




Coast Capital Free Swims: Mon Apr 9 & May 14 • 6:30-8:30pm		Swimming - Oak Bay Recreation Centre				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
**Early Bird 6-9am	**Early Bird 6-9am	**Early Bird 6-9am	**Early Bird 6-9am	**Early Bird 6-9am	**Early Bird 6-9am	**Early Bird 6-9am
 Childminding available from 8:45-11:15am Monday-Friday	Swim Lessons 9-10:30am	Swim Lessons 9-10:30am	Swim Lessons 9-10:30am	**Leisure & Lengths 9am-1:30pm	Swim Lessons 9-11:30am	Swim Lessons 9-11am
	**Leisure & Widths 10:30-11:30am	**Leisure & Lengths 10:30am-3pm	**Leisure & Widths 10:30-11:30am	 Childminding available from 8:45-11:15am Monday-Friday	Integrated Swim 11:30am-1pm	Family Swim 11am-1pm
	**Leisure & Lengths 11:30am-1:30pm	 Childminding available from 8:45-11:15am Monday-Friday	**Leisure & Lengths 11:30am-1:30pm		For Swimming Descriptions please visit www.recreation.oakbay.ca	
	50 & Better 1:30-3pm		50 & Better 1:30-3pm	School Swim 1:30-3pm	Kid's Fun Swim 1-5pm	Kid's Fun Swim 1-5pm
Everyone Welcome 3-5pm	Swim Lessons 3-5pm	Swim Lessons 3-5pm	Swim Lessons 3-5pm	Parent & Tot 3-5pm		
Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm	Adult Lengths 5-6:30pm
Everyone Welcome 6:30-8:30pm	Swim Lessons 6:30-8pm	Everyone Welcome 6:30-8:30pm	Swim Lessons 6:30-8pm	Kids Fun Swim 6:30-9:30pm	Everyone Welcome 6:30-9:30pm	Everyone Welcome 6:30-9:30pm
**Leisure & Lengths 13 years & over 8:30-9:30pm	Leisure & Lengths & Masters All Ages 8-9:30pm	**Leisure & Lengths 13 years & over 8:30-9:30pm	Leisure & Lengths & Masters All Ages 8-9:30pm			
Late-night 16 years & over 9:30pm-1am	Late-night 16 years & over 9:30pm-1am	Late-night 16 years & over 9:30pm-1am	Late-night 16 years & over 9:30pm-1am	Late-night 16 years & over 9:30pm-1am	Late-night 16 years & over 9:30pm-1am	Late-night 16 years & over 9:30pm-1am
All CHILDREN UNDER 7 YEARS OF AGE MUST BE ACCOMPANIED IN THE WATER & REMAIN IN ARM'S REACH OF A RESPONSIBLE ADULT/GUARDIAN (16 years of age or older) AT ALL TIMES. ** Families are welcome to enjoy the small pool. Children must be accompanied in the water by an adult at all times.				<i>Note: During swim lessons the pool & hot tub are not available for drop-in use as there is no lifeguard on duty (*except on Sundays 9-11am).</i>		



AQUATICS • AQUAFIT FITNESS • SKATING April - June, 2012

**OAK BAY
RECREATION CENTRE**
1975 Bee Street
250-595-SWIM

**HENDERSON
RECREATION CENTRE**
2291 Cedar Hill X Road
250-370-7200



All Schedules Subject to Change
Schedule Information Line: 250-370-7101
www.recreation.oakbay.ca

Aquafit - Oak Bay Recreation Centre						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Water 6:45-7:45am		Deep Water 6:45-7:45am		Deep Water 6:45-7:45am		
Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am
*Water Works 10-11am	Shallow Water 10:30-11:30am	*Water Works 10-11am	Shallow Water 10:30-11:30am		Playtime Childminding at Oak Bay Recreation Centre is a drop-in (or registered) service for children whose parents are involved in Recreation Oak Bay activities. Monday to Friday 8:45-11:15am ends June 22 \$4.40 per hour or Block book \$35/10hrs. The service is not offered on Pro-D-Days or Statutory Holidays.	
50 & Better 11am-Noon		50 & Better 11am-Noon		50 & Better 11am-Noon		
Shallow Water Energizer 1:45-2:45pm	50 & Better 1:45-2:45pm	Shallow Water Energizer 1:45-2:45pm	50 & Better 1:45-2:45pm	*Water Works Noon-1pm		
Deep Water 6:30-7:30pm		Deep Water 6:30-7:30pm	Limited classes on statutory holidays *registered course			

PASSES		
ANNUAL	Adult: \$390	Youth: \$175 Family: \$905
4 MONTH	Adult: \$200	Senior/Student: \$155
5 WEEKS	Adult: \$74.50	Senior/Student: \$57.25
Annual Regional Recreation Pass	For only \$475	1 Pass = 12 centres!
Ask reception for details about the ANNUAL PASS monthly payment plan!		

