





















March 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid purple; padding: 5px; text-align: center;"> National Epilepsy Month  </div> <div style="border: 1px solid green; padding: 5px; text-align: center;"> Fight Liver Disease Month  </div> <div style="border: 1px solid red; padding: 5px; text-align: center;"> Red Cross Month  </div> <div style="border: 1px solid green; padding: 5px; text-align: center;"> National Kidney Month  </div> </div>			 Lego Exhibition On display until March 31 10am-4pm Sidney Museum By Donation	1 St. David's Day <hr/> Saturday March 2nd → 2.99 Movie: <i>Fantastic Beasts: The Crimes of Grindelwald</i> 11 am @ Cineplex Westshore Challenger Baseball Reg. @ Hampton Clubhouse 1:00-4:00pm	2 Integrated Swim @ Oak Bay FREE 11:30am-1pm Sensory Friendly Movie: <i>How to Train Your Dragon: The Hidden World</i> 10:30 am \$8.99 Cineplex Westshore Charity Open Mic Night @ A Kinder Cup 7:00-10:00pm Supports Operation Trackshoes – wear your Trailblazer t-shirt!	
3 Endometriosis Week Challenger Baseball Registration @ Hampton Clubhouse 1:00-4:00pm	4 Pro-D Day SD63  Adapted Fitness \$2 @Vic West Community Centre 11:15am-12:00pm	5 Shrove Tuesday (Pancake Day!)  My Community 4 Conference Salvation Army Citadel 10am-4pm Register by Feb 28 Free Legal Clinic Burnside Gorge Centre 2-3pm	6 Ash Wednesday †  New Moon JDF Social Club Dance 7:00-8:30	7 Music Therapy @ Tamarack 11:30-12:30pm Please RSVP Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	8 	9 Integrated Swim @ Oak Bay FREE 11:30am-1pm Memorial for Colleen Balez @ HW Wallace 5285 Polkey Rd, Duncan 12:00-2:00pm
10 Daylight Savings Set clocks ahead one hour 	11 Commonwealth Day Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	12 Cowichan Valley SABF Duncan Library 12:00 – 1:30 Free Legal Clinic Burnside Gorge Centre 2-3pm	13 JDF Social Club Dance 7:00-8:30	14 Music Therapy @ Tamarack 11:30-12:30pm Please RSVP Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	15 Art Therapy @ Old BSS Office 12:10-2:10pm	16 Integrated Swim @ Oak Bay FREE 11:30am-1pm 2.99 Movie: <i>Dr. Seuss' The Grinch</i> 11 am @ Cineplex Westshore
17 St. Patrick's Day St. Patrick's Family Fun Day @ Market Square 12-5pm FREE Games, food, & entertainment	18 First Day of Spring Break!  Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	19 Free Legal Clinic Burnside Gorge Centre 2-3pm craft night 6-7:30 @ Old Head Office (3891 Douglas St)	20 Spring Equinox (First Day of Spring!)   Full Moon JDF Social Club Dance 7:00-8:30	21 Purim ✨ Music Therapy @ Tamarack 11:30-12:30pm Please RSVP Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	22 World Water Day 	23 Integrated Swim @ Oak Bay FREE 11:30am-1pm Sensory Friendly Movie: <i>Captain Marvel</i> 10:30 am \$8.99 Cineplex Westshore
24 World TB Day 	25 Adapted Fitness \$2 @Vic West Centre 11:15am-12:00pm	26 Purple Day: International Epilepsy Day Free Legal Clinic Burnside Gorge Centre 2-3pm	27 JDF Social Club Dance 7:00-8:30	28 Music Therapy @ Tamarack 11:30-12:30pm Please RSVP Community Hot Lunch @ Quadra Village Centre \$3 12-12:30pm	29 World Water Day  Art Therapy @ Old BSS Office 12:10-2:10pm Last Day of Spring Break! 	30 Integrated Swim @ Oak Bay FREE 11:30am-1pm Earth Hour 8:30 – 9:30pm 
31 Happy Birthday Phil 						

Low Cost Drop In Recreation Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skate 		<u>West Shore - \$2</u> 10:30-11:20am <u>Esquimalt - \$2</u> 11:30-12:50am <u>Parkes - \$3.25</u> 3:15-4:15pm	<u>SEAPARC Leisure Complex - \$2</u> 11:30am-12:45pm <u>Save on Foods - \$2</u> 3:00-4:15pm <u>Oak Bay - \$3</u> 6:30-7:45pm	<u>Parkes - \$3.25</u> 3:00-4:10pm <u>Panorama - \$2</u> 3:00pm-4:20pm	<u>West Shore - \$2</u> 12:00-12:50pm <u>Oak Bay - \$3</u> Midnight-1:30am	<u>West Shore - \$2</u> 1:30-2:30pm	<u>Oak Bay - \$3</u> 8:30-10:00pm
Swim  *= adults only	<u>Gordon Head - \$3.25</u> 10:00am-12:00pm <u>SEAPARC Leisure Complex - \$2</u> 6:00pm-8:00pm <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm* <u>SEAPARC Leisure Complex - \$3</u> 8:00pm-9:00pm <u>Crystal Pool - \$2*</u> 9:00-11:00pm <u>Commonwealth - \$3.25*</u> 9:00pm-10:00pm <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>West Shore - \$2</u> 7:30-8:30pm <u>SEAPARC Leisure Complex - \$3</u> 8:00pm-9:00pm <u>Commonwealth - \$3.25*</u> 9:00pm-10:00pm <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Gordon Head - \$3.25*</u> 9:30-10:30pm <u>Crystal Pool - \$2*</u> 9:30pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm* <u>SEAPARC Leisure Complex - \$3</u> 8:00pm-9:00pm <u>Commonwealth - \$3.25*</u> 9:00pm-10:00pm <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Crystal Pool - \$2*</u> 9:00pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>West Shore - \$2</u> 7:30-8:30pm <u>Commonwealth - \$3.25*</u> 9:00pm-10:00pm <u>Esquimalt - \$2*</u> 9:00pm-10:30pm <u>Gordon Head - \$3.25*</u> 9:30-10:30pm <u>Crystal Pool - \$2*</u> 9:30pm-11:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm* <u>SEAPARC Leisure Complex - \$2</u> 1:00pm-2:30pm <u>Panorama - \$2</u> 6:30pm-9:00pm <u>Esquimalt - \$2/\$3</u> 7:00pm-9:00pm (\$3) 9:00pm-10:30pm (\$2) <u>Crystal Pool - \$2</u> 8:30pm-10:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am	<u>Gordon Head - \$3.25</u> 11:00am-12:00pm <u>Oak Bay - \$3</u> 11:00pm-12:30am
Weight Room 		<u>Parkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm <u>West Shore - \$5</u> 5:15pm-6:00pm	<u>Parkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm	<u>Parkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-2:30pm 9:30-10:30pm <u>West Shore - \$5</u> 5:15pm-6:00pm	<u>Parkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 9:30-10:30pm	<u>Parkes - \$3.25</u> 6:00-7:30am 1:00-3:30pm <u>Gordon Head - \$3.25</u> 12:00-2:30pm	

Drop in's may be cancelled for special events – **Drop in hours may change during Spring Break (March 16th – 31st) – Please visit the Recreation Centre's website for updates.**