

WATERFIT SCHEDULE

December 22 - January 4

	Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28
	SUN	MON	TUE	WED	THU	FRI	SAT
Shallow		9-10am Wanda	9-10am Jenna	Happy Holidays! Facility Closed		8-8:50am Lily 9-10am Angella	
Deep		8-8:50am Jackie 10:15-11:15am Jackie	10:15-11:15am Jenna			10:15-11:15am Angella	
Shallow Waterwalking		11:30am-12:30pm Elaine				11:30am-12:30pm Elaine	
	Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4
	SUN	MON	TUE	WED	THU	FRI	SAT
Shallow		9-10am Wanda	9-10am Jenna	Happy New Year! No Classes	9-10am Lily	8-8:50am Lily 9-10am Angella	
Deep		8-8:50am Lily 10:15-11:15am Jackie	10:15-11:15am Jenna		8-8:50am Betty-Ann 10:15-11:15am Lily	10:15-11:15am Angella	
Shallow Waterwalking		11:30am-12:30pm Elaine				11:30am-12:30pm Jenna	



Season's Greetings from the staff at Saanich Commonwealth Place!
We're wishing you wellness and warmth this Holiday Season.

FITNESS SCHEDULE

December 22 - January 4

	Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28
PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Body Sculpt ❤️❤️		9-10am		Happy Holidays! Facility Closed		9-10am	
Hi/Lo ❤️❤️		9-10am				9-10am	
Low Impact ❤️		10:15-11:15am	10:15-11:15 am			10:15-11:15am	10:15-11:15am
Step:							
Beginner ❤️	8:15-9:15am						
Intermediate ❤️❤️	9:20-10:30am						
Partyfit ❤️❤️							6:15-7:10pm
Cycle Fit ❤️❤️	9:30-10:20am	10:30-11:20am					
	Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4
PROGRAM	SUN	MON	TUE	WED	THU	FRI	SAT
Body Sculpt ❤️❤️		9-10am		Happy New Year! No Classes		9-10am	
Hi/Lo ❤️❤️		9-10am				9-10am	
Low Impact ❤️❤️		10:15-11:15am	10:15-11:15am			10:15-11:15am	10:15-11:15am
Partyfit ❤️❤️							6:15-7:10pm
Step ❤️❤️	9-10:15am						
Cycle Fit ❤️❤️	9:30-10:20am	10:30-11:20am					

PICKLEBALL SCHEDULE

December 22 - January 4

Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28
SUN	MON	TUE	WED	THU	FRI	SAT
	6-8:30am DROP-IN 1:45-4pm RDI	6-8:30am DROP-IN	Happy Holidays! Facility Closed	Happy Holidays! No Drop-Ins	6-8:30am DROP-IN 1:45-4pm RDI	6-8am DROP-IN
Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4
	6-8:30am DROP-IN 1:45-4pm RDI	6-8:30am DROP-IN 1:30-3:30pm CB55+	Happy New Year! No Drop-Ins	6-8:30am DROP-IN	6-8:30am DROP-IN 1:45-4pm RDI	6-8am DROP-IN

SWIM SCHEDULE				December 22 - 28			
	Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28
	SUN	MON	TUE	WED	THU	FRI	SAT
Leisure Swim	8am-1pm 4-6pm	5:30am-1pm 4-7pm 9-10pm	5:30am-12pm	Happy Holidays Facility Closed	10am-1pm	5:30am-1pm 4-7pm	8am-1pm 4-6pm
Fun Swims	Festive Fun Swim! 1-4pm	1-4pm	12-3pm		1-4pm	1-4pm 7-10pm	
Open Swim		7-9pm					1-4pm
Hot Tub, Sauna & Steam Room	8am-6pm	5:30am-10pm	5:30am-3pm		10am-4pm	5:30am-10pm	8am-6pm
Lengths	Lane set-up for lengths varies daily. Weekly Aquatic Schedule available online at saanich.ca/swim or at Reception and the Cashier desk.						

SWIM SCHEDULE				December 29 - January 4			
	Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4
	SUN	MON	TUE	WED	THU	FRI	SAT
Leisure Swim	8am-1pm 4-6pm	5:30am-1pm 4-7pm 9-10pm	5:30am-12pm	10am-1pm	5:30am-1pm 4-10pm	5:30am-1pm 4-7pm	8am-1pm 4-6pm
Fun Swims		1-4pm	12-3pm	1-4pm	1-4pm	1-4pm 7-10pm	
Open Swim	1-4pm	7-9pm					1-4pm
Hot Tub, Sauna & Steam Room	8am-6pm	5:30am-10pm	5:30am-3pm	10am-4pm	5:30am-10pm	5:30am-10pm	8am-6pm
Lengths	Lane set-up for lengths varies daily. Weekly Aquatic Schedule available online at saanich.ca/swim or at Reception and the Cashier desk.						

Splash Savings Swim Sessions - Single Admission \$3.25 - Family Admission \$8.50
 These special swim sessions are a chance for everyone to enjoy our aquatic facilities at a reduced admission rate. Splash Savings swims are offered periodically on select days/sessions only.

WEIGHT ROOM HOURS						
Dec 22	Dec 23	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28
Sun	Mon	Tue	Wed	Thu	Fri	Sat
7am-8:30pm	5:30am-10pm	5:30am-3pm	Facility Closed Happy Holidays!	10am-4pm	5:30am-10pm	6am-8:30pm
Dec 29	Dec 30	Dec 31	Jan 1	Jan 2	Jan 3	Jan 4/Jan 5
Sun	Mon	Tue	Wed	Thu	Fri	Sat/Sun
7am-8:30pm	5:30am-10pm	5:30am-3pm	10am-4pm	5:30am-10pm	5:30am-10pm	6am-8:30pm 7am-8:30pm

CHILDMINDING	
Childminding Ends	Childminding Returns
Tuesday December 17 8:45-11:30am Wednesday December 18 8:45-11:30am Thursday December 19 8:45-11:30am	Tuesday January 7 8:45-11:30am Wednesday January 8 8:45-11:30am Thursday January 9 8:45-11:30am

The Saanich Access Pass

Valid at all four Saanich Recreation Centres!

We have the healthiest gift cards in town!

Give the gift of active living with gift cards that are redeemable for programs, passes and pro-shop purchases!

What's Included:

- Drop-In Weight Room Access
- Drop-In Fitness and Basic Yoga Classes
- Drop-In Indoor Cycling Classes
- Drop-In Water Fitness Classes
- Drop-In Swimming, Hot Tub, Sauna and Steam Room
- Drop-In Skating
- Drop-In Adult Sports




Saanich Commonwealth Place

HOLIDAY SCHEDULE
 December 22, 2024 to January 4, 2025



- Waterfit
- Fitness
- Leisure Swimming
- Weight Room
- Pickleball Drop-In