Drop-in Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HRC Jazzercise* 8-9am	OBRC Energy Booster 6:45-7:45am	HRC Jazzercise* 8-9am	OBRC Energy Booster 6:45-7:45am	HRC Jazzercise* 8-9am		
OBRC Total Body Conditioning 9-10am	OBRC Advanced Step 9-10am	OBRC Body Bar 9-10am	New! OBRC Jazzercise 9-10am	OBRC Core 9-10am	OBRC Moderate Step 9-10am	OBRC Total Body Conditioning 9-10am
HRC Moderate Hi / Lo 9:30-10:30am		HRC Moderate Hi / Lo 9:30-10:30am	OBRC Moderate Step 9-10am	HRC Total Body Conditioning 9:30-10:30am	MRC Jazzercise* Low Impact 9:30-10:30am	HRC Jazzercise* 9:30-10:30am
Schedules subject to change. Visit www.recreation.oakbay.ca for updates. Classes do not run on Statutory Holidays.					OBRC Total Body Conditioning 10-11am	
HRC Mild Hi / Lo 10:45-11:45 am		HRC Mild Hi / Lo 10:45-11:45 am			Look for the symbol next to classes for Playtime Childminding! 8:45-11:15am at OBRC *Jazzercise is a Registered Program. Call 250-598-0830 for information Schedules subject to change	
OBRC Noon Hour Express 12:15-1pm		OBRC Noon Hour Express 12:15-1pm		OBRC Noon Hour Express 12:15-1pm		
MRC Jazzercise* 5-6pm		MRC Jazzercise* 5-6pm				
HRC Total Body Conditioning 5:30-6:30pm	HRC Jazzercise* 5:45-6:45pm	HRC Total Body Conditioning 5:30-6:30pm	HRC Jazzercise* 5:45-6:45pm	OBRC Total Body Conditioning 5:30-6:30pm		
HRC = Henderson Recreation Centre 250-370-7200		MRC = Monterey Recreation Centre 250-370-7300		OBRC = Oak Bay Recreation Centre 259-595-7946		

Soccer - Adult Drop-in Indoor Sports Field

Wednesdays • Noon-1pm • Until April 25th • Phone in to reserve your spot, same day, after 10am: 250-598-4625

Sports Drop-in Programs at Henderson Recreation Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton Rent-a-Court 12:15-3:15pm Sept - June		Badminton Rent-a-Court 12:15-3:15pm Sept - June		Badminton Rent-a-Court 12:15-3:15pm Sept - June		Badminton Rent-a-Court 4:30-6:30pm Year-round
	Badminton Social 7-8:30pm Year-round		Badminton Social 7-8:30pm Year-round	Basketball 5:15-7pm Year-round	Badminton Rent-a-Court 5:45--7:45pm Year-round	
	Advanced Play Badminton 8:40-10:30pm Year-round	Table Tennis 7:30-9:30pm Year-round	Advanced Play Badminton 8:40-10:30pm Year-round	Rent-a-Court: may be rented up to one week in advance. Call 250-370-7200 after 8am.		Table Tennis 7-9pm Year-round

Skating at Oak Bay Recreation Centre

Mon	**Over 40's Duffer Hockey 8:30-10:15am *Duffer Hockey 11:45am-1:15pm (ends June 4)	*DUFFER HOCKEY \$7 Phone 250-598-GOAL (4625) at 9:30am on the day you want to play to reserve a spot. **OVER 40 DUFFER \$7 Phone 250-598-GOAL (4625) after 6pm the day before you want to play to reserve your spot. <i>Duffer is included with an Adult Annual Pass.</i>
Tues	Adult Skate 10-11:30am (ends May 22) *Duffer Hockey 11:45am-1:15pm	
Wed	**Over 40's Duffer Hockey 8:30-10:15am *Duffer Hockey 11:45am-1:15pm (ends June 6)	
Thur	Adult Skate 10-11:30am (ends May 24) *Duffer Hockey 11:45am-1:15pm (ends June 7)	
Fri	**Over 40's Duffer Hockey 8:30-10:15am *Duffer Hockey 11:45am-1:15pm (ends June 8)	
Sat	No drop-in sessions	
Sun	Everyone Welcome Skate 3-4:30pm (ends June 10)	

Arena shutdown June 11-July 1

Schedules subject to change.

See website at
www.recreation.oakbay.ca

GENERAL ADMISSION PRICES

FOR PROGRAMS LISTED IN THIS SCHEDULE

Schedules subject to change

	Single	Fun Pack 5	Fun Pack 10	Early Bird & 5pm Swim
Adult	\$7	\$31.50	\$52.50	\$5.25
Senior/Student	\$5.40	\$24.25	\$40.50	\$4.05
Child	\$3.50	\$15.75	\$26.25	\$2.65
Family	\$14	\$65.25	\$105	\$10.50
Extra Child	\$ 1.25	Children 5yrs and under are free		