics of using the equipment plus tips on working out safely and effectively. Orientations are taught by Personal Trainers. To schedule an individual appointment, please call 250-474-8617, cost is \$21.

Adult Group Orientation

Su	6:00-7:00pm	Jan 17	\$15/1 hr	54546
Su	6:00-7:00pm	Feb 21	\$15/1 hr	54547
Su	6:00-7:00pm	Mar 21	\$15/1 hr	54548
Su	6:00-7:00pm	Apr 18	\$15/1 hr	54549

Orientation - Teen Group

F	4:30-5:30pm	Jan 15	\$15/1 hr	54552
F	4:30-5:30pm	Feb 12	\$15/1 hr	54553
F	4:30-5:30pm	Mar 19	\$15/1 hr	54554
F	4:30-5:30pm	Apr 16	\$15/1 hr	54555

NEW! Teen Regional Orientation

A two hour introduction to the Weight Room, to permit access to weight rooms at recreation centres in the West Shore (JdF), City of Victoria, Esquimalt, and Saanich.

F	4:30-5:30pm	Jan 22-Jan 29	\$20/2	54559
F	4:30-5:30pm	Feb 19-Feb 26	\$20/2	55331

STATUTORY HOLIDAYS

FRI April 2
MON April 5
MON May 24

Weight Room
11 – 5 PM

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

Purchase a 1 Month, 3 Month, or Annual Pass and receive a FREE weight room orientation!

FITNESS SCHEDULE Effective January 11 – April 30, 2010

See registered classes for individual start dates. Do you need more information about class formats? Call Denise at 474-8694.

CLASSES	LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Boot Camp Family <i>Registered</i> Description Page 52	ML			4:45 PM JdF Picnic Shelter		
NEW! Boot Camp <i>Registered</i> Description Page 52	ML				7 PM Fieldhouse	
Cardio Blast <i>Drop in, or use JdF pass</i>	ML		6 PM Galleon Room			
50+ Strength & Stretch <i>Registered & Limited Drop In \$6.50</i> Description Page 52	ML	11:30 AM Fieldhouse		11:30 AM Fieldhouse		11:30 AM Fieldhouse
Fusion Fitness <i>Registered & Limited Drop In \$10</i> Description Page 52	ML		7:15 PM Galleon Room			
Jazzercise Starts January 4th <i>Drop in, tickets at door</i> <i>No JdF pass</i>	ML	9:15 AM Fieldhouse 6:30 PM John Stubbs		9:15 AM Fieldhouse 6:30 PM John Stubbs		9:15 AM Fieldhouse
Kickboxing – Co-Ed <i>Registered</i> Description Page 52	ML	5:30 PM Crusher Combat Sports				
NEW! Kickboxing – Women <i>Registered</i> Description Page 52	ML			6 PM Crusher Combat Sports		
Mom and Me Fitness <i>Registered</i> Description Page 53	ML	1 PM Fieldhouse		1 PM Fieldhouse		
Power Circuit <i>Registered or use your JdF Pass</i> Description Page 53	ML	6 PM Galleon Room		6 PM Fieldhouse		
Power Walk & Weights <i>Registered or use your JdF Pass</i> Description Page 53	ML	10:15 AM Fieldhouse		10:15 AM Fieldhouse		
Prenatal Fitness <i>Registered</i> Description Page 53	ML			7:15 PM Fieldhouse		
Wishart Fitness <i>Registered</i> Description Page 53	ML	6:15 PM Wishart School		6:15 PM Wishart School		

Aqua Therapy
Mondays & Wednesdays
2 – 3 PM
Water exercise classes for people with specialized exercise needs.
See page 57.

Please Note: classes are subject to change. **ML:** Multi-Level Suitable for all levels, beginners welcome.

GENERAL FEES Effective September 1, 2009 – August 31, 2010

General fees are for admission to the pool, weight room, skating and some drop-in programs.

GENERAL ADMISSION FEES			
	SINGLE	10's	20's
Adult (19 – 54 YRS)	5.65	50.80	90.40
Senior (55+ YRS)	4.10	36.90	65.60
Student (13 – 18 YRS)	4.10	36.90	65.60
Child (6 – 12 YRS)	2.95	26.55	47.20
Child Minding	2.00	20.00	
Family (Max 5) 2 Adults & 3 Children/Students or 1 Adult & 4 Children/Students	11.25	101.50	

PASSES	
1 Month Pass	52.25
3 Month Pass	133.00
Annual Pass*	376.00
Family Annual Pass NEW!	875.00
Regional Pass*	420.10

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

FACILITY RENTALS

West Shore Parks & Recreation has a variety of facilities that can be rented by the general public. Whether you are planning a meeting, wedding, or workshop there's a venue for you.

Facilities for Rent

- Arena Ice (*Bear Mountain & JdF*)
- Curling Ice (Seasonal)
- Banquet and Meeting Rooms
- Lacrosse Box
- Soccer Fields
- Baseball Diamonds
- Picnic Shelter
- Beach Volleyball Courts
- Pool
- Golf Tournaments

School District #62 (Sooke) Rental

As a service to the community, West Shore Parks & Recreation co-ordinates evening & weekend use of gyms, classrooms, and fields owned by School District #62 (Sooke).

How to Book West Shore Facilities

Complete a "Request for Use Form" available at JdF Reception, or online at www.jdfrecreation.com. The completed forms may be returned in person, by mail, fax, or e-mail to bookings@jdfrecreation.com.

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

For more information please call:

- Bookings Clerk:** 474-8611
- Arena Coordinator:** 474-8604
- Food/Beverage Supervisor:** 474-8609
- Pool Bookings:** 474-8616
- Community Sports Coordinator:** 474-8606
- Beach Volleyball Court Bookings:** 474-8621

Other great West Shore Parks & Recreation Facilities

- Centennial Centre
- Basketball Courts
- West Shore Skate Park
- BMX Track
- Lawn Bowls
- Tennis Courts
- JdF Par 3 Golf Course



PENINSULA CO-OP

CHILD MINDING \$2

Available for children 6 months to 6 years (8 Children Max)
Monday – Friday 9 AM - 12:30 PM
 \$2 a child for 75 min. Buy a book of 10 tickets for \$20.00
 Child Minding not available on Statutory Holidays